



# SAINT ISAAC JOGUES SCHOOL WELLNESS POLICY

Revised June 2018

Our SIJ Wellness Initiative has prompted our school to take into consideration allergy concerns and eliminate edible birthday treats from the classroom. St. Isaac Jogues School is now Peanut/Tree Nut Free in the classrooms and Peanut/Tree Nut Safe in the lunchroom. Our new revised policy has several changes to our classroom snack list and to our school classroom party guidelines.

Establishing a Peanut / Tree Free Zone in the Classrooms and Peanut/Tree Safe Zone in the Lunchroom

- To promote only peanut/tree nut free snacks ([see Exhibit A](#)) in the classroom during regular school days and extra-curricular activities.
- To promote only peanut/tree nut free snacks ([see Exhibit B](#)) in the classroom during holiday or special events

Setting Nutrition Education Goals

- To promote healthy food choices in school.
- To insure the development and teaching of strategies for nutrition education at every grade level.
- To promote the concept that all foods available at school should be nutritious; low in fat, sodium and empty calories.
- To teach students and parents the importance of starting each day with a healthy breakfast and continue healthy eating habits throughout the day.

Establishing Nutrition Standards for All Foods Available at School during the School Day

- To promote peanut/tree nut free healthy snacks in the classroom ([See Exhibit A](#)).
- To promote alternative rewards other than candy and other food treats in the classroom.
- To eliminate edible birthday treats from the classroom and promote healthier alternatives.

Setting Physical Activity Goals

- To promote physical activity at recess and outside of school.
- To consider a walk/ride to school day to promote physical activity.

Setting Goals for Evaluation

- The SIJ Wellness Committee will meet semi-annually to discuss the policy and monitor the effects on students and the school environment, and report status to the administrators, parents and community.

# SIJ SCHOOL WELLNESS

## PEANUT / TREE NUT FREE Policy

In order to ensure the safety of all students, the SIJ Wellness Policy 2018-2019 prohibits snacks that contain peanuts or tree nuts. Snacks that contain peanuts, peanut oil, peanut butter, or other nuts are not allowed. This includes snacks with almonds, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. Any grocery bakery items, trail mix, or granola are **NOT** allowed. This policy extends to after school and extra-curricular activities as well. Food items inconsistent with the policy will be returned home with your student.

### **Exhibit A: Classroom Snacks During the School Day**

Teachers have the option to determine if there will be snacks allowed during class. If snack is allowed, students may bring fruits, vegetables, Cheddar Goldfish or Skinny Pop Popcorn. No additions, toppings or mix-ins (such as dips or spreads) shall be included. The only drink in the classroom will be water.

### **Exhibit B: Classroom Snacks During Holiday Events or Special Events**

Classroom holiday parties as well as other celebrations in the classroom, shall be food free or may include Outshine Fruit Bars (lemon, grape, and/or tangerine), Annie's fruit snacks, Cheddar Goldfish and Original Skinny Pop brand popcorn. Students shall not bring food to give as gifts or share with other students (such as with Valentine's Cards, on Halloween or as holiday gifts). The snacks will be provided by the school.

#### **Food Choices:**

Outshine Fruit Bars – lemon, grape and/tangerine  
Cheddar Goldfish  
Bottled Water

Annie's fruit snacks  
Original Skinny Pop brand popcorn

#### **Other Food in Classroom:**

- Students shall not bring food to share in the classrooms.
- Teachers shall not provide food as a reward in the classroom.
- Parents shall not provide food to share in the classrooms.
- In the event that a teacher hosts lunch in the classroom (e.g. quiet lunch, homework help, study hall, or other special circumstance approved by principal), no peanuts or tree nuts will be allowed.
  - \* With the exception of times the lunchroom is not available (Called By Name Conference, diocesan events, etc.).
    - Once approved, teacher must:
      - Send a parent notice home prior to students eating in the room.
      - Wipe desks and door handles before and after students eat.
- Have garbage cleared immediately after lunch period.

### Other School Events Held in SIJ Facilities:

- Girl Scouts, Boy Scouts, Chess, Band, Choir, After-school Enrichment or other programs held in school classrooms or rooms must follow the daily snack guidelines.
  - Snacks from Exhibit A
  - Water only choice for drink.
- Special Lunch and PSA Track & Field Day: Only peanut/tree nut free foods will be offered.
- Non-peanut or tree nut free or PSA Fundraising Event:
  - Marketing materials must state event is not peanut/tree nut free.

### Important Notice:

School staff and parents play a critical role in ensuring a safe school environment. Please help protect the health and safety of all students by following and encouraging students to follow all established guidelines.



## SIJ SCHOOL WELLNESS POLICY

### SIJ Birthday Celebrations



Students are welcome to bring small, non-edible, kid-friendly, birthday “favors “ for their classmates in grades K-4. Grades 5-8 will not celebrate a student’s birthday in the classroom. Students in grades 5-8 may pick up a birthday pin form the school office. Birthday treats are not allowed to be passed out in the lunchroom.

#### ***Students could***

bring an approved book to donate to the school library

bring a approved board game for the class to use during indoor recess or donate to the class

wear a birthday crown or button for the day

bring their favorite story book to read to the class (10 minute reading time)

participate in the monthly Birthday Casual Dress Day

pass out dollar store items such as erasers, pencils, magnets

***Teachers could***

take a class picture with the student and his/her birthday hat  
allow a student to have a special birthday seat for the day  
have kids make a birthday card for the student (1/2 sheet of construction paper)  
have kids make and sign one large birthday card for the student  
celebrate birthdays once a month or quarter with a movie  
allow the birthday girl/boy to wear a birthday crown, ribbon, or name tag for the day  
allow the student to be the teacher's assistant for the day  
give the student a birthday certificate  
have student pick up a birthday pin from the office

***Parents could***

donate a book to the library or classroom from an approved book list  
donate something small (chalk, pencils, etc.) to the classroom  
donate a classroom movie from the approved movie list