



Regional Office
2200 Dorchester Avenue
Dorchester, MA 02124
Phone: 617-265-0019
Fax: 617-298-2926
www.sjp2ca.org

WELLNESS POLICY

A healthy school nutrition environment provides students with consistent, reliable health information. Good nutrition is essential for optimal learning. The classroom and lunch program provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

Physical Education

Our physical education is designed to build interest in skills, knowledge, and attitude that are important to a lifetime of physical activity. It should provide a positive atmosphere to encourage self-discipline, develop motor skills and promotes activities that can be carried throughout their lives.

Health

A health program that is designed to encourage a healthy lifestyle shall be offered for all children from grade 2.9 through grade 8. The goal is to provide an environment that supports the physical, mental, emotional and social health of students to enable their success in the learning process.

A list of children with food and environmental allergies is given to all teachers and staff, by the nurse, for the safety of all children. It is stressed to all the importance of confidentiality and ensured that this list is kept in a place that will keep this confidentiality at the highest priority while enabling everyone to have the information available for the children's safety.

Lunch Program

School lunches are ordered from Preferred Meals and follow the National School Lunch program requirements. The program is Allergy Aware. Menu order forms are sent home monthly. The school provides balanced meals with low-fat milk. Soft drinks, candy, and other non-nutritional foods are NOT sold in the cafeteria. For safety reasons, students are NOT allowed to use a microwave at lunch. In the interest of fairness to all students and to encourage healthy eating habits, fast food and /or take-out food are NOT allowed in any of the Saint John Paul II Catholic Academy cafeterias. Water is available to all students during the school day.

Free and reduced priced meals are provided to qualifying students. Applications are mailed to all family's in August.

The Before School Program provides breakfast, every morning, for the children attending and the After School Program provides healthy snacks for all children staying after the regular school day.



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Allergy Aware

The students of Saint John Paul II Catholic Academy are aware and sensitive to the serious medical conditions of some of their classmates with allergies. NO peanut products or by-products are allowed in any of the Saint John Paul II Catholic Academy cafeterias and/or classrooms.

Snacks

Parents are asked to send healthy snacks and lunches to school for their children. Soft drinks are not allowed. Due to student food allergies, students are NOT allowed to share food during either snack or lunch in any of the Saint John Paul II Catholic Academy cafeterias and/or classrooms.

Parties

In order to maintain an academic climate, and because of food allergies, parties are not allowed. We celebrate birthdays and holidays in a creative way as a school community. Families are notified of these special celebrations in advance. End of year celebrations are planned with the permission of the principal at each campus.

Invitations and Deliveries

It is our policy NOT to allow birthday invitations to be delivered at school. Please send them by mail, so as not to hurt any child's feelings. The school will not accept deliveries of balloons, flowers, food (this includes lunches from McDonald's, Mr. Sub's, etc.) for a student during the school day. Please do NOT bring fast food to school for students.

The principal at each particular campus reserves the right to make any revisions deemed necessary without prior student and/or parent/guardian notification.