

## **Faculty Information**

Nutritional information will be available to staff members through a variety of ways such as publications, training, and curriculum. Discussions will be held to discuss activities to increase physical activity in the classroom, healthy snacks, and alternative non-food reward options. Physical activity during the school day will not be withheld as punishment for any reason. School staff will discuss alternative ways to discipline students. St. James ensures its grounds and facilities are safe and equipment is available for students to be active. Our school has an active Safety Committee that meets once per month to discuss any areas of concern.

## **Nutrition Education**

Nutrition education topics shall be integrated within the curriculum and be consistent with the State of Connecticut's health education standards/guidelines/framework. The curriculum is designed to help students learn the following information:

- Students will have knowledge about the benefits of healthy eating, weight management, dietary supplements and safe food preparation.
- Students will have knowledge about planning a healthy meal, understanding food labels, evaluating nutritional information and/or nutritional misinformation.
- Students will have knowledge about their own personal eating habits and setting goals for improvement.

## **Physical Activity**

St. James recognizes that we have a responsibility to help students and faculty establish and maintain lifelong habits of being physically active. Students have at least 60 minutes of physical activity each week. In addition, students have a 30 minute recess period daily. The school realizes the importance of a physically active lifestyle and its benefits which serve as the foundation for being active throughout life. St. James students adhere to a developed schedule for recess time which complements their physical education classes. Whenever appropriate, physical activity will be incorporated into classroom routines. For students with medical issues, alternative plans will be made. During inclement weather, students utilize our gym for physical activity.

## **School/Community Collaboration**

St. James shall work with the Killingly Recreation Department and other community organizations to coordinate opportunities available to students and staff for physical activity during their out-of-school time.

## **Faculty Wellness**

St. James School faculty is encouraged to improve their own personal health and wellness. Faculty will serve as role models by being physically active alongside the students whenever feasible. The school supports faculty incorporating physical activity and employing kinesthetic learning approaches into core subjects and electives.