

## **Health and Wellness Policy**

### Introduction

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between a student's health and the ability to learn.

The School shall promote and support student health and wellness and create a positive, safe, and health-promoting learning environment to help all students achieve personal, academic, developmental and social success.

The following policy outlines the School's procedures and establishes goals to ensure a healthy environment is developed and maintained:

### Wellness Committee

The School will form a committee to further the goals listed in this policy. The committee may include, parents and caregivers, students, representatives of the school nutrition program, Movement/Physical Education Teachers, School health professionals, Social Service staff, Administrators, Board Members, Community Health Professionals and/or any other interested stakeholder that is aligned with the goals of the policy. The committee shall meet a minimum of four times per year. The committee shall document each meeting and all efforts to review the policy at each meeting.

The Wellness Policy will be reviewed and updated at least every three years. The wellness committee shall evaluate compliance with the policy, how the policy compares to model wellness policies, and progress in attaining the goals of the policy.

The assessment shall be posted on the School's website.

### Implementation and Evaluation

The School shall develop, implement, monitor, review, and, as necessary, revise School nutrition and physical activity policies to promote student wellness.

The Head of School will ensure implementation and compliance with established nutrition and physical activity wellness policies.

The Head of School shall ensure that the policy is posted on the School website and distributed to families.

The Head of School shall publish revision or updates to the policy.

### Nutritional goals

Where applicable, nutrition education shall be a part of health and physical education classes and integrated into other subject areas where connections to the curriculum can be developed.

The School is committed to serving healthy meals with fruits, vegetables, whole grains, fat-free or low-fat milk and to meeting the caloric requirements for each student's needs.

The School meals will aim to improve the diet and health of the students and model proper choices to support lifelong healthy eating habits.

The School will participate in the National School Lunch Program (NSLP), the School Breakfast Program (SBP) and any other applicable federal child nutrition programs that are:

- Accessible to all students
- Appealing and attractive to children
- Served in clean and pleasant setting
- Meet or exceed USDA nutrition standards
- Promote healthy food and beverage choices

The School shall ensure that drinking water is available to students throughout the day.

If any foods or beverages are sold during the school day, the School shall ensure that the foods meet the USDA Smart Snacks in School nutrition standards. The School shall not advertise any foods or beverages that do not meet the Smart Snacks in School nutrition standards.

The school shall request that all food and beverages brought by parents for classroom parties and/or classroom snacks comply with the nutrition standards. Any food provided by a teacher and/or staff member during the school day shall comply with the nutrition standards.

### Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

<http://professionalstandards.nal.usda.gov/>

### Physical Activity goals

The School shall comply with Physical Education requirements with regard to its provisions to students and the qualifications of educators.

The School shall provide students with opportunities, support, and encouragement to be physically active on a regular basis. Where advisable, physical activity and movement shall be integrated across the curriculum and throughout the school day to promote exercise awareness.

The School shall encourage parents and families to provide physical activity outside the regular school day such as outdoor play, sponsored recreation activities, or lifelong activities.

### Other Activities

The School shall meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, the National School Lunch Act, the Child Nutrition Act, the Healthy, Hungry-Free Kids Act of 2010 and any other applicable state or federal law or regulation.

The Head of School will, as deemed advisable, engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing and implementing nutrition and physical activity policies.

**Wellness Policy Compliance Form**

**Wellness Committee Members:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Wellness Committee Meeting Dates (four required meetings per school year)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Wellness Committee Evaluation Date (Evaluation of Policy shall be attached to this form)**

1. \_\_\_\_\_

**Date of Last Wellness Policy Update (must be done once every three years)**

1. \_\_\_\_\_