



## **Seeds of Health Elementary School Wellness Policy**

### **Nutrition Education**

#### **Classroom/School wide**

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.

School personnel shall practice consistency of nutrition messages throughout the curriculum and the environment.

#### **Staff Training**

Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits

### **Physical Activity**

All Seeds of Health Elementary School students will participate in a minimum of 210 minutes of physical activity each week, including physical education and recess.

Additionally, many fourth, fifth and sixth graders will have the opportunity to participate in the SCORES after school soccer program.

Throughout the year students are provided with additional opportunities for physical activity in the form of extra recess, outdoor field trips and other educational activities.

### **Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

The school will offer meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school will encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the school's policy of promoting a healthy school environment shall be discouraged.

The school will discourage the use of food as a reward.

The school will encourage serving healthy foods at school parties.

The school will encourage healthy fundraisers as alternatives to fundraising that involve food items of limited nutritional value such as candy, cupcakes and sugary beverages.

### **Other School-Based Activities Designed to Promote Student Wellness**

Seeds of Health Elementary School will strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

#### Dining Environment:

Seeds of Health Elementary School will provide:

- A clean, safe, enjoyable environment for students.
- Enough space and serving areas to ensure students have access to school meals with a minimum wait time.
- Drinking fountains and direct access to water so that students can get water at meals and throughout the day.
- Identity protection of students who eat free and reduced price school lunches.

#### Time to Eat:

Seeds of Health Elementary School will ensure:

- adequate time for students to enjoy healthy foods with friends in school
- that lunch time is scheduled as near to the middle of the school day as possible

#### Food or Physical Activity as a Reward or Punishment

Seeds of Health Elementary School will:

- prohibit the use of food as a punishment
- explore rewards other than food whenever possible
- not deny student participation in physical activities as a form of discipline or for classroom make up time
- not use physical activity as a punishment

#### Consistent School Activities and Environment

Seeds of Health Elementary School will:

- ensure that all fundraising efforts support healthy eating and physical activity
- provide opportunities for on-going professional development for food service staff and teachers in the areas of nutrition and physical education
- encourage parents/guardians, teachers, school administration, students, food service professionals and community members to serve as role models in practicing healthy eating and being physically active both in school and at home
- encourage and provide opportunities for students, teachers and community volunteers to practice healthy eating and serve as role models in the dining area
- provide information and outreach materials about other Food and Nutrition Service programs such as WIC to students and parents/guardians
- encourage all students to participate in the school meal programs

### **Accountability**

The Wellness Policy and its components will be reviewed annually by the Local School Board. At the annual review the Principal will provide information on the components of the policy and the level to which they were met. The Board will be able to provide input regarding implementation of the policy and changes that would enhance overall student wellness.