



Local Wellness Policy – 2014-2015

Preface

The School Wellness Policy is designed to guide actions at the school to promote nutritious eating habits and healthy physical activity. Designed by the Wellness Committee, it is the official position on the school with regard to matters concerning foods provided and permitted on campus and physical activity requirements.

Wellness Committee

- Julia Meyerson, Founder and Executive Director
- Kela Powers, Manager of Operations
- Gustavo Avila, P.E. Teacher

Section 1- Nutritional education and promotion

Students will receive consistent nutrition messages throughout the school year:

- As appropriate, teachers will integrate nutritional education into core curricula
- Nutrition promotion will include participatory activities such as farm visits and planting seeds
- The nutrition education program will be linked to the school's Physical Education program
- Nutrition education will be promoted within the cafeteria in coordination with the P.E. teacher
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes
- Students will have the opportunity to taste foods that are low in saturated and trans fats, sodium and added sugar
- As appropriate nutrition education will be provided to families via handouts and newsletters
- Monthly meal calendars will be sent home and posted
- Staff is strongly encouraged to model healthful eating habits
- If the student packs a lunch, families will be encouraged to pack lunches and snacks that promote healthy nutritional values

Section II- Nutritional Standards

- School meals will include a variety of healthy choices. We will adhere compliance with all USDA and NSLP/SBP regulations
- All reimbursable meals will meet nutritional standards mandated by the USDA
- All menus will be reviewed by the catering company
- Meals will be served in a clean and pleasant setting and under appropriate supervision
- Students are encouraged to chew food slowly and thoroughly
- There is a silent timeframe during meals where students are only focused on eating

- Students will have access to hand washing facilities before meals and cafeteria staff will remind students to use them appropriately
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch programs and will be encouraged to determine eligibility for reduced or free meals.

Section III- Celebrations

- Celebrations that involve food will be limited throughout the year.
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers

Section IV- Access to Drinking Water

- Students and school staff members will have access to free, safe, and fresh drinking water at all times throughout the school day. Water bottles will be available upon need.
- School staff will be encouraged to model drink water

Section V- Physical Activity

- Physical education will be standards based- modified off an existing P.E. curriculum
- Content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior, nutritional information, healthy habits, and benefits of physical activity. Physical education programs will meet the needs of all students including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate mastery through the application of skills.
- Students have approximately two 15 minute recess breaks in addition to the 20 minute lunch recess break
- Students are taught how to safely use the playground equipment as it challenges upper body strength, balance, and coordination
- Outdoor recess will only be withheld in the event of extreme weather
- Staff will be encouraged to participate in a community run. The run is through an outside organization and is completely voluntary

Section VI- Evaluation and Enforcement

- The committee is active- meetings are held at the beginning, middle and end of each school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout the school
- A progress report is/will be prepared after each meeting for the committee evaluating the implementation of the policy and regulations and include recommended changes or revisions
- Parents are welcome to participate

Section VII-Goals for Nutrition and Physical Education

Vista College Prep's goals for Nutrition and Physical Education are that students:

- Maintain a higher attendance rate due to less illnesses
- Are able to evaluate the health and nutrition value of foods
- Incorporate healthy food and physical activity into their lives