

New City School Wellness Policy

This document addresses the following 6 components that we deem are essential for our learners and the school community at large to adhere by. This document will serve as a working document to promote the health and well being of our learners via the following components.

- 1 Goals for **nutrition services**, nutrition education and guidelines for all foods available during the school day
- 2 Goals for **physical activity**-inside and outside (recess)
- 3 Goals for **school wide** activities designed to promote wellness; such as violence prevention, bullying prevention, unintentional injury awareness, suicide awareness, safe physical environment under the headings of – overall Health Education, General Health Services, Counseling, Psychological and Social services
- 4 Goals for connectedness via **health** promotion for **staff** and personal commitment to building student adult community
- 5 Implement **measurable Goals** for School health and safety policies and environment
- 6 Goals for **community involvement**, including parents, students, school food authorities, school board, administrators and the public

Data will be collected via pre/post-tests, checklists, surveys and interviews. We will study health trend at school versus health trend at large, health trend at school versus health trend at home. We will regard for cultural norms around healthy eating, healthy weight and healthy activities. We will implement a checklist of the above mentioned to collect pre/post data from staff, students, parents/guardians and community members

What do these 6 goals mean?

Goals for Nutrition Education

Nutrition services

Nutrition services involve access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. Our school nutrition program reflects the U.S. Dietary Guidelines to achieve nutrition integrity. Our school nutrition services offer students a learning laboratory for classroom nutrition and health education and serves as a resource for linkages with nutrition-related community services.

Goals for physical activity – inside and outside

Physical education and other physical activity programs

Physical education is a planned, sequential, K-8 curriculum that provides cognitive content and learning experiences in a variety of activity areas, such as basic movement skills; physical fitness; rhythm and dance; games; team, dual, and individual sports; tumbling and gymnastics. We will provide quality physical education and promote through a variety of planned physical activities. Each student's optimum physical, mental, emotional, and social development will be promoted through these activities and sports that all students enjoy and can pursue throughout their lives.

Goals for school wide health activities and protocols

Health education

Health education is a planned, sequential, K-8 curriculum that addresses the physical, mental, emotional, and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The

comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse.

Health services

Health services are provided to appraise, protect, and promote student health. These services are designed to

- ❖ ensure access or referral to primary health care services
- ❖ foster appropriate use of primary health care services
- ❖ prevention and control of communicable disease and other health problems
- ❖ provide emergency care for illness or injury
- ❖ promote and provide optimum sanitary conditions for a safe school facility and school environment, and
- ❖ provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

Counseling, psychological, and social services

Counseling, psychological, and social services are provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals.

Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. At our school professionals such as certified psychologists, and social workers provide counseling, psychological, and social services.

Goals for connectedness

Health promotion for staff

Health promotion for staff and opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities will encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program. This personal commitment will transfer into greater commitment to the health of students and create positive role modeling.

Goals for policy planning, policy implementation and policy measurement

School health and safety policies and environment

Healthy school environment is the physical and aesthetic surroundings and the psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, any biological or chemical agents that are detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychological environment includes the physical, emotional, and social conditions that affect the well being of students and staff.

Example: for the 2006-07 school year we have the overall theme of Expressions Of Aggression. Through this theme we are being mindful of creating guidelines for work and play, which promote healthy interactions of words and play. Our physical activities will have the tone of playing for exercise, fun and staying away from any and all expressions of Aggression.

At lunch our students will not only be mindful of making healthy food choices, and also will create an atmosphere of peaceful climate.

Goals for family and community involvement

Family and community involvement

Family and community involvement is an integrated school, family, and community approach for enhancing the health and well being of students. School health advisory councils, coalitions, and broadly based

constituencies for school health can build support for school health program efforts. Our school will actively solicit family involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Examples: Indicators of growth. How we are measuring our collective efforts?

Survey 3 times a year - student, parent/guardian and all staff at New City School

Take pictures of food choices our community is making at school and at home - throughout the year

Weight and height measurements

Tally how many times one is active in and out of school throughout the program

Minutes used to exercise before and after the program

Sustainability for years to come

Please add/edit/delete to this entire document