

The Edgartown School Wellness Policy 2023

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. All stakeholders are invited to participate in this committee which may include but is not limited 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 the 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 for students and staff, and school sponsored events.**

Nutritional Needs- The Edgartown School addresses the importance of balanced nutrition by offering a variety of learning opportunities in this area. Nutritional needs, food sensitivities and allergies are addressed according to each individual students' need.

- The school's breakfast and lunch programs offer a varied selection of nutritious, fresh food choices for students to eat 5 days a week, when school is in session.
- Parents/guardians are required to notify the school nurse if their student has special nutritional needs or life-threatening allergies (LTA). Documentation will need to be provided from a doctor, specialist, registered dietitian, or a 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.
- 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 EpiPen training for all staff. The nurse is a resource for teachers or staff managing students that have LTA.
- Seasonal vegetables, which are grown in our school garden and at nearby 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-eight receive hands-on immersion in our garden program and learn where food comes from.
- Our education curriculum "Michigan Model" 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 students are offered and encouraged to try new foods in bite size portions (recipes available upon request)
- Water refill stations are located throughout the school and students are encouraged to bring their own reusable water bottles to school with them.

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 that all children have 60 minutes of physical activity daily. In order to reflect this physical activity recommendation opportunities include but are not limited to:

- Monthly, themed fun runs. Parents and community members are invited to participate in these monthly fun runs with students.
- Recess, which is reflected in our school schedule.
- Physical education class,
- Movement breaks in the classroom.
- Aerial yoga/classroom yoga.
- Extracurricular sports activities for students in 6th-8th grade who meet the eligibility requirements.
- After school clubs (3 times a year for 6 weeks each session).
- Walk and Bike to School Days.
- Open gym Monday through Friday for grades 5-8 from 7:30 AM until 8:15 AM
- 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 student's physician.

Celebrations- The Edgartown School recognizes the celebrations are an important way to acknowledge successes whether that be individual or whole community. Throughout 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:

- Classroom projects involve the preparation and sharing of food, and if 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 e-mail.
- The use of food or beverages will not be used as a reward for example for academic performances 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- Mealtimes 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 are at least 20 minutes and up to 25 minutes where scheduling allows.

- After school clubs are offered up to three times per year lasting six weeks. These clubs give students the opportunity to help foster friendship and try new activities.
- Health education is implemented weekly for the grades K-8.
- The school nurse is a liaison for parents for outside resources if needed.
- Outside counseling services are available for additional support coordinated through our guidance department.
- Our All-Island Mental Health Coordinator has offered the “Calm App” to all teachers in our building to use and share as needed.
- The School nurses screen students in compliance with state guidelines. Failed tests are repeated and failed screenings are reported to parents/guardians.
- Vineyard Smiles dental clinic visits twice a year and offers dental cleanings to Edgartown Students who have signed up for the program.

School Sponsored Events- The Edgartown school highly values the health and well-being of every staff member. As stated in our above introduction the Wellness Committee recognized that health is not merely the absence of disease, but requires balance between body mind and spirit period to address our commitment to these areas the Wellness Committee has implemented the following:

- The school nurse has a plethora of health and wellness books available for any staff member to borrow.
- After school yoga and Zumba is offered for teachers.
- The school nurse sends regular health related educational emails to staff throughout the school year. For example, COVID-19/flu updates and protocols, illnesses that may be circulating and a variety of other health topics.
- The Edgartown School hosts a Back-to-School Night at the beginning of each school year to welcome families back to school after summer break.
- Growth and Development Night is offered to 5th grade students and their parents/guardians each year in the Spring.

- Brazilian Children's Day is celebrated on October 12th throughout the whole school with cultural food, games and activities.
- Open houses, Garden Celebration and the Health Fair is an annual event at the Edgartown School.

{Adoption Date} 06.07.2023 by the Edgartown School Committee

1st Reading- 04.05.2023 2nd Reading- 05.15.2023 3rd Reading- 06.07.2023
