



Effective 08/27/2026

SCHOOL WELLNESS POLICY

The School recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. Therefore, St. John Paul II School will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion.

School Wellness Committee

St. John Paul II School has established a wellness committee that consists of at least one (1): school administration, school nurses, adjustment counselor, food services staff and other community members as appropriate. The Head of School designates the Assistant Heads of School, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Nutrition Guidelines

Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day (defined as midnight before to 30 minutes after the end of the official school day) are consistent with Federal regulations for: School meal nutrition standards, and the Smart Snacks in School nutrition standards. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. Food and beverage marketing will only be allowed if they meet the Smart Snacks in School nutrition standards.

- An adequate amount of time is allowed for students to eat meals in adequate facilities.
- All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner.
- Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware will be considered and implemented where appropriate.

Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) will be included in separate guidelines for:

1. foods and beverages included in a la carte sales in the food service program on school campuses;
2. foods and beverages sold in vending machines, snack bars, school stores, and concession stands;
3. foods and beverages sold as part of school-sponsored fundraising activities; and
4. refreshments served at parties, celebrations, and meetings during the school day; and
5. specify that its guidelines will be based on nutrition goals, not profit motives.

Water Consumption and Access

- Free, safe, unflavored drinking water will be available to all students throughout the school day and across every school campus.
- The School will make free, potable drinking water available to all students in the designated meal service areas during breakfast and lunch periods. If a permanent drinking fountain or hydration station is not available in the meal service area, alternative means (such as water pitchers, dispensers, and cups) will be provided at no cost to the students.
- Students will be permitted and encouraged to bring reusable water bottles from home and keep them on their desks throughout the instructional day, provided they are in a capped, spill-proof container. Teachers will allow students reasonable breaks to refill bottles at designated hydration stations or fountains.
- All school water sources—including drinking fountains, hydration stations, and water dispensers—will be regularly cleaned, maintained, and tested on a routine schedule to ensure strict hygiene standards and water safety. School staff will encourage water consumption as the primary beverage for healthy hydration.

Nutrition and Physical Education

St. John Paul II School, in partnership with the Town of Barnstable Food Services Department, will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The School will provide physical education aligned with the standards established by the Dept. of Elementary and Secondary Education. The 5-12th grade Physical Education & Health Departments and the Administration will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and school's educational goals and standards.

Nutrition Education Goals

In the health education programs, students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors. Students in grades 9-12 are offered the opportunity to take health classes which includes nutrition education.

Physical Education Goals

- Physical education shall be taught as a required subject for grades 5-8 for the purpose of promoting the physical well-being of such students.
- Physical activity should be in addition to Physical Education and should not take the place of it.

Physical Activity Goals

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for students in grades 5-8, and the integration of physical activity into the academic curriculum where appropriate.
- In the case of recess periods for grades 5-8 students, other options are to be considered instead of loss of recesses because of academic or behavioral concerns.
- Students are given opportunities for physical activities through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
- St. John Paul II School will encourage parents/guardians to support their children's participation in physical activity, to be physically active role models, and to include more physical activity in family events.

Other School-Based Activity Goals

The Wellness Committee members are charged with developing procedures addressing other school-based activities to promote wellness.

- **Staff Wellness:** Physical activities and/or nutrition services or programs designed to benefit staff health will be considered and, to the extent practical, implemented.
- **Mandatory Screenings:** Pursuant to 105 CMR 200.000, BPS nurses will conduct screenings for Vision, Hearing, BMI, and Postural/Scoliosis.
- **Mental Health:** St. John Paul II School employs a full time Adjustment Counselor and implements a number of social-emotional learning and mental health programs including No Place for Hate, Hope Squad and Character Strong.
- **Allergy Management:** St. John Paul II School maintains protocols for life-threatening allergies, including individual Healthcare Plans and staff training on epinephrine administration.

Leadership and Evaluation

The Wellness Committee will ensure compliance with established school-wide nutrition and physical activity wellness policies and guidelines. The Assistant Heads of School or designee will ensure compliance with those policies and will report on the school's compliance to the school's Head of School or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Assistant Heads of School.

Compliance with the wellness policy requirements will occur as part of the general areas of the administrative review every 3 years. This assessment will determine: compliance with the wellness policy, how well the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy. The Wellness Committee chairs will develop a summary report every three years.