

# Shaloh House School's Wellness Policy

The Shaloh House School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Shaloh House School that:

- All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at school will meet the National School Lunch and Breakfast Programs for meal patterns and nutrient levels for the ages/grade levels served, with exceptions made for Jewish schools observing Kosher Dietary laws.
- To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks] and Summer Food Service Program).
- School will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

## TO ACHIEVE THESE POLICY GOALS:

### I. School Wellness Committee

The Shaloh House School will create, strengthen, or work within the existing school wellness committee to develop, implement, monitor, review, and, as necessary, revise the school wellness policy. The committee will also serve as a resource to school sites for implementing those policies.

- The school wellness committee consists of a group of individuals representing the school and community, and should include parents, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public;
- The Wellness Committee meets quarterly throughout the school year;
- School principal shall be responsible for ensuring that the wellness policy is implemented;
- Wellness policy will be available on the school's website and posted on the parent bulletin board;
- Wellness Policy must be assessed every three years using the WellSAT tool, appropriate modifications and updates will be made based on the results;

- Triennial progress report will be shared with the school community via email, posted on website and school bulletin board.

## **II. Nutritional Quality of Foods and Beverages Served**

### **School Meals**

#### **Meals served in school will:**

- Meet nutrition requirements established by USDA National School Lunch and Breakfast Programs for meal patterns, nutrient levels, and calorie requirements for ages/grade level served;
- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Offer a variety of fruits and vegetables (which will be offered first in line to encourage consumption by students);
- Serve only low-fat (1%) and fat-free milk and;
- Ensure that half of the served grains are whole grain.

#### **Free and Reduced-priced Meals:**

Shaloh House School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

- Cafeteria is cashless
- All students are offered and served identical reimbursable meals regardless of their eligibility status
- Eligibility status of students is unknown to teachers and foodservice staff, thus at point of service all students in the cafeteria receive the same meals without stigmatization or identification of eligibility status.

#### **Meal Times and Scheduling.**

School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule breakfast between 9 am and 10:30 am; lunch periods between 11 a.m. and 1 p.m.;

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Free water will be available in the cafeteria during meal times and a water cooler is available on every floor for free access as needed throughout the day

**Breakfast:** To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- Shaloh House School will provide daily breakfast through the USDA School Breakfast Program;
- Shaloh House School will serve breakfast between the hours of 9:00 am and 10:30 am to encourage students and give them the opportunity to participate.

**Snacks:** All snacks served during the school day or in after-school care are in compliance with USDA Smart Snacks federal nutrition standards.

### III. Nutrition Education and Promotion

**Nutrition Education and Promotion:**

Shaloh House School aims to teach, encourage, and support students' wellness. Nutrition education is integrated into the school curriculum and:

- Is offered at each grade level as part of a sequential, comprehensive, USDA standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and school garden;
- Is offered to grades K-6 once a month
- Nutrition education curriculum will use the school garden as a teaching tool and integrate harvested foods into lesson plans

**Health Promotion:**

- Teachers and staff model healthy eating behaviors by eating school breakfast and lunch with the students.

- Advertisements of any brands of foods or beverages is prohibited on school grounds. School will not expose students to food marketing of any kind.

**Fundraising Activities:** To support children’s health and school nutrition-education efforts, any school fundraising activities will not involve food. The school district will make available a list of ideas for acceptable fundraising activities.

**Rewards and Punishments:** Schools will not use foods or beverages of any kind as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations:** School should limit celebrations that involve food during the school day to birthday celebrations only. Each party should include no more than one food (i.e. cupcakes) that does not meet USDA nutrition standards for School Lunch and Breakfast, while encouraging fruit platters as a substitute.

## **IV. Physical Activity Opportunities, Physical Education and Wellness**

### **Physical Education (PE):**

The goal of the Shaloh House School PE program is to foster lifelong habits of physical activity in all students.

- Shaloh House School follows a standards-based physical education curriculum, which is aligned with established state PE standards and identifies the progression of skill development in grades K-6
- All students (except those with medical exemptions) will receive weekly physical education or its equivalent of two 45 minutes/week classes throughout the school year.
- All physical education will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Students will be provided with physical activity opportunities during recess and afterschool.

### **Physical Activity Opportunities:**

- School will provide 45 minutes of supervised active daily recess to all elementary students during school hours and 30 minutes during after school.

- Recess will take place outdoors and students will be encouraged to participate in moderate to vigorous physical activity (i.e. gaga ball, tag, use of outdoor equipment, etc.)

**Physical Activity and Punishment/Reward:**

- Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Teachers may provide extra recess time as a reward when feasible

**Integrating Physical Activity into the Classroom Setting:**

For students to receive the nationally-recommended amount of daily physical activity (*150 minutes weekly*) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- School discourages extended periods (*i.e.*, periods of 1.5 or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Communication with Parents:**

The school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents’ efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Staff Wellness:**

Shaloh House School highly values the health and well-being of every staff member and by end of SY 2022-2023 plans to create a teacher’s lounge room equipped with:

- Yoga mats and free weights
- Healthy snacks and free water

to allow staff to participate in physical activity throughout the school day and to support their personal efforts to maintain a healthy lifestyle.

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