

Wellness Policy

POLICY INTENT AND RATIONALE

Overall good health fosters good student attendance and optimizes student performance potential to ensure that no child is left behind. The purpose of the policy is to ensure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of the students.

A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity, and healthy lifestyle practices. In the school newsletter, pro-active health information and anticipatory guidance is disseminated to the whole school community by our school staff. Bulletin boards and posters will be used to display health promotion messages throughout the school year.

B. Support and promote good nutrition and proper dietary habits contributing to students' health status and academic performance.

School Food Program

All foods and beverages served at school for breakfast and lunch meet or exceed acceptable nutritional standards. Emphasis is placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods are served with consideration toward variety, appeal, taste, safety, and packaging.

- Reimbursable school meals meet, at a minimum, the regulations of the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (ACT U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School lunch Act (42U.S.C. 1758 (f)(1), 1766(a), the USDA Nutritional Standards and the American Dietary Guidelines
- Menus are prepared and foods are served to incorporate variety, appeal, taste and safety to ensure high quality meals. Conservatory Lab meals are provided by City Fresh Foods. According to the school's contract with City Fresh Foods, provided food portions meet or exceed the above-mentioned guidelines.
- Meal times and Scheduling:
 - The school will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
 - Lunch periods are scheduled as near the middle of the school day as possible.
- **CONSERVATORY LAB IS A PEANUT AND TREE NUT FREE SCHOOL. FOR THE SAFETY OF OUR STUDENTS WITH SEVERE NUT ALLERGIES, SNACKS AND/OR LUNCHEES THAT CONTAIN PEANUTS AND/OR TREE NUTS ARE NOT PERMITTED IN THE SCHOOL COMMUNITY.**

- Parents are to consult with the classroom teacher or director before sending food to be shared. This is because every school has children who have severe, life-threatening allergies of all kinds and other restrictions on some children's diets. No child shall be put at risk of having an allergic reaction to foods brought into school.
- Staff members will be regularly updated by the school administration regarding children who have severe food allergies.

Nutrition and Health Education

- Nutrition instruction will be taught as part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective in order to provide students with the knowledge and skills necessary to promote and protect health.
- Nutrition instruction includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, multicultural festivals and food tasting, promotions, farm visits, and school gardens;
- A comprehensive sex education component will be taught in the Upper School to prevent risk-taking behaviors that can adversely affect student health and well-being. Permission for participation in this program will be secured for each student by his/her parent or guardian.

C. Provide opportunities for students to engage in physical activity.

A physical activity program is an essential component for all students to learn about and participate in so as to develop life- long skills and enjoyment of physical activity.

- The school schedule includes daily recess for students in elementary grades. During daily recess, students are encouraged to participate in organized games that foster gross motor development and aerobic activity.