

**Saint John Catholic School**  
**1208 Kentucky**  
**Lawrence, KS 66044**

## **St. John School Wellness Policy**

St. John School is dedicated to encouraging healthy living for our students and staff. The following initiatives are to be implemented and practiced:

School lunch program will follow updated healthy guidelines for school lunch program. Whenever possible, St. John School lunch program will exceed the minimum healthy lunch requirements.

St. John students will be instructed to bring healthy mid-morning snacks.

Students who choose to bring birthday treats for classmates will be encouraged to provide healthy treats.

Parents will be asked to provide healthy holiday treats when planning holiday classroom parties.

Students are allowed to bring personal water bottles to school.

PE teacher, Michael Kennedy, includes wellness and health in regular PE instruction.

PE teacher, Michael Kennedy, is the designated staff wellness instructor. His duty is to provide health and wellness instruction to all staff on a regular basis.

Recess will not be withheld from students for discipline purposes.

PE class will not be withheld from student for discipline purposes.

Before and after school activities will coordinate with activities such as Marathon Club, CYO track, volleyball, and basketball practices and games.

St. John staff will continue gathering research and best practices that support stretch breaks and classroom exercises to stimulate academic achievement.

For more information:

1. . "School Wellness Policy on KSDE" [http:// www.kn-eat.org/SNP/SNP\\_Menus/SNP\\_Guidance\\_Wellness\\_Policies.htm](http://www.kn-eat.org/SNP/SNP_Menus/SNP_Guidance_Wellness_Policies.htm)
2. "KSDE Summer Food Service" [http://www.kn-eat.org/SFSP/SFSP\\_Menus/SFSP\\_Home.htm](http://www.kn-eat.org/SFSP/SFSP_Menus/SFSP_Home.htm)

Approved by St. John School Council November 13, 2015

St. John School invites feedback from parents and community members. Please contact Mrs. Pat Newton, Principal at [newton@saint-johns.net](mailto:newton@saint-johns.net).