

Stonebridge Community School
Wellness Policy
Revised 4.29.14

A. Purpose

The purpose of this policy is to develop healthy learners through a school environment which promotes and protects students' health, well being and ability to learn by supporting healthy eating and physical activities.

B. General Statement of Policy

- 1) Stonebridge Community School recognizes that nutrition and physical education are essential components of the educational process and that good health fosters student attendance and achievement.
- 2) Stonebridge will involve students, parents, staff, food service personnel, community partners and industry experts in implementing, monitoring and reviewing our Wellness Policy and Guidelines.
- 3) The school environment will promote and protect students' health, well being and ability to learn by providing opportunities for healthy eating and physical activities.
- 4) All Stonebridge students will have opportunities, support, and encouragement to be physically active on a regular basis.
- 5) All Stonebridge students will have access to a variety of affordable, appealing, fresh, healthy foods that meet their health and nutritional needs.
- 6) All foods and beverages made available at Stonebridge will meet and strive to exceed USDA Dietary Guidelines.
- 7) The religious, ethnic and cultural diversity of the student body and the food allergies of individual students will be respected in food planning, nutrition education and physical education.
- 8) We will provide a pleasant, clean and safe setting for students with adequate time to eat.
- 9) We will fully participate in the federal school meal program to the extent possible.

C. Accountability

The Executive Director will execute procedures that ensure the implementation and compliance with the Wellness Policy.

D. Communications

The School will develop a communication plan which includes staff and student training and communication to families to insure understanding for the rationale for the wellness policy and needs and actions of the wellness policy.

WELLNESS POLICY GUIDELINES

A. Food and Beverages in the School

School Meals

- a. The school will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.
- b. Budget will not take precedence over the nutritional needs of students.
- c. The school will accommodate the changing special nutritional needs and allergies of students, and will accommodate religious, cultural, and ethnic diversity in our community.
- d. Meals served through the National School Lunch and Breakfast program will be in compliance with the HHFKA of 2010:
 - Offer a variety of fruits and vegetables with an emphasis on including a variety of fruits and vegetables on the weekly menu.
 - Serve only low fat and fat-free milk except when whole milk is recommended for students with special nutritional needs.
 - Offer lactose reduced milk when requested by a student or parent/guardian.
 - Ensure that all the grains offered are whole grain-rich.
 - Saturated fats offered will be less than 10% of total calories.
 - Offer foods that contain zero grams of trans-fat per portion.
 - Offer foods that are mindful of the sodium reduction targets.
 - Serve portion sizes that meet the National School Lunch and Breakfast program requirements.
 - Meet current USDA nutrition requirements.

Food Safety

- a. All foods sold or served to students will be prepared in health inspected facilities under the guidance of food safety certified personnel.
- b. The school will provide students access to hand washing or hand sanitizing before students eat any meals or snacks.

Scheduling

Stonebridge will make every effort to schedule meals and snacks at appropriate times during the school day and to give students sufficient time to eat their food.

Stonebridge will make every effort to accommodate bus and school schedule to encourage participation in the School Breakfast program.

Food and Behavior

Stonebridge will not use food or beverages as a reward for performance or behavior (unless this practice is part of a student's IEP or 504 Individual Accommodation Plan).

Stonebridge will not withhold food or beverages as a punishment.

Celebrations

- 1.) School-wide and classroom celebrations will promote healthy food choices and portion control and will not include more than one item that does not meet the requirements for foods sold outside the reimbursable meals program.
- 2.) Stonebridge will disseminate a list of healthy party ideas to parents and teachers to serve as a resource.

Sharing Food and Beverages

Due to allergy and diet restrictions, students will not be allowed to share food and beverages during meal, snack, or at any other time during the school day.

Snacks

Snacks served at any time at Stonebridge will make a positive contribution to a student's diet and health

B. Nutrition Education

Stonebridge will provide nutrition education as part of a holistic, sequential, age appropriate and comprehensive program designed to provide students and their families with the knowledge and skills to promote and protect health for a lifetime.

- 1.) Develop and deliver a sequential, interdisciplinary comprehensive elementary health education program that will be delivered by licensed elementary teachers.
- 2.) Be offered as an early and consistent program that is integrated throughout the school day and after school programs.
- 3.) Use the school cafeteria as a learning lab that promotes and models healthy eating habits.
- 4.) Offer enjoyable, age-appropriate activities that promote healthy eating such as trips to local farms or gardens, taste tests, etc.
- 5.) Be culturally relevant and teach students about cross-cultural nutrition.
- 6.) Link with nutrition-related community services and programs such as WIC, Community Health Clinics and other community organizations.

C. Physical Activity and Physical Education

- 1.) Stonebridge will provide students with an estimate of 220 minutes of physical activity/education per week.
- 2.) Stonebridge will follow state compulsory instruction law that requires all students age 7-16 (excluding kindergarten) to receive health and physical education.
- 3.) Physical education will provide opportunities for students to learn, practice and be assessed on developmentally appropriate motor skills, social skills, and participatory skills.
- 4.) Students will spend at least half of their physical education periods participating in moderate to strenuous physical activities.

D. Integrating Physical Activity into the Classroom

For students to receive the recommended amount of physical activity during the day, and for students to fully embrace physical activity as a personal behavior, students will be provided opportunities for physical activity throughout the day.

- 1.) Classroom health education will reinforce knowledge and self-management skills necessary to maintain a healthy lifestyle and reduce sedentary behaviors such as video games.
- 2.) Opportunities for physical activities in other subject lessons will be incorporated where appropriate
- 3.) Classroom teachers will provide short physical activity breaks between lessons as appropriate and will use brain-gym type activities to fully engage body and brain.
- 4.) All students will receive at least 20 minutes of outside recess every day. Students will be outside unless the temperatures or weather conditions are unsafe.
- 5.) Recess supervisors will encourage moderate to strenuous physical activities verbally and through provision of appropriate space and equipment.
- 6.) School personnel will not use physical activities such as push-ups or running laps as a form of discipline, nor will they withhold physical activities such as gym or recess as punishment

E. Communication with Families

Stonebridge recognizes the primary and critical role that parents and guardians play in promoting and protecting their students' health and well-being.

- 1.) Stonebridge will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- 2.) The school will actively encourage parents to pack healthy, nutritious lunches and snacks for their children.
- 3.) The school will provide information to families about ways to promote healthy lifestyles.

F. Implementation and Monitoring

- 1) The Executive Director and /or their designee will institute administrative procedures that ensure the implementation of and compliance with the Wellness Policy.
- 2) An annual report will be made by The Executive Director to the School Board regarding compliance with the Wellness Policy.
- 3) A school-wide Wellness Committee will be formed to assess the nutrition and physical activity needs of Stonebridge students. Assessments will be completed every three years to review and update policies as needed to ensure the health, safety, and well being of students.