



SAINT ISAAC JOGUES SCHOOL

WELLNESS POLICY

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. Several changes to our classroom snack list and a few changes to our school classroom party guidelines were made from the initiative. We also looked at how we can promote physical activity and enhance our nutrition education at each grade level.

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

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

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 look into sponsoring an SIJ fun run as a fundraiser for the school and to promote fun family physical activity.
- To consider a walk/ride to school day to promote physical activity.

Setting Goals for Evaluation

- The SIJ Wellness Committee will meet regularly 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 Last Revision - October 2015

In order to ensure the safety of all students, the SIJ Wellness Policy 2015-2016 prohibits snacks that contain peanuts or tree nuts. Please avoid snacks that contain peanuts, peanut oil, peanut butter, or other nuts. This includes snacks with almonds, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. Grocery bakery items, trail mix, and granola are **NOT** allowed. This policy extends to after school / extracurricular activities as well. Food items inconsistent with the policy will be returned home with your student.

Avoid any food labeled:

- “made in a facility that also processes peanuts/tree nuts”
- “product manufactured on shared equipment” with peanuts/tree nuts
- “contains” peanuts/tree nuts
- “may contain”

Please note this is not an exhaustive list. Please check labels. When in doubt, ask!

Classroom Snacks and Parties

Snacks may be permitted in the classroom as determined by the teacher as long as the snacks are listed on the SIJ Wellness Peanut/Tree Nut Free Classroom Snack List (**Exhibit A**) or SIJ Wellness Peanut/Tree Nut Free Holiday, Special Event, or Extracurricular Snack List (**Exhibit B**).

Class parties may occur for Halloween, Christmas, Valentine’s Day and one curriculum based party per grade level. Only snacks from the SIJ Wellness Peanut/Tree Nut Free Snack List for Holidays, Special Events, or Extra-curricular Snack List (**Exhibit B**) are allowed.

The approved list of classroom parties may be revised from time to time by the Wellness Committee in cooperation with the school administration.

Exhibit A

SIJ Wellness Peanut/Tree Nut Free Classroom Snack List (DURING THE REGULAR SCHOOL DAY)

FRUITS/VEGETABLES

- Any fresh fruit
- Applesauce

Any fresh vegetables
Canned/plastic cup fruits

Raisins/Craisins
Fruit Snacks (check label)

Crackers

- Goldfish

Skinny Pop Popcorn

Exhibit B

- SIJ Wellness Peanut/Tree Free Nut Holiday, Special Event, and Extracurricular Snack List (HALLOWEEN, CHRISTMAS, VALENTINE'S DAY, 1 GR. LEVEL CURR EVENT)

FRUITS/VEGETABLES

- Any fresh fruit
 - Applesauce
- Any fresh vegetables
Canned/plastic cup fruits
- Raisins/Craisins
Fruit Snacks (check label)

DIPS

- Sabra Hummus all flavors
- Tribe, Athenos, or Cedars hummus

CHEESE/DAIRY

- String or other cheese
- Kraft handi-snacks with cheese
- Yogurt

CHIPS

- Frito Lay Brand
- Sun Chips
- Pringles

COOKIES

- Barnum's Animal Crackers
 - Loft House Cookies
 - Keebler Fudge Stripes, Cookies
- Oreos (regular or golden)
Kellogg's Brand Rice Krispie Treats (prepackaged, original, plain)
Keebler Fudge Grahams
- Chip's Ahoy
Keebler EL Fudge Sandwich

CRACKERS/SNACK ITEMS

- Ritz Crackers, dinosaurs/sticks (NOT RITZ BITZ OR SANDWICHES)
 - Vegetable Thins
 - Style Bagel Chips
 - Town House, Club crackers
 - Saltines, Oyster Crackers
 - Triscuits, Wheat Thins
 - Vanilla Wafers
 - Skinny Pop
 - Glutino
 - Jello Cups
 - Enjoy Life cracker/snacks
 - Small bagels (Lenders or Thomas brand) with cream cheese
- Pita Chips: Stacey's, Athenos
- Bagel Chips: New York
- Cheese-Its, UTZ cheese balls
- Goldfish
- Wheatables, Air Crisps
- Munch'ems Keebler Snack Stix
- Annie's Bunnies and grahams
- Tortilla Chips
- Teddy Graham brand graham crackers
- Veggie Chips or Straws
- Pretzels: Rold Gold, UTZ,
- Nutri-Grain Cereal Bars
- Fig Newtons
- Potato Chips: Cape Cod, Pringles, UTZ, Lays

CAKES/CUPCAKES

- Hostess cupcakes
 - Hostess Ho Hos
- Hostess Twinkies
- Hostess Ding Dongs

CANDY

- Skittles
 - Gummy bears/worms
 - Junior Mints
- Air Heads
- Mike and Ike's
- Life Savers
- Smarties
- Milk Duds
- Jolly Ranchers
- Blow Pops
- Twizzlers
- Hershey Kisses - Milk Chocolate
- Sixlets
- Spree

It is always recommended that you read the label prior to purchase. If the label reads "May contain traces of peanut/tree nut" the food is NOT safe. Many children react to microscopic amounts of allergen. Please help keep our students safe! If there is a snack you wish to provide for either the classroom or a special occasion that is not on the list, please let the administration know **72 hours** in advance of the event for approval.

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

Students could
bring an approved book to donate to the school library participate in the monthly Birthday Casual Dress Day
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)

Teachers could
take a class picture with the student and his/her birthday hat have kids sign a large birthday card
allow a student to have a special birthday seat for the day give the student a birthday certificate
have kids make a birthday card for the student (1/2 sheet of construction paper)
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

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

Classrooms
Teachers can’t pass out candy during the day unless the reason falls under the holiday, special events or extracurricular guidelines. If so, the candy must listed in Exhibit B.

Student Council
A candy sale is okay during CSW if the candy is passed out at end of the day.

School Party Celebration
Halloween, Christmas, Valentine’s Day - only snacks from the SIJ Wellness Healthy Holiday, Special Event or Extra-curricular Snack List (**Exhibit B**)
St. Nicholas’ Day (fruit and/or candy cane can be placed on desks... treat must be taken home)

Special Week (Grades K-1)
students can bring something from the SIJ Wellness Classroom Snack List (Exhibit A)
parents provided with the SIJ Wellness Snack List teacher notifies parent if the treat isn’t a healthy treat

Standardized Test Week
Students can bring something from the SIJ Wellness Classroom Snack List (Exhibit A) and water.