

## Wellness

As required by law, the Jackson County Board of DD (JCBDD) establishes the following wellness policy for Hope Haven School as a part of a comprehensive wellness initiative.

The JCBDD recognizes that good nutrition and regular physical activity affect the health and well-being of Hope Haven's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The JCBDD sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the JCBDD shall:

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes and skills necessary to lead healthy lives.
2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.

B. With regard to physical activity, the JCBDD shall:

**1. Physical Education**

a. Hope Haven School's physical education shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.

b. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.

c. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

d. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

e. Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

f. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying or harassment of any kind.

g. Planned instruction in physical education shall include cooperative as well as competitive games.

h. Planned instruction in physical education shall take into account gender and cultural differences.

i. Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.

j. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

## **2. Physical Activity**

a. Physical activity shall not be employed as a form of discipline or punishment.

b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

c. In addition to planned physical education, the school may provide age-appropriate physical activities (e.g. recess, during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities and students with special health care needs.

d. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities:

Free drinking water shall be available to students during designated meal times and may be available throughout the school day.

1. The schools shall provide at least thirty (30) minutes daily for students to eat.

2. The schools shall schedule mealtimes so there is a minimum disruption by bus schedules, recess and other special programs or events.

3. The school shall provide attractive, clean environments in which the students eat.

4. Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.

5. Students, parents and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.

6. The schools may provide opportunities for staff to model healthy eating habits by dining with students in the school dining areas.

7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

D. With regard to nutrition promotion, the JCBDD shall:

1. encourage students to increase their consumption of healthful foods during the school day;

2. create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the School nutrition standards:

a. a variety of fresh produce to include those prepared without added fats, sugars refined sugars and sodium;

b. a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes and starchy;

c. whole grain products – half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation;

d. fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored);

e. meals designed to meet specific calorie ranges for age/grade groups;

3. require students to select a fruit or vegetable as part of a complete reimbursable meal;

4. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

A. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans in School nutrition standards, as well as to the fiscal management of the program.

B. The guidelines for reimbursable school meals are not less restrictive than the guidelines issues by the U.S. Department of Agriculture (USDA).

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

C. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans in School nutrition standards to be consumed on the school campus during the school day is prohibited.

D. All food items and beverages for sale to students for consumption on the school campus (any area of property under the jurisdiction of the school that is accessible to students during the school day) between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans School nutrition standards, including entrees in the dining area (except entrée items that were offered on the National School Lunch Program (NSLP) or School Breakfast Program (SBP) menu on the day of and the day after they are offered on the NSLP or SBP menu).

E. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including classroom snacks.

F. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) shall comply with the current USDA Dietary Guidelines for Americans.

G. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.

H. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances and without stigma.

I. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.

J. All food service personnel shall receive pre-service training in food service operations.

K. Continuing professional development shall be provided for all staff of the food service program.

The JCBDD designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating Hope Haven School's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy.

The Superintendent shall appoint a Wellness Committee that includes parents, students, representatives of the school food authority, educational staff, school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually. School level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the JCBDD's Wellness policy;
- C. presentation of the Wellness policy to the JCBDD for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, as necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate.

The Superintendent shall report annually to the JCBDD on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement and progress made in attaining the policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook and post the policy on the JCBDD website, including the Wellness Committee's assessment of the policy's implementation.