

Everstand's Wellness Policy

I. Policy Statement

Everstand emphasizes that students and residents eat healthy nutritional foods, as well as engage in physically active behaviors. Healthy youth are better able to learn, and we provide an environment that supports positive physical activity and eating behaviors.

II. Purpose

To ensure student wellness through nutrition promotion/education, physical activity and other school-based activities in order to fulfill the requirements of the Hunger-Free Kids Act of 2010.

III. Definitions

IV. Goals

a. Health and Nutrition Education

Goal – provide age appropriate and culturally sensitive instruction in health education that helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy eating habits and health-enhancing behaviors.

Activities:

- provide students in kindergarten through grade 12 with behavior focused nutrition education that is interactive and teaches the skills needed to adopt healthy eating habits.
- Link nutrition education activities through the collaboration of school staff, health suite staff and dining hall staff in order to provide comprehensive nutrition information to all youth.
- Integrate nutrition into the health education or core curricula; staff that provide nutrition education will have appropriate training

b. Nutrition Promotion

- Goal – provide students with receive consistent nutrition messages throughout schools, classrooms, homes, community and media.

Activities:

- Post Everstand breakfast, lunch and dinner menus in the cafeteria and distribute throughout campus on a regular basis
- Encourage and provide opportunities for students, teachers, and volunteers to practice healthy eating and serve as role models in the school dining areas.

c. Nutrition Services; Foods and Beverages

Goal – provide access to a variety of nutritious meals, beverages and snack items to accommodate the health and nutrition needs of all youth.

Activities:

- Classroom activities that involve cooking are not permitted, except as defined in the curriculum for Culinary and Life Skills Programming.
- All staff will request that parents and other individuals avoid bringing foods to campus that might cause a food allergic student to have an allergic reaction.
- All School Meals will be provided and approved through the school lunch program; School meals will meet nutrition standards established by the National School Lunch Program.
- The School Breakfast Program will be available to all students every weekday morning that school is in session.
- All classroom parties, incentives and snacks will need to be approved using the “School Incentive” form.
 - Food and beverages are not for sale on campus to students and are only offered through incentive-based activities.

d. Physical Education/Activity

Goal – provide all children, from kindergarten through grade 12, with quality physical education that helps develop the knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

Activities:

- Provide after-school programs that include physical activity, adequate co-curricular programs, and fully inclusive intra-mural programs and physical activity clubs.
- Provide opportunities for physical activity during the school day through physical education classes, recess and through physical activity that is integrated into the academic curriculum.
- Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to incorporate physical activities at home.
- provide training to enable teachers, and other school staff to promote physical activity breaks and to incorporate physical activity into classroom instruction.

V. Responsibilities

- The Everstand President/Designee will ensure that any subsequent changes to this policy are reported to the MSDE.
- The Everstand Strawbridge School Director of Education will ensure implementation of curriculum is aligned with the College and Career-Readiness Standards and school staff are delivering this curriculum with rigor.
- The Everstand Strawbridge School Director of Education/Designee will provide for annual notification of this policy and procedures to staff, students, parents.
- The President/Designee will oversee compliance with this policy by:
 - ensuring that the policy is made available on the Everstand website and ensuring that feedback from community partners, students, and

parents on the implementation of the policy is able to be collected on the website.

- conducting periodic evaluations and report on systemwide and individual agencies' compliance with the policy.
- Ensuring that the triannual assessment is made available to the public on the Everstand website
 - The triannual assessment will be conducted once every three years and based on the assessment results, the wellness policy will be adjusted accordingly.