

Outside In

To the Fullest...

**Wellness Policy
2020-2021 Edition**

Reviewed by: Jamie Lorelli, Chief Administrative Officer and Christine A. Ford, Food Service Director

Student Wellness Policy

Purpose

Outside In School recognizes that student wellness, physical fitness, and proper nutrition are related to their physical wellbeing, growth, development and readiness to learn. Outside In, and the Board, is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To ensure the health and wellbeing of all students, Outside In establishes that the school, and its Board, shall provide to students the following:

- ✓ A comprehensive nutrition program consistent with the federal and state requirements.
- ✓ Access to foods and beverages that meet established nutritional guidelines.
- ✓ Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- ✓ Curriculum and programs for secondary education students that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

Food Services Director shall be responsible to monitor schools, programs, and curriculum to ensure compliance with the policy, related policies and established guidelines/ administrative regulations.

Food Services Director shall report to the CAO regarding compliance in the school.

Staff members responsible for programs related to student wellness shall report to the Food Service Director regarding the status of such programs.

The Chief Administrative Officer CAO, shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include the following:

- ✓ Assessment of school environment regarding student wellness issues.
- ✓ Evaluation of food service programs.
- ✓ Listing of activities and programs conducted to promote nutrition and physical activity.
- ✓ Recommendations for policy and/ or program revisions.
- ✓ Suggestions for improvement in specific areas.
- ✓ Feedback received from staff, students and Wellness Committee.

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issues for schools in accordance with federal law shall be provided annually by the:

- ✓ Food Service Director

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of each of the following:

- ✓ Food Service Director
- ✓ Residential Staff
- ✓ Food Services Representative
- ✓ Education Staff
- ✓ Counseling Staff
- ✓ When the appropriate student is available, he will attend committee meeting

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, reviewing, and updating a Student Wellness Policy that complies with law to recommend to the Board.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee shall provide periodic reports to the CAO or designee regarding the status of its work, as required.

The Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public via the school's website and easily understood manner and include: the extent to which the school is in compliance with law and policies related to school wellness; the extent to which this policy compares to model wellness policies; and a description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment. The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the school website, student handbooks, newsletters, posted notices and/or other efficient communication methods.

Nutrition Education, Nutrition Promotion, and Standards

The main goal of the nutrition education is to teach, encourage and support healthy eating by students. Promoting student health enhances readiness for learning and increase student achievement.

- ✓ Nutrition education will occur for all secondary students
- ✓ Nutrition education will be provided within the sequential, comprehensive health education plan.
- ✓ Nutrition education shall provide all students with knowledge and skills need to lead healthy lives.
- ✓ Nutrition curriculum shall be behavior focused.

- ✓ Nutrition education lessons and activities will be age appropriate.
- ✓ Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.
- ✓ Coordination between school food service and nutrition education classes will occur to create a learning atmosphere.
- ✓ Consistent nutrition messages will be provided throughout the school, classroom and cafeteria.
- ✓ The staff responsible for providing nutrition education shall be properly trained and prepared as well as will participate in appropriate professional development.
- ✓ Continue and maintain a food service company and/ or local agency that offer a viable partnership.
- ✓ Nutritional Education will provide current FDA guidelines (i.e. “My Pyramid”) across the curricula.

Goals for Physical Activity

A. Recommendations of physical activity

- ✓ Schools shall provide opportunities for developmentally appropriate physical activity during the school day for all secondary students.
- ✓ Schools will provide all students with an opportunity for at least 60 minutes of age-appropriate physical activity on all or most schooldays. This time will include physical activity outside the school environment, such as sports, outdoor play, etc.
- ✓ Students shall participate daily in a variety of age appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- ✓ Extended periods of inactivity, periods of more than 2 hours, will be discouraged for students.
- ✓ Organized, age appropriate physical activity opportunities such as afterschool, evening and weekend intramural athletic activities will be provided for all students in addition to planned physical education.
- ✓ Resources will be readily available for students and teachers about physical education.

B. Physical activity during the school day through physical education

- ✓ Physical education will be the environment through which all children learn and practice developmentally appropriate skills and knowledge necessary for health-enhancing physical activity.
- ✓ Physical education classes will have teacher-student ratio comparable to those of other classes.
- ✓ Students shall be engaged in physical activity for sufficient amount of time.
- ✓ Students will be moderately to vigorously active as much time as possible within the physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- ✓ Physical education will be designed to provide physical conditioning necessary to enable students to participate in physically rigorous wilderness expeditions of two to three weeks length.
- ✓ A physical and social environment that encourages safe and enjoyable activity for all students will be provided.
- ✓ A varied and comprehensive curriculum, which includes cooperative and competitive games, will be provided in the physical education program.
- ✓ Safe and adequate equipment, facilities, and resources will be provided.
- ✓ Appropriate professional development shall be provided for physical education staff.

- ✓ All employees involved in sports, athletics and all other extracurricular activities shall be provided professional development opportunities.

C. Physical activity during the school day beyond physical education

- ✓ Schools will offer organized after-school intramural programs which meet the needs and interest of all students, and promotes physical activity.
- ✓ After-school programs will provide age appropriate physical activity for participating students.
- ✓ Schools will encourage physical activity outside of the school day.
- ✓ Schools will encourage teachers and staff to serve as role models.

Goals for Other School –Based Activities

A. School environment

- ✓ Drinking water will be available at all meal periods and throughout the school day.
- ✓ Students will have access to hand washing or hand sanitizing before meals and snacks.
- ✓ Teachers, administrators, students, foodservice professionals, counselors and case managers will be encouraged to serve as appropriate role models through staff wellness programs.
- ✓ Local Wellness Policy goals will be considered in planning school-based activities.
- ✓ Schools shall provide appropriate training to all staff on the components of the Student Wellness Policy.

B. Community

- ✓ Students and the Outside In community will have access to physical activity facilities during and outside school hours.
- ✓ Nutrition content of school meals shall be available to students and staff.

C. Nutrition Services

- ✓ Students will be provided a clean and safe meal environment.
- ✓ Students will be provided with adequate time to eat.
- ✓ Meal periods will be scheduled at appropriate hours.
- ✓ Schools will provide adequate space for eating and serving school meals.

D. Professional Development

- ✓ Qualified nutrition professional will administer the school meals program.
- ✓ Schools will provide appropriate professional development for all nutrition staff. Professional development should be provided appropriately according to job responsibilities.
- ✓ Schools will provide appropriate in-service training to all staff on components of the Local Wellness Policy.

E. Health Promotion for Staff

- ✓ Staff will be provided with health education/ wellness programs.

- ✓ Staff will be encouraged to participate in health education/ wellness programs.

F. Nutrition Guidelines

- ✓ All foods available in schools during and after the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.
- ✓ Foods offered through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards.
- ✓ Competitive foods will not be offered at any school. Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending foods, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.
- ✓ Food and beverage marketing and advertising is not permitted on school property during the school day.