

Organization Wellness Policy

In accordance with the July 29, 2016, Final Rule of the USDA Food and Nutrition Service (FNS), the Healthy, Hunger-Free Kids Act of 2010, and the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act of 2004, Phoenix School of Roseburg recognizes the importance of clear guidance for managing resources to assist in the overall wellness of persons employed and served by the organization's activities.

- 1) **Nutrition** - Phoenix School of Roseburg will continue to provide high-quality and nutritious foods to students and educate students about the benefits of eating a healthy diet. The campus will not feature vending machines from outside vendors. The campus will primarily feature daily access to nutrition for Phoenix students and promotion of healthy food alternatives.

- a. **Qualities of Federally Funded School Meals**

- i. *Fruits and Vegetables*

1. All grains offered for breakfast and lunch will be whole grain rich (>50% whole grain)
 2. School meals will offer 1 cup of fruits and/or vegetables each breakfast and lunch
 3. Lunch will include weekly offerings of legumes, dark green vegetables, red or orange vegetables, and starchy vegetables

- ii. *Sodium*

1. Sodium in breakfasts will be targeted to 570 mg or less
 2. Sodium in lunches will be targeted to 1,080 mg or less
 3. On-going monitoring of sodium content in breakfasts and lunches will occur infrequently with reviews of recipes and ingredients

- iii. *Calories*

1. Menu planning of breakfasts will target a caloric daily range of 450-600 kcal and weekly range of 2,250-3,000 kcal
 2. Menu planning of lunches will target a caloric daily range of 750-850 kcal and weekly range of 3,750-4,250 kcal
 3. On-going monitoring of caloric content in breakfasts and lunches will occur infrequently with reviews of recipes and ingredients

- iv. *Fat*

1. Breakfast and lunch will not contain added trans-fat
 2. No more than 10% of calories for breakfast and lunch will come from saturated fat
 3. Breakfast and lunch will offer 1 cup of fat-free or 1% milk
 - a. Flavored milk (e.g., chocolate) may be substituted, but must be fat-free

- v. *Water*

1. Free drinking water will be available at place of meal service
 2. Free drinking water is also available in the hallways outside the cafeteria during breakfast and lunch

b. Smart Snacks in School

Phoenix School adheres to the USDA policy for all snack foods sold or served in the charter school as a support service to the students.

i. Advertising

1. Phoenix administration will not direct the advertisement or marketing of any food or beverage product that does not conform to the 'qualities of federally funded school meals

ii. Exemptions from these Nutritional Standards

1. Infrequent fundraisers that sell foods and beverages to fund school programming (e.g., bake sales)
2. Infrequent classroom parties that celebrate student success
3. Educational programming purposes (i.e. career skills related to food services industry, family and consumer sciences, historic foods related to social studies curriculum, and/or other state standards conforming project based learning activities)
4. Infrequent use of incentives in classrooms to motivate student participation and achievement
5. Donations of healthy snacks (as defined by the Smart Snacks in School guidelines) to classrooms by parents/guardians
 - a. Primarily for students with Individual Education Plan (IEP) concerns or Pathways teacher approval

2) **Physical Activity** - Phoenix School of Roseburg will provide individual and team exercise opportunities for all students each school year to help students explore healthy habits for maintaining and improving their physical health.

a. Coursework in the Charter School

- i. The Principal will ensure there is at least one offering in the trimester course matrix of personal physical development class to encourage students to expand their perception of self and build self-confidence.
- ii. The Principal will ensure there is at least one offering in the trimester course matrix of one team-based physical education class per trimester to improve student fitness, agility, and interpersonal cooperation.

b. Special Events

- i. The Principal will work with the organization's Wellness Committee to include in the annual school plan an annual "Spring Field Day" that will bring all students outside for an afternoon of physical wellness and exercise where:
 1. Students will be able to choose from a variety of stations during the day. Activities may include things such as Soccer, Basketball, Fencing, Ultimate Frisbee, Yoga, Personal Development, and/or Hiking
 2. Activities will attempt to include local athletes and sports celebrities
 3. Local wellness organizations will be encouraged to attend and share opportunities with youth about local fitness activities
- ii. The Administration will encourage and support the formation of extracurricular clubs, such as a hiking club, basketball club, or running club, that promote physical activity. These club activities would be supervised by at least one staff member.

- 3) **Mental Health** - Phoenix School of Roseburg holds a high value of trauma-informed practices and maintains formal values to ensure individuals can contribute to the school environment while others around them seek to minimize behaviors contributing to re-traumatization. However, there are additional measures this policy prescribes to improve student learning and socioemotional support.

a. **Pathways Classes**

- i. The formal structure in the annual course matrix will include a 'Pathways Class' to allow for all youth enrolled in the charter school to have access to a positive developmental relationship with one adult.
- ii. Pathways Class will feature key offerings of lessons and curriculum uniquely crafted by Phoenix faculty to ensure all student's education include the understanding of the value of supportive relationships with others. These lessons will be continually refined and updated by all Phoenix faculty and the Administration.
- iii. Administration will work to direct annual resources related to planning and professional development to include the support of legacy (returning and/or multi-year) Phoenix faculty in the training of new Phoenix faculty in the unique qualities related to Pathways Classes curriculum.
- iv. Pathways Class faculty will seek to implement infrequent meditation breaks, to create mental and physical spaces for students that are non-stimulating, stressful, and/or chaotic.
 1. It is recognized that depending on numerous factors (e.g., age, stress level, peer dynamics) it may be difficult to instate periods of total silence, but this policy encourages faculty to pursue alternative strategies to create infrequent non-stimulating environments for students infrequently during the Pathways Class period.

b. **Socioemotional Wellness**

- i. Phoenix staff roster will include a full-time employee to coordinate resources in the management of peer conflicts.
- ii. The charter school will encourage the use of peer mediation, such as Restorative Justice, in resolving interpersonal conflicts, and the continued offering of a peer mediation course annually.
- iii. The Principal will encourage and facilitate the use of frequent assemblies that seek to improve the campus climate including presentations by school administrators, peer mediators, teachers, and/or guest speakers.
- iv. Phoenix will continue to refine and develop Journey Support Services (JSS).
 1. The key personnel coordinating these services are the Principal, the Executive Director, and the related student services coordinators. All personnel who directly serve students in the charter are also considered responsible for JSS activities.
 2. This team and JSS activities will target to alleviate critical interpersonal issues as they arise.
 3. JSS resources will also assist youth with connections to organizational partners to provide medical, mental health, and substance abuse services.

- 4) **Wellness Committee** - Phoenix School of Roseburg will convene a Wellness Committee to evaluate compliance with this wellness policy, review the progress made in attaining the policy's goals, and compare the policy to model policies and those of neighboring schools.
- a. **Committee Guidelines**
 - i. The Committee shall seek to comprise its membership with the following stakeholders: teachers, support services staff, administration, students, parents, board members, and members of the general public.
 - ii. The Committee's activities annually must include the collection of documentation of policy assessments, updates, nutrition program reports, and a list of those involved in the process of review and revision of organizational wellness activities.
 - iii. The Committee shall keep minutes of its meetings and post them to a location where all staff may review them within a month of the last meeting.
 - iv. This Committee will also have a priority to assist with the wellness and/or 'self-care' capacity of agency staff. This shall be achieved by the committee collecting relevant data, assessing quality of activities, and making recommendations for further improvements to the Administration.