

Harvest Preparatory School (HPS) Wellness Policy

Wellness Policy Mission Goal Statement: 1) To educate and encourage students, school staff, and families in our community to make healthy lifestyle choices which promote healthy living, good nutrition, and physical activity.

1.0 Introduction

Congress has mandated that "local educational agency participating in the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C 17781 et seq) shall establish a local school wellness policy.

Research shows that habits formed in childhood are continued throughout adulthood. The benefits of healthy living are life lasting. Obesity in children and adults is one of the most serious problems in society. Children are now getting adult diseases in their youth. Statistics show that more than 60% of children are overweight. At one time, more than 70% of children skipped breakfast which is considered the most important meal of the day. Eating disorders can also be prevalent among adolescents. Being underweight or overweight puts students at risk for disease. Changing family dynamics such as single family homes have less time for preparing family meals and overseeing recreational activities. Since students spend much of their day in school, the school became a front-line advocate for students. Today, Federal school breakfast and lunch programs exist nationwide to help students become prepared for the demands of the school day by setting guidelines and meeting nutritional needs. Parents, teachers, coaches, school staff, and others need to be good examples of healthy living choices. The good news is that grades improve when students receive appropriate nutrition and fitness resources at school which enables them to learn about healthy lifestyles that can help them learn in school and be successful. Therefore, we can conclude that Health is Academic. Wellness not only benefits the students, but impacts parents, teachers and our community. Everyone must work together to build safe environments for wellness so that children may grow into healthy, happy, responsible adults. A Wellness Policy ensures that goals are being designed to promote student wellness on an ongoing basis.

2.0 Wellness Policy Requirements

- 2.1 Set goals to promote student wellness to improve health in the areas of nutrition, physical fitness and healthy living.
- 2.2 To follow Nutritional guidelines to promote student health and reduce childhood obesity such as changes in food choices and nutrition options at school.
- 2.3 Adhere to USDA guidelines to get the maximum benefits.
- 2.4 Implement a system for measuring success.
- 2.5 Invite parents, students, school food authorities, school boards, administrators, and the community to become involved.

3.0 HPS Wellness Policy Objectives

- 3.1 Provide an environment that offers and promotes healthy and appealing food and drink choices.
- 3.2 Parents, families and students are educated about healthy lifestyle choices.
- 3.3 Schools maximize their participation with public and private entities to promote student wellness.
- 3.4 Schools maximize their participation in federal child nutrition programs.
- 3.5 Schools maximize their participation in student fitness and physical activity programs.
- 3.6 Schools integrate nutrition education and physical activity into their everyday curriculum.
- 3.7 School community leadership demonstrates a commitment to wellness through policies, plans and actions.
- 3.8 Schools provide a positive dining environment that encourages a pleasant eating experience.
- 3.9 Schools provide and promote social, noncompetitive and activity opportunities.
- 3.10 Schools use data to develop structure and support their wellness plans.

4.0 HPS Wellness Committee

- Goal #1: To oversee current Wellness activities.
- Goal #2: To meet to establish standards for School Wellness.
- Goal #3: To promote social, noncompetitive and activity opportunities.
- Goal #4: To evaluate safety and opportunities for school.
- Goal #5: To educate students and parents about health topics.
- Goal #6: To use data to develop, structure and support wellness plans.
- Goal #7: To demonstrate a commitment to wellness for students, parents and staff.
- Goal #8: The Wellness Committee will meet quarterly.
- 4.1 The Harvest Preparatory School Head of School meets with the School Nurse, Nutrition Services, the Health Education Teacher, the Head of Lower School and the Head of Upper School to oversee Wellness Policies and establish standards for physical activities, nutrition, education and other activities and events concerning School Wellness for grades P3-12th.
- 4.2 The School Nurse is employed by Canal Winchester Schools and voluntarily serves on the Canal Winchester District Wellness Committee. The School Nurse meets with other school nurses to discuss and evaluate current nutritional and healthy living standards.

Note: The school nurse assisted in creating Wellness materials to be shared between Canal Winchester Schools and Harvest Preparatory Schools to educate parents and students. Several recommendations by the Committee are being considered for HPS such as My Plate classroom posters.

- 4.3 Parents and students are welcome to attend meetings and discuss nutritional or fitness policies with the Head of School and parents often work with teachers, the School Nurse and staff in establishing healthy environments and nutritional guidelines.
- 4.4 A School Safety Committee meets with the Head of School and makes recommendations regarding the safety of students by evaluating playground areas, fitness activities, toys and equipment.
- 4.5 A PowerPoint about Wellness entitled, "Health is Academic" has been developed to share with parents and staff to educate and encourage health topic discussions and education at all grade levels. A Passport Program is being considered for implementation.
- 4.6 A proposed Education Initiative called "Passport" would encourage students, parents & staff to become more educated about Wellness goals at HPS.
- 4.7 Students and their families are encouraged to take advantage of Wellness programs offered for their children. These activities promote fitness for their children and include: cheerleading, basketball, open gym activities, and playground access.
- 4.8 Programs and opportunities are evaluated each year and meetings are held bi-weekly by the Head of School with staff to evaluate safety, participation, and Wellness recommendations or concerns.

5.0 HPS Nutrition Services

- Goal #1: To provide an environment that offers adequate time for eating and promotes healthy and appealing food and drink choices.
- Goal #2: To offer Healthy and Nutritious Breakfast, Snacks, and Lunch Programs.
- Goal #3: To participate in the Federal Free & Reduced food programs.
- Goal #4: To offer a variety of foods in school meals.
- Goal #5: To serve low-fat milk options during school meals and snacks.
- Goal #6: A la carte menu items such as fruit, chicken salad, lettuce leaf with fresh fruit, pita pockets, deli sandwiches, homemade vegetable bread, and vegetables.
- Goal #7: Healthy cafeteria selections.
- Goal #8: Clean, safe and pleasant cafeteria environments.
- Goal #9: Preparedness for food emergencies.
- Goal #10: Sites outside the cafeteria offering healthy low-fat items approved by the Smart Snacks in School website.
- Goal #11: Food purchasing and preparation practices to reduce fat content.
- Goal #12: Visual posters to promote healthy food, activity, or drink choices.
- Goal #13: Degree and certification of food service manager including continued professional development.
- Goal #14: To reduce or eliminate peanut or tree nut related items.

- 5.1 The Harvest Preparatory Head of School oversees Nutrition Services which establishes menus, nutritious foods, snack and beverage options, storage, temperature control, and all activities and duties assigned in food preparation and food planning.

- 5.2 Offer a clean, safe and pleasant cafeteria by ensuring rules for safe behavior and acceptable noise levels are followed, tables and chairs are appropriate size, tables and floors are cleaned between lunch periods or shifts; spills are cleaned immediately, and smells are pleasant.
- 5.3 HPS to continue to provide a variety of foods including two entrees for lunch daily, two choices of fruit or 100% fruit juice daily; two choices of vegetables daily; five foods containing whole grain are offered weekly.
- 5.4 Promote low-fat items in vending machines and in the Prep Shop.
- 5.5 Provide Preferred Healthy Food List for parents as alternatives cake, sweets or cookies.
- 5.6 Continue to evaluate and implement cooking practices that will reduce the fat content of foods, i.e. oils, remove skin from poultry before or after cooking, roast, bake, boil or broil meat rather than fry it; prepare vegetables using little or no fat; cook with non-stick spray or pan liners rather than grease or oil; offer low fat salad dressings.
- 5.7 Promote healthy food options by hanging posters or pictures with nutritional information and food choices.
- 5.8 Post menus and A la carte items on brightly colored placards
- 5.9 Monthly school lunch menu enlarged and laminated each month and posted for students in lower and upper schools.
- 5.10 The National Association of State Boards of Education recommends that students should be provided adequate time to eat; at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
(<http://www.nasbe.org/HealthySchools/healthyeating.html>)
- 5.11 Adequate seating and supervision will be provided.
- 5.12 Food service manager and staff to be certified or credentialed in food service by the State of Ohio and will research opportunities in continuing education concerning Dietary guidelines for American in areas of meal planning, receipt modification and substitutions, food purchasing, and preparation practices or nutrition education in order to promote healthy eating choices.
- 5.13 Students whose account is in arrears will be given a cheese sandwich (not peanut butter due to allergic reactions) and a milk or cup filled with water for lunch according to state guidelines.
- 5.14 Foods and beverages sold during the school day or fundraisers must meet the Smart Snacks standards, unless the items are not intended for consumption at school or otherwise exempt by the state of Ohio. *Note: The school day is defined as the midnight before to 30 minutes after the end of the school day.*
- 5.15 School to offer Wellness Wednesday in an effort to encourage healthy eating patterns.

6.0 Education/Physical Education Classes/Healthy Living

- Goal #1: To provide opportunities for learning about safety and healthy living choices as recommended by Healthy People 2020.
- Goal #2: Student to increase knowledge about the benefits of fitness, good nutrition, and healthy living during the school year and will understand the components of a healthy MyPlate.
- Goal #3: Teachers should strive to offer healthy snacks in the classroom and reward students with items other than food.
- Goal #4: Upper and Lower School Teachers to receive a handout of the list with areas of learning recommended for children in their classroom age group

and will incorporate these health areas in their teaching plans when appropriate.

- Goal #5: The School Nurse will serve as a resource for providing handouts and speaking opportunities to support the education plans of the teacher whenever possible.
- Goal #6: The Physical Education Teacher and the Nurse to oversee the American Heart Association Fundraiser as an opportunity to teach students about heart health.
- Goal #7: Harvest Preparatory School will not deny physical education classes as a punishment.
- Goal #8: HPS will strive to meet the National Association of State Boards of Education whereby elementary school students shall receive 150 minutes/week of physical education. Middle and high school students shall receive 225 minutes of physical education/week.
(http://www.nasbe.org/HealthySchools/physical_activity.html)
- Goal #9: Teachers will incorporate physical education into the classroom and learning of subjects such as math or science as often as possible.
- Goal #10: The Playground will be evaluated to determine if new activities can be incorporated.

- 6.0 The Harvest Preparatory Head of School will oversee Wellness Education initiatives incorporated into the classroom, including but not limited to "Wellness Wednesday" activities and PA announcements or Track or Stadium physical exercise to be monitored by the classroom teacher.
- 6.1 Gymnasiums will be utilized as much as possible and will offer a clean and safe environment for learning, play and instruction.
- 6.2 Teachers are encourage to incorporate fitness and nutrition education daily by using their Smartboards or music CDs to make Wellness learning enjoyable. The School Nurse provided Exercise CDs for lower school teachers during the 2015-16 school year to use for classroom breaks and to encourage fitness.
- 6.3 Immediate proposal to the Head of Lower, Upper and Head of School to get permission to hire a recreational painter to add playground activities to the Canaan land Playground. These painted games or suggestions would make fitness more enjoyable for students. Recommendations such as four square courts, hopscotch, the United State outline or a kick ball court on the large cement area, colorful squares, designs or flower decorations, walking paths and fitness stations could be painted to enhance safety and activities. All additions would encourage play and movement.
- 6.4 For safety reasons, it is best that Playground rules be reviewed with students and teachers combine classes and remain with both classes for extra supervision.
- 6.5 HPS has made Safety its first consideration in any fitness activity and safety handouts are available.
- 6.6 The School Nurse has completed several handouts about nutrition and will be available to teachers and parents via Renweb & Resource Wall outside the HPS Student Health Clinic.
- 6.7 Teachers will be given a handout about the Healthy People 2020 objectives and proposed topics for their specific age of students.

- 6.8 Teachers and staff will be advocates for students and encourage healthy living choices including topics such as: hand washing, nutritious eating, mental health, sleep, hydration and fitness choices. The American Academy of Pediatrics recommends that children only spend one hour of activity in front of a TV or video game. Other options to suggest are: reading, playing, coloring, drawing, bike riding, learning a new skill such as sewing, knitting, flash cards, playing games, etc. are possible alternatives.
- 6.9 HPS Staff, parents and students in grades 5,6,7,8 will be educated about Suicide Prevention safety and know the signs of depression and suicide.
- 6.10 A specific section in the School Library will be dedicated to nutrition, exercise, and healthy living. Books about nutrition education will be made available from the school library for students including resources to teach wellness at an early age. For example, books like The Hungry Caterpillar, How to Plant a Garden, and others teach health.
- 6.11 Students will have adequate opportunity to be physically active at school in ways other than physical education class.
- 6.12 Consideration of various clubs such as fitness, wellness and nutrition clubs. Pre-college preparation classes could be offered to help high school juniors and seniors succeed in nutritious cooking, college readiness, managing stress, learning CPR, healthy lifestyles, and physical activity.

7.0 Implementation & Measuring Effectiveness

- Goal #1: To implement as many of the proposed goals immediately or within 90 days.
- Goal #2: To ask for feedback from students, staff and teachers at the end of every quarter (approximately every 90 days).
- Goal #3: To monitor physical fitness effectiveness by positive and negative comments by the students.
- Goal #4: To conduct a survey of food services given to students and staff.
- Goal #5: To monitor the safety of students on the playground and in gyms quarterly.
- Goal #6: To meet with the Wellness Committee at the beginning and end of each school year to evaluate the plan's effectiveness.

- 7.1 Each Wellness Committee Member will report to the committee its survey results or findings.
- 7.2 The quarterly meeting to evaluate the school's Wellness Policies would include personnel such as: Nutrition Services, the Health Education Teacher, the School Nurse, Members of the Safety Committee, Lower and Upper School teachers, the Head of Lower School, the Head of Upper School, the Head of School, and representation from parents and students.
- 7.3 Proposals from the meeting would be made for the next year.

HPS Wellness Policy Approved by Dr. Ken Grunden, Harvest Preparatory Head of School