

**SIERRA VISTA CHILD & FAMILY SERVICES
NON-PUBLIC SCHOOLS
WELLNESS POLICY**

WELLNESS PROMOTION

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.

The Director of Educational Services (Director) recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for all students. The Director shall build a coordinated school health system that supports and reinforces health literacy through health education, physical education and activity, health services, nutrition services, psychological and counseling services, health promotion, providing a safe and healthy school environment, and parent/guardian and community involvement.

To encourage consistent health messages between the home and school environment, the Director may disseminate health information and/or the school's student wellness policy to parents/guardians through school newsletters, handouts, parent/guardian meetings, school websites, and other communications. Outreach to parents/guardians shall emphasize the relationship between student health and academic performance.

This policy provides a comprehensive program to promote healthy eating and physical activity for all students. Local wellness policies are an important tool for parents, LEAs and school districts to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards.

Community Access

The Non-Public School's (NPS) may use community facilities when available and/or feasible to expand students' access to opportunities for physical activity.

School Gardens

The NPS' may establish school gardens and/or farm-to-school projects to increase the availability of safe, fresh, seasonal fruits and vegetables for school meals and to support the schools nutritional education program.

Healthy Reward

The Director or designee shall encourage school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. Additionally, the Director or designee strongly encourages the use of non-food rewards, such as stickers, erasers, pencils, etc.

Obesity Stigma and Bullying

The Director or designee will ensure students of all sizes are encouraged to participate in physical activities, avoid practices that single out students on the basis of body shape, and avoid games that limit opportunities for all students to participate and succeed. Additionally, the Director or designee advises that visual materials feature a diverse combination of students being active and eating healthy.

Nutrition Education and Promotion

The NPS' nutrition education programs shall be sequential, comprehensive and based on research, consistent with the expectations established in the state's curriculum frameworks and content standards, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle and behaviors. Students will be taught the skills needed to make healthy food choices, read food labels and healthy menu planning.

Nutrition education shall be provided as part of the health education program in grades K – 8 and, as appropriate, shall be integrated into other academic subjects in the regular NPS educational program.

Physical Education

All students in grades K – 8 shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs, and other structured and un-structured activities. Physical activity will be incorporated into other subject lessons and teachers will provide short physical activity breaks between lessons or, as appropriate.

Teachers and other school personnel are encouraged not to use physical activity as punishment. Students shall not be denied participation in physical education or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.

Recess for NPS Students

NPS students in grades K-8 shall have at least 20 minutes each day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity and through the provision of space and equipment.

Tobacco Prevention

The NPS will maintain a tobacco free school, which at minimum bans:

- Tobacco use on school grounds/property at all times; and
- Tobacco advertising on school property, at school events, and in written educational materials and publications; and

- Tobacco promotions, promotional offers, and prizes on school property, at school events, and in written educational materials and publications.

Tobacco-use prevention will be included in all health education curriculums.

STAFF EDUCATION, TRAINING, AND WELLNESS

The Director or designee shall encourage staff to serve as positive role models. He/she shall promote and may provide opportunities for healthy eating and regular physical activity among employees.

Health Education

The NPS' nurse conducts a Family Life Education class for students annually. It includes instructional strategies that assess health knowledge and skills and promotes healthy behaviors in nutrition, health, and physical activity.

Food Service Staff

NPS' food service staff have appropriate certifications and/or training according to their level of responsibility.

Goals:

- Encourage staff to sign up with local fitness center who offer reduce membership fees
- Schedule more physical team building activities for staffs.

FOOD SERVICE AND NUTRITION GUIDELINES

The Director shall adopt nutritional guidelines for all foods available on each NPS campus during the school day with the objectives of promoting student health and reducing childhood obesity.

Nutrition Standards

All nutritional standards meet or exceed state and federal nutritional standards for foods available to students through National School Lunch Program (NSLP) and School Breakfast Program (SBP) and other venues during the school day. NPS does not allow competitive food and beverages to be sold on site.

Meal Environment

Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced. After obtaining food, students will have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. Students shall be provided with a clean, safe and

pleasant meal environment. Convenient access to hand-washing and sanitizing stations are available.

Nutritional Information

Students and parents will be provided information about the nutritional content of meals through posted menus, school website, etc.

The NPS will comply with all State and Federal nutritional guidelines and standards.

Goals:

- Promote fresh fruits and vegetables, wholegrain products, low-fat and fat free dairy product

STUDENT WELLNESS

The Director shall assess the implementation and effectiveness of this policy at least once every three years.

The Director shall inform and update the public, including parents/guardians, students, and others in the community about the contents and implementation of this policy via school website, school newsletters, parent/guardian meetings, and other communications.

To determine whether the policy is being effectively implemented at the NPS, the following indicators shall be used:

- Descriptions of the NPS' nutrition education, physical education, and health education curricula by grade level.
- Number of minutes of physical education instruction offered at each grade span.
- Number and type of exemptions granted from physical education
- Results of the state's physical fitness test.

Goals:

- Encourage teamwork among staff to develop ways to integrate physical activity into student's daily routines.

STAKEHOLDER PARTICIPATION AND COMMUNITY ENGAGEMENT

Wellness Committee

The Director or designee may appoint a committee consisting of parents/guardians, students, food service employees, school site administrators, school nurses, health educators, physical education teachers, counselors, members of the public, and/or others interested in school health issues. The wellness committee shall meet yearly to review to the local school wellness policy and to develop action plan for the coming year as necessary. The Committee shall meet additionally as needed during the school year to discuss implementation activities and address barriers and challenges.

Public Notification

NPS' Local School Wellness Policy shall be made available to staff and resident by means, and Sierra Vista Child & Family Services' (SVCFS) website. On an annual basis, the NPS will notify staff and resident about the content and updates to the policy. NPS will provide updated reports of the triennial assessment.

Goal:

- Disseminate health information to parents/guardians through school newsletters, handouts, parent/guardian meetings, the school web site, and other communications.
- Outreach to parents/guardians, students, and teacher for involvement in the local school wellness policy.

ACCOUNTABILITY, IMPLEMENTATION, AND EVALUATION

Coordination, Accountability and Compliance

The Director shall establish a periodic compliance assessment and evaluation for measuring successful compliance and implementation of this Student Wellness Policy.

Training Support

To the extent possible, the NPS' will provide training for teachers and other staff and/or volunteers to ensure knowledge and understanding of this Student Wellness Policy and the District's overall commitment to student wellness.

Budget Support

To the extent possible, the SVCFS will ensure budget support needed for development, implementation and evaluation of this NPS' Student Wellness Policy.

Implementation

The NPS' shall establish a plan for measuring implementation of this policy. The Director will be responsible for implementing, providing leadership, and ensuring that NPS has complied with the local school wellness policy.

Evaluation Plan, Reporting and Revision Procedures

To determine whether the policy is being effectively implemented at the NPS', the following indicators shall be used:

- Descriptions of the NPS' nutrition education, physical education, and health education curricula.
- Number of minutes of physical education instruction offered at each grade span.
- Number and type of exemptions granted from physical education.
- Results of the state's physical fitness test.
- An analysis of the nutritional content of meals based on a sample of menus.
- Student participation rates in school meal programs.
- Feedback from food service personnel, school administrators, parents/guardians, students, and other appropriate person.

Reporting

The Director or designee shall report to the Board at least every three years on compliance and implementation of the Student Wellness Policy and any NPS' policies related to nutrition and physical activity.

Revising and Updating

The NPS will inform and update the public, including parents/guardians, students, and others in the community, about the development, content, updates, implementation and evaluation of the Student Wellness Policy.

Goal

- Committee will meet at the end of 3rd quarter of each year to review policy
- Committee will assess strength comprehensiveness of current wellness policy by utilizing Wellness School Assessment Tools from www.wellstat.org.

Wellness Committee – policy updated, reviewed and approved: DATE 09/08/2017

Director of Education Services: Kim Hamby Date: 09/08/17

Operations Manager: Sandy Luiz Date: 09/08/17

Accounting Supervisor: Edward Munoz Date: 09/08/17

Accounting Supervisor: Ka Yang Date: 09/08/17

Addendum/ Changes to Wellness Policy

Date: _____ Initials: _____