

Windsor School Wellness Policy

Preamble

Windsor School is committed to the optimal development of every student. Windsor School believes 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. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines Windsor School's 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 School will have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during, and after school.
- 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 Windsor School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and Windsor School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in Windsor School.

1. School Wellness Committee

Committee Role and Membership

Windsor School will convene a representative to establish a wellness committee, that will meet at least four times a year to set goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update The Windsor School's level of a "Wellness Policy".



Windsor School Wellness membership (to the extent possible) but not be limited to parents and caregivers; students; representatives of the school nutrition program, physical education teachers; health education teachers; school health professionals, teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and mental health and social services staff, school administrator, and the general public.

Leadership

The principal will convene with the Windsor School Wellness members and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

Wellness Policy Monitoring, Accountability, and Community Engagement

The Windsor School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Recordkeeping

The Windsor School will retain records to document compliance with the requirements of the wellness policy at Business Office 234 Wanaque Ave. Pompton Lakes NJ.07442.

Annual Progress Reports

The school will inform families and the public each year of basic information about this policy, including its contents, and any updates to the policy and implementation status. The school will make information available via the school website and/or School-wide communication.

Triennial Progress Assessments

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

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

The Windsor School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The Windsor School will update or modify the wellness policy based on the results of triennial assessments, and/or as the school 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 school is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will communicate ways in which representatives of Windsor School 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 school. The school will also inform parents of compliance with school meals standards, availability of child nutrition programs and how to apply, and a description of Smart Snacks in School nutrition standards. The school will use electronic mechanisms, or displaying notices on the school'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 school will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the school is communicating information.

I. Nutrition

School Meals

The school is committed to serving healthy meals to the students, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school students within their calorie requirements. The school 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.

The school participates in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Windsor School is committed to offering school meals through the NSLP and SBP programs.

Staff Qualifications and Professional Development


All school nutrition program directors, managers, and staff will meet or exceed 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. Windsor School will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The school is committed to ensuring that all foods and beverages available to students on the school grounds during the school day support healthy eating. With the exceptions for food provided as part of the school's behavioral modification policy. The foods and beverages served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase



consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. The school will provide to parents a list of foods that meet Smart snack nutrition standards. The school will provide teachers and other relevant school staff with a list of alternative ways, when possible, to reward students other than foods and beverages.

Fundraising

Foods and beverages will not be sold through fundraising on the school grounds, during the school day. The school will use only non-food fundraising during the school day, and encourage those promoting physical activity (such as Jump Rope for Heart, Fun Runs, walk-a-thons, etc.)

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 cafeteria. The school will offer complete breakfast and lunch meals that meet the National School Breakfast and National School Lunch requirements.

Nutrition Education

The school will teach, model, encourage, and support healthy eating by students. 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 the comprehensive, standards-based health education curriculum that meets state and national standards.
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

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

- The relationship between healthy eating and personal health and disease prevention
- Reading and using USDA's food 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
- Importance of eating breakfast
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- 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

Physical Activity

Children and adolescents should participate in 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 school will ensure that its grounds and facilities are safe, and that the equipment available to students to be safe.

Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. 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 with an equal opportunity to participate in physical education classes. The school will make appropriate accommodation to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All high school students in each grade will receive physical education or at least 90-105 minutes per week throughout the school year.

Essential Physical Activity Topics in Health Education:

High school Health Education courses will be as follows. Each student must take and pass one health course: Student goals are established annually and outlined in each individual student IEP. The school will include in the health education curriculum a minimum of 10 of the following topics on physical activity:

- . How physical activity can contribute to the academic learning process.
- The physical, psychological, or social benefits of physical activity.

- How physical activity can contribute to a healthy weight.
- 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 (Elementary)

Windsor School will offer at least **20 minutes of recess** on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. Outdoor recess will be offered when weather conditions are feasible to be outside. Recess monitors and or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.


Physical Activity Breaks

The school recognizes 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 school 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.

Other Activities that Promote Student Wellness

The school will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The school 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.

Students will be able to be involved in a Level 3 opportunity to participate in a healthy cooking class, that will reinforce the topic of healthy eating. The purpose of the class is to promote the importance of good nutrition through easy to prepare recipes that are USDA approved.