

St. Joseph the Worker School Wellness Goals 2019 – 2020

Nutrition Standards for All Food in School

1. The Food Service Director offers reimbursable school meals that meet USDA nutrition standards.
2. The School Principal will encourage the use of healthy food for all classroom parties, snacks, and celebrations. For example, fresh fruits and vegetables and whole grain items.
3. Water is available to drink in the cafeteria.
4. Lunch will follow recess to better support learning and healthy eating.
5. Sugary foods (candy, soda, gum, etc.) will not be used for “food rewards” in the classrooms.
6. Students are encouraged to drink water throughout the day. Students are permitted to have water bottles and will be given many opportunities to refill water containers.
7. Fundraising during the school day will meet smart snack requirements.
8. Limit non-smart snack fundraisers to 1-2 yearly.

Nutrition Education

1. Apple Crunch Day – We will participate in this every year. Providing everyone on our school with an apple.
2. Mr. Fletcher’s BCPS Health Class to present nutrition facts and findings to Mayes Elementary and St. Joseph the Worker School students.

Physical Education

1. All students will receive physical education classes once per week via shared time with Beal City Public Schools.
2. Planned instruction in physical education shall teach cooperation, fair play and responsible participation.
3. Physical activity and movement shall be integrated when possible, across the curriculum and throughout the school day.
4. The school will provide at least 30 minutes of active daily recess to all students.

Other School Based Wellness Activities

1. Updated goals on school website and monthly bulletins.
2. Posters posted in the cafeteria promoting health and wellness.
3. Inform the public through the school website at least once a year.

If any community member, parent, student or parishioner is interested in joining our Wellness Committee, please contact Mrs. Hauck at 989-644-3970.