

WELLNESS POLICY PROCEDURES REVISED 2019

The Edgartown School Wellness Policy and Procedures/Guidelines

The School Wellness Committee consists of a group of individuals representing our school community. This group is committed to the wellness of the school community. Representation from all stakeholders are invited to participate on this committee and may include but not restricted to parents, students, school administrators, teachers, health professionals, school nurses, cafeteria manager, garden coordinator, physical education teacher, consumer science teacher and other interested members who value enhancing wellness through a holistic model. The wellness committee recognizes that health is not merely the absence of disease but requires balance between body, mind, and spirit. In order to achieve this balance, the committee has addressed procedures under the categories of **nutrition, physical education, celebrations, social emotional health, school sponsored events, and staff wellness.**

Nutrition- The Edgartown School addresses the importance of balanced nutrition by offering a variety of learning opportunities in this area.

- The school lunch program offers a varied selection of nutritious fresh food choices for students to eat 5 days every week when school is in session.
- Seasonal vegetables which are grown in our school garden and at close by local farms are harvested and gleaned by our garden coordinator, director of food services and students. The fresh foods are then prepared and offered during school lunch periods.
- Students k-8 receive hands on immersion in our garden program and learn where food comes from led by Melinda Defeo.
- Our health education curriculum “Michigan Model” led by our health teacher Mrs. Costello incorporates age appropriate lessons regarding the link between healthy eating and health promotion/disease prevention
- Island Grown Initiative offers a harvest of the month taste test throughout the school year. These tasting opportunities occur during lunch periods as the students are offered and encouraged to try new foods in bite size portions. (recipes available)
- Fresh fruit bowls are offered all day for students to eat. Usually classrooms will offer this during a working snack time.
- Competitive food, snacks and beverages sold 30 minutes prior to and 30 minutes after school will meet the nutrition standards and comply with the competitive foods being sold as stated in our policy.

Physical Education – The Edgartown School recognizes the importance of physical activity and supports the recommendation from the Center for Disease Control and Prevention which endorses all children have 60 minutes of physical activity daily. In order to reflect this physical activity opportunities, include;

- Monthly themed runs led by our Physical Education Teacher Mrs. Pikor. Parents and community members are invited and participate in this invigorating, fun filled event.
- Recess which is reflected in our school schedule

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- Physical Education Classes
- Movement breaks in the classrooms
- Aerial Yoga/classroom yoga with instructor Jen Delorenzo
- Extra Curricular sports activities for students in 6-8th grade who meet the eligibility requirements.
- After school offerings (3 times per year for 6 weeks each session).
- School personnel will not arbitrarily withhold opportunities for physical activity as a punishment.
- Physical education shall be required for all students unless a medical excuse is documented by the students physician.
- Bike and walk to school days led by the efforts of Mrs. Costello.
- Open gym Monday through Thursday for grades 5-8 from 7:30am until 8:15

Celebrations- The Edgartown School recognizes celebrations are an important way to acknowledge successes whether that be individual or whole community. Through the years this has become a part of our school culture. In keeping with the wellness policy, the committee has put these procedures in place to address celebrations.

- For students with special nutritional needs or a life threatening allergy (LTA) due to a diagnosis prohibiting the child from eating certain foods the process includes that the parent has a responsibility to notify the school nurse. Documentation will need to be provided from a doctor, a specialist, a registered dietician or nurse practitioner. This is the first step in instituting accommodations for each student. These accommodations are in accordance with the disability act and are reflected in our life-threatening allergy policy and procedures.
- When classroom projects involve the preparation and sharing of food, and a student with a known LTA is in that classroom, the teacher will send a notification home so that dietary accommodations can be made. Notification from the teacher may be in the form of a written letter or email.
- At the onset of the school year the school nurse will have an updated allergy and sensitivity list of the student body. The nurse will provide education as well as EPI Pen training for all staff. The nurse is a resource for teachers or staff managing students that have LTA.
- The use of food or beverages will not be used as a reward for example, for academic performance or good behavior.
- Classrooms that wish to celebrate with food, can access a list of healthy food alternatives which will be provided by the wellness committee. In addition, a list of non-food celebration ideas is also available. See Appendix A and B

Social Emotional Health –

- Meal times are an opportunity for students to socialize and eat nutrient dense foods which all contribute to achieving healthy blood sugar levels. Therefore lunch schedules for each grade is at least 20 minutes and up to 25 minutes where scheduling allows.

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- After school clubs that last 6 weeks are offered 3 times per year to give students the opportunity to help foster friendships and try new activities.
- Health education is implemented weekly for grades K-8
- The school nurse is a liaison for the parents for outside resources if needed.
- Outside counseling services are available for additional support (coordinated through our guidance department).

School Sponsored Events –

- Open House, Garden Celebration, Potluck, and Health Fair is an annual event at the Edgartown school. Parents are encouraged to bring a healthy dish (side, or desert) to share. This event takes place each fall.
- Parent Teacher Association (PTA) is viewed as an important part of our school community. The wellness committee will make every effort to attend their meetings to communicate and update the PTA on new and existing health related happenings.

Staff Wellness -

The Edgartown school highly values the health and wellbeing of every staff member. As stated in our above introduction The wellness committee recognizes that health is not merely the absence of disease but requires balance between body, mind, and spirit. To address our commitment to these areas the wellness committee has implemented the following :

- The school nurse has a plethora of health wellness books available for any staff member to borrow.
- After school Yoga for teachers
- The school nurse sends regular health related educational emails to staff throughout the school year. For example, Diabetes, Flu updates, illnesses that may be circulating, and other health related topics.