Shepard Preparatory High School & Shepard School

Wellness Policy

Preamble

Shepard Preparatory High School and Shepard School (hereto referred to as the Schools) are committed to the optimal development of every student. The Schools believe that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.

This policy outlines the Schools' approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the Schools have access to healthy foods throughout the school day.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the Schools in creating continuity between the schools and other settings for students and staff to practice lifelong healthy habits; and
- The Schools establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

I. School Wellness Committee

Committee Role and Membership

The Schools will convene a representative wellness committee (hereto referred to as the WC) that meets at least two times per year to establish goals and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The WC membership will include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the schools nutrition program; physical education teachers; health education teachers; school health professionals; school counselors, psychologists, and social workers; school administrators; and the general public.

Leadership

The Wellness Coordinator will convene the WC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

Wellness Coordinator: Kara McCluskey, Food Service Director 973-850-6130

In addition to the Wellness Coordinator, the WC will consist of both school principals, at least one school psychologist or supervisor, at least one nurse, at least one physical education teacher and the Food Service Director

II. Wellness Policy Monitoring, Accountability and Community Engagement

This wellness policy and the progress reports can be found at *www.shepardschools.org*

Recordkeeping

The Schools will document compliance with the requirements of the wellness policy.

Annual Notification of Policy

The Schools will make this policy, including any updates, available via the School websites and/or School-wide communications.

Triennial Progress Assessments

At least once every three years, the Schools will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the Schools are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

The triennial progress report will be made available on the School websites and/or School-wide communications.

Revisions and Updating the Policy

The WC will update or modify the wellness policy based on the results of triennial assessments and/or as the Schools priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The Schools are committed to being responsive to community input, which begins with awareness of the wellness policy. The Schools will communicate ways in which representatives of WC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the Schools. The Schools will also inform parents of compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of Smart Snacks in School nutrition standards. The Schools will use electronic

mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, or sending information home to parents, to ensure that all families are notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The Schools will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the Schools are communicating important information. The Schools will notify the public about the content of or any updates to the wellness policy annually.

III. Nutrition

School Meals

The Schools are committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The Schools' meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Schools participate in USDA National School Lunch Program (NSLP). The Schools are committed to offering complete unitized meals through the NSLP program.

Staff Qualifications and Professional Development

All of the schools' nutrition staff are part time but will meet hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day the Schools will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Schools are committed to ensuring that all foods and beverages the schools make available to students on the school campus during the school day support healthy eating. This includes foods provided for medically authorized special needs diets, foods provided by the Schools' nurses during the course of providing healthcare, or foods that may be available to the student as part of the Schools' behavior modification policy, which is a part of the student IEP, and foods prepared by students as part of the Life Skills and Career Education curriculum. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. Parents/Guardians will be encouraged to provide foods and beverages meet or exceed the USDA Smart Snacks in School nutrition standards for

celebrations and parties. Parents/Guardians will be encouraged to provide individual snacks that meet or exceed the USDA Smart Snacks in School nutrition standards. The Schools will provide a parents a list of foods that meet Smart Snacks nutrition standards. The School will provide teachers and other relevant school staff a list of alternative ways, when possible, to reward children other than foods and beverages.

Fundraising

Foods and beverages will not be sold through fundraisers on the Schools' campuses during the school day. The Schools will use only non-food fundraisers during the school day, and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).

Food and Beverage Marketing in Schools

The Schools are committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. To that extent, the Schools will not permit advertising or marketing of foods and beverages on campus.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The Schools will promote healthy food and beverage choices for all students, as well as encourage participation in school meal programs. The Schools will offer complete unitized individual lunch meals meeting the National School Lunch program requirements.

Nutrition Education

The Schools will teach, model, encourage and support healthy eating by all students. The Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is provided at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing; and

Essential Healthy Eating Topics in Health Education

Student goals are established annually and outlined in each individual student IEP. The Schools' health curriculum is aligned with the NJ Core Curriculum Content Standards and will include at a minimum the following essential topics:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

IV. Physical Activity

Children and adolescents should participate physical activity every day. Physical activity can be provided through a comprehensive school physical education program as well as encouragement to engage in physical activity before, during and after school involving family and community opportunities. To the extent practicable, the Schools will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

Physical Education

The Schools will provide students with physical education, using an age-appropriate, sequential physical education curriculum aligned with NJ Core Curriculum Content Standards. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The Schools will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 90-120 minutes per week throughout the school year.

All high school students in each grade will receive physical education or at least 90-120 minutes per week throughout the school year.

Essential Physical Activity Topics in Health Education

Health education will be required in all elementary grades and the Schools will require middle and high school students to take and pass at least one health education course. The Schools will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess

The Schools will offer at least 15 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered at the elementary level when weather is feasible for outdoor play. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

The Schools recognize that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The Schools will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

V. Other Activities that Promote Student Wellness

The Schools will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Schools will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Middle and high school students will be afforded to opportunity to participate in cooking for Life Skills and Career Education. Guided by USDA My Plate, the NJ Core Curriculum Content Standards are reinforced. Students learn the importance of good nutrition and learn to prepare healthy meals. Level 3 middle school students have the opportunity to participate in the Fitness Alliance and Level 3 high school students have the opportunity to participate in the sports program to provide opportunities for physical activity and fitness in a challenging environment.

All school-sponsored wellness activities will include physical activity and healthy eating opportunities when appropriate. Nutrition posters will be displayed throughout the Schools. Lunch menus will feature a wellness item of the month.

USDA Non-Discrimination Statement

https://www.nj.gov/agriculture/divisions/fn/pdf/Form%20213%20USDA%20Nondiscrimination%20Statement%20(EnglishSpanish)%2011.2015.pdf