



## Health and Wellness Policy

### Committee:

Natasha Mucho-Seay, Principal  
Kristy Humphrey, Hot Lunch Coordinator  
Caitlin Watkins, Cafeteria Staff  
Cathy Broughmen, PE Teacher

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## **Setting Nutrition Area Goals**

- Integrate nutrition education throughout the curriculum.
- Students will receive additional nutritional and healthy lifestyle information through New River Health educator.
- Promote nutrition education through the use of newsletters and monthly lunch menu.
- Hang positive nutritional information posters in the cafeteria.
- SSPP School will use guest speakers to speak on topics regarding a healthy lifestyle.

## **Setting Physical Activity Goals**

- Students will have weekly unstructured physical activity during their daily 30-minute recesses.
- Students will have structured physical activity weekly during their PE classes two days per week.
- Information about area camps that promote outdoor activity, such as Camp Royal, will be distributed to the students and parents.
- After school care will promote physical activity for students staying after school.
- Removing recess will not be used as a punishment, but recess may be used as a reward for completing a goal.
- Promotion of physical activity will be evident through our Race for Education fundraiser.

## **Establishing Nutrition Standards for Foods Available on School Grounds**

- Cook will meet dietary guidelines and nutrition standards established by the USDA and the National School Lunch Program and Breakfast Program establishing the healthiest food choices possible including a variety of fresh

fruits and vegetables. More information can be found [National School Lunch Program | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/nslp)

- Food service personnel will have annual training.
- All parents will be encouraged to complete eligibility forms to be evaluated for free or reduced priced meals. Confidentiality is enforced.
- Nutritious foods and snacks will be encouraged for homeroom parties and daily snacks.
- No fast food or soda will be permitted at lunch.
- Water will always be made available on both floors of the school.
- No vending machines will be allowed in the school.
- There will be no selling of foods outside of the school lunch program.

### **Setting Goals for Other School Based Activities to Promote Student Wellness**

- Monthly breakfast and lunch menus to be sent via newsletter and posted on school Facebook page and website to encourage participation.
- Posters to promote proper handwashing will be displayed.
- Students will be provided a clean and safe environment for their lunch period.
- Marketing of outside foods is prohibited.
- A healthy snack is encouraged for students to bring to school to consume outside of the lunch period.
- Students will have access to water during their lunch period.
- Food will not be used as a reward.
- Students will have the first 10 minutes of lunch as quiet time to eat in a pleasant environment. Students may use indoor voices for the next 20 minutes. A total of 30 minutes will be allotted for lunch time.
- Cafeteria cook will participate in continuing education opportunities that promote a healthy lifestyle.

## **Setting Goals for Measurement and Evaluation of Wellness Policy**

- Number of participants in the breakfast and lunch programs will be maintained and monitored for low participation to reevaluate menu planning.
- A copy of the Wellness Plan and its assessment is made available to the public.
- Policy will be evaluated by the principal, hot lunch coordinator, and school cook. Assessment will be conducted triennially to assure compliance with USDA policy and attainment of goals. Updates will be made available to the public.