

HENDERSON COLLEGIATE

3 Schools, 1 Mission: COLLEGE

Henderson Collegiate Wellness Policy

2022-until revoked or changed



Committee Members:

- School Nutrition Director
- School Nurse
- School Athletic Director
- PE Teacher
- Parent
- Student

The Wellness Committee will meet three times per year, and members of the community are encouraged and asked to participate as needed such as local health officials, YMCA, Boys and Girls Club, etc.

The Guidance Counselor will have direct oversight of the school wellness plan.

Physical Activity and Nutrition: Setting Nutrition Education Goals

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good food in our schools. Healthy food supports student physical growth, brain development, disease resistance, emotional stability and the ability to learn.

- a. Nutrition guidelines require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Department or any vendors. Menus and production selection will 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 what is required by the federal and state regulations.

Health Education and Life Skills

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

- a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- b. Students shall have access to valid and useful health information and health promotion products and services.
- c. 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 or after school programs.
- d. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Setting Nutrition Education Goals

- a. School: Nutrition education resources will be used in the cafeteria and classroom.
- b. Students: Nutrition education is offered in the classroom and cafeteria. Students are required to participate in a Physical Education course offered by the school when available.
- c. Staff: School staff will attend in-services and/or nutrition training.
- d. Parent: the school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information & will encourage parents to pack healthy lunches and snacks.

Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials and physical education homework.

Setting Physical Activity Goals

1. Primary school grades K-4
 - a. Participate in physical activity regularly. Students shall participate in moderate to vigorous physical activity on a daily basis for 30 minutes. Twice a week the students will receive formal physical education courses taught by certified teachers.
 - b. Participation in several physical activity programs throughout the school year for all students in grades K-4. Program activities include: Field Day and Exercise Program.
2. Middle School: Grades 5-8
 - a. Participate in physical activity regularly. Students shall participate in moderate to vigorous physical activity on a daily basis for a minimum of 30 minutes. Twice a week the students will receive formal physical education courses taught by certified teachers.
 - b. Participation in several physical activity programs throughout the school year for all students in grades K-12 such as Field Day, Exercise Program, sports

3. High School: Grades 9-12
 - a. Participation in an after school sport is highly recommended and encouraged.
Sports offered are:
 - Basketball
 - Track
 - Volleyball
 - Soccer
 - Cross Country
 - Bowling
 - Golf
 - Dance
 - Coed-Cheerleading
 - Tennis
 - Swimming

Establishing Nutrition Standards for all Foods Available on School Campus During the School Day

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

Meals served through the National School Lunch and Breakfast Program will:

1. Be appealing and attractive to children.
2. Be served in a clean and pleasant setting.
3. Meet, at a minimum, nutrition requirements established at local, state, and federal statutes and regulations.
4. Offer a variety of milk, including fat-free and 1% in approved flavors.
5. Baked, not fried.
6. Include fresh fruits.
7. Include whole grain products
8. Provide water in all areas where food is consumed. Water sources can be bottled water, water fountains, bottle filling stations, and on the service line

Nutrition Marketing

Nutrition marketing will not be less restrictive than local, state or federal standards and adhere to the Smart Snacks guidelines if it is applicable. Nutrition marketing will include evidence based methods that seek to better inform students, staff and the public.

Vending Machines

Vending machines offering products should be behind closed doors accessible to staff only.

Competing Foods

1. No food will be sold or given to students during school hours other than foods approved by the School Nutrition Program. No concession or vending machine foods available to students shall be sold until 1½ hours after the last student leaves the school.
2. Food fundraisers will not be conducted during school hours unless they meet child nutrition guidelines. No competing foods will be offered during breakfast and lunch times. Using food as punishment is not permitted.

Setting Goals for Other School-Based Activities

Designed to Promote Student Wellness

The school promotes increased participation in school based nutrition programs ensuring that every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced meals. To include if the school is a 100% free lunch CEP school.

The School will:

- a. Promote the availability of meals to all students;
- b. Students will be given between 20-30 uninterrupted minutes to consume their meals;
- c. Establish meal times consistent with Federal regulations;
- d. Prohibit the withholding of food as a punishment;
- e. Be in compliance with drug, alcohol and tobacco free policies;
- f. Provide accessible and productive work areas free from physical dangers or emotional threats.
- g. Provide an environment that is as safe as possible and consistent with applicable occupation and health laws; policies and rules;
- h. Encourage employees to engage in daily physical activity during the workday as part of work breaks and/or lunch breaks, before or after work hours.

Teachers will not use identifiable brand names of food or food products in their instruction unless they are found to be necessary to the lesson being taught and any commercial advertising on the school campus will follow the developed Nutrition Standards. School personnel serve as role models for healthy lifestyles. School staff are encouraged to model healthy eating.

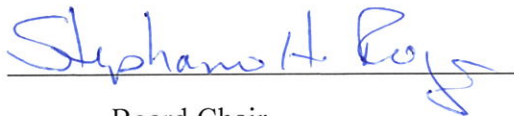
For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace physical activity as a personal behavior, students will be provided with different opportunities for physical activity. The school will discourage sedentary activity such as watching T.V., playing video games, etc. Provide information about wellness resources in the school and community; to include school counselors, the school nurse, physical education teachers, and sports coaches.

Assessments

Tri-annual assessments will be completed Tri-annually by the end of the SY of the assessment.

**Wellness Policy
Child Nutrition Program**

The Wellness Policy contained on the previous pages was implemented on June 1st, 2022 and will be implemented from this date forward until amended.



Board Chair

6-20-22

Date



Executive Director/CEO

6-20-22

Date