

Wellness Policies

On Physical Activity and Nutrition

Wellness Policy For:

Somerset Eagle Academy

Committee Members:

The following committee members are involved in the development of this Policy and its implementation throughout the school year.

- Parents: JuaQuando Ross and Ashley Tokan
- School Food Service: Roxie Outing
- Governing Board: Andreina Figueroa
- School Administrators: LaTatia Ray
- Physical and Health Education: Daunte Owens

Setting Nutrition Educational Goals:

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of nutritional foods in schools. Healthy foods support student physical growth, brain development, strengthen the immune system, and provide stability and ability to support learning.

- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in the appropriate portion sizes aligned to the USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible.
- B. Nutrition service policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention

- A. The school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- B. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.

- C. Students shall be taught communications, goal setting, and decision making skills that enhance personal, family, and community health.

Nutrition Education:

- A. Schools will put up posters throughout facility in order to promote good eating habits and healthy food options. Other information will be available through the school website, flyers, and/or school newsletter.
- B. Staff will attend in-services and/or nutrition trainings.
- C. Parents will be supported in their efforts to provide a healthy diet and daily physical activity for their children. The school will send home healthy diet, physical activity suggestions, and post nutritional tips on their website

Setting Physical and Activity Goals:

Elementary

1. Participation in physical activity shall be required for all students for a minimum of thirty minutes per each school day.
2. Participation in various physical activity programs throughout the school year for all students. These activities include:
 - a. Jump Rope for Heart
 - b. Field Day
 - c. School Sports Programs
 - d. Red Ribbon Week
 - e. Drug Free program

Middle / High

1. Participation in various physical activity programs throughout the school year for all students. These activities include:
 - a. Jump Rope for Heart
 - b. Field Day
 - c. School Sports Programs
 - d. Red Ribbon Week
 - e. Drug Free program

Establishing Nutrition Standards for all Food Available on Campus during the School Day:

Nutrition service policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

- A. School Meals – Meals served through the National School Lunch and Breakfast Program will:
 1. Be appealing to children
 2. Be served in a clean and pleasant setting
 3. Meet the nutrition requirements established by statutes and regulations
 4. Serve only low-fat (1%) white, chocolate, or strawberry milk.

- B. Breakfast – To ensure that children have breakfast at home or at school in order to meet their nutritional needs and enhance their ability to learn.
- C. Vending Machines –
 - 1. All snack vending machines will offer healthy options
 - 2. All beverage vending machines will include water, 100% fruit juice, or non-carbonated drinks with less than 150 calories per container

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness:

Staff Wellness – The school and work sites will provide information about wellness resources and services while establishing a staff committee to assist in identifying and supporting the health and well being of staff.

- A. Each school site shall be in compliance with drug, alcohol, and tobacco free policies.
- B. Each school site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies, and regulations.
- C. Employees shall be encouraged to engage in daily physical activity during the workday as part of their work breaks and/or lunch periods, before or after work hours as part of a discounted membership at various local fitness facilities.

Setting Goals for Measurement and Evaluation:

- A. The designee will ensure compliance with established nutrition and physical activity wellness policies while reporting on the school's compliance to administration.
- B. The school's food service staff will ensure compliance with nutrition policies within the school food service area and report on this topic to school administration.
- C. The school will conduct an initial assessment of its existing nutrition and physical activity environments and policies.

Designated Staff:

The designated staff assigned to oversee the implementation of the Wellness Policy at each school will be the administrator listed below:

Somerset Eagle Academy – LaTatia Ray

