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POLICY: Elementary School Wellness Policy

Purpose

This Wellness Policy aims to promote student health, well-being, and the ability to learn by supporting healthy eating and physical activity using the CDC's Whole School, Whole Community, Whole Child (WSCC) Model.

1. Health Education

- **Curriculum Integration:** Incorporate nutrition and physical activity education into health education classes and across other subject areas.
- **Skill Development:** Provide opportunities for students to learn age-appropriate skills in making healthy food choices, understanding portion control, and recognizing the importance of regular physical activity.

2. Physical Education & Physical Activity

- **Physical Education (PE):** Ensure that all students receive quality physical education that meets state requirements and provides at least 150 minutes per week of moderate to vigorous physical activity.
- **Daily Physical Activity:** Encourage students to engage in daily physical activity through recess, classroom movement breaks, and after-school programs.
- **Inclusive Practices:** Adapt physical activities to be inclusive of students with disabilities and provide opportunities for all students to participate.

3. Nutrition Environment and Services

- **Healthy Food Choices:** Ensure that all meals and snacks offered on campus meet or exceed the USDA's nutrition standards.
- **Access to Water:** Provide students with easy access to free, safe, and potable water throughout the school day.
- **Nutrition Education:** Use the cafeteria as a learning laboratory where students can apply classroom nutrition education in a practical setting. Implement quarterly nutrition workshops for students and families, with at least 75% of students attending at least two workshops during the school year.
- **Smart Snacks:** Promote healthy snack options that comply with the USDA Smart Snacks in School nutrition standards.



4. Health Services

- **Nutrition Counseling:** Provide access to nutrition counseling for students, especially those with special dietary needs or health conditions such as diabetes or food allergies.
- **Health Screenings:** Conduct regular screenings for BMI, vision, hearing, and other health indicators, and provide appropriate follow-up and referrals.

5. Counseling, Psychological, and Social Services

- **Support for Healthy Behaviors:** Offer counseling and behavioral support to promote healthy eating and physical activity habits, including interventions for disordered eating or sedentary behaviors.
- **Crisis Support:** Ensure that students have access to mental health services that address issues related to body image, stress, or other factors affecting their wellness.

6. Social and Emotional Climate

- **Positive Environment:** Create a school environment that promotes respect, inclusiveness, and positive relationships among students, staff, and families.
- **Bullying Prevention:** Implement policies and programs to prevent bullying and promote social-emotional learning, with a focus on supporting students' self-esteem and well-being.

7. Physical Environment

- **Safe Facilities:** Maintain safe and accessible spaces for physical activity, including playgrounds, gyms, and walking paths.
- **Healthy Spaces:** Ensure that school facilities, including cafeterias and classrooms, promote health and wellness through cleanliness, adequate lighting, and air quality.

8. Employee Wellness

- **Staff Participation:** Encourage school staff to model healthy behaviors by participating in wellness programs and activities.
- **Wellness Programs:** Provide opportunities for staff to engage in wellness initiatives, including fitness challenges, health screenings, and stress management workshops.



9. Family Engagement

- **Parental Involvement:** Involve families in wellness activities, including healthy eating workshops, education classes, physical activity events, and sharing information at parent meetings.
- **Communication:** Regularly communicate with families about school wellness initiatives, providing tips for healthy living at home.

10. Community Involvement

- **Partnerships:** Collaborate with local health organizations, businesses, and community groups to support school wellness efforts.
- **Resources and Support:** Seek community resources to enhance wellness programs, such as grants, donations, or volunteer support.

Implementation and Monitoring

- **Wellness Committee:** Establish a school wellness committee to oversee the implementation of this policy. The committee should include representatives from all 10 components of the WSCC model.
- **Annual Assessment:** Conduct an annual assessment of the policy's effectiveness, make any adjustments as needed based on data and feedback from students, staff, and families.
- **Reporting:** Share the results of wellness policy assessments with the school community, highlighting successes and areas for improvement.

Conclusion

This Elementary School Wellness Policy, guided by the CDC's Whole School, Whole Community, Whole Child Model, is a commitment to creating a healthy school environment that supports the well-being and academic success of every student.

This policy framework emphasizes a coordinated and holistic approach to wellness that involves all aspects of the school community. It encourages collaboration among educators, staff, families, and community partners to support students in leading healthy, active lives.