



## **NOAH WEBSTER SCHOOLS 2018-2019 Wellness Policy**

### **Noah Webster Schools Goals**

Noah Webster Schools is committed to the physical, nutritional and overall well being of each of our students. Healthy children have a better chance of retaining more information and completing their education. As such, the wellness committee has established this wellness policy in achieving the following goals to promote students' health, well-being and ability to learn. The Wellness Committee will be under the leadership of the Director of Health Services.

### **Standards for USDA Child Nutrition Programs and School Meals**

Healthy foods are a key to physical growth and brain development in school age children. Foods that meet nutritional guidelines under the National School Breakfast and Lunch Program are an important component of academic performance and for building a healthy immune system.

- Noah Webster Schools' food program operates under the National School Lunch Program. As such, we work very closely with an independent caterer to assure that each meal served meets the standards set forth by the Arizona Department of Education, Maricopa County Health Code Chapter 8 and USDA.
- All meals served are nutritionally balanced and contain the appropriate portion sizes.
- Noah Webster Schools encourages all students to eat both a balanced lunch and breakfast, including meals brought from home. Therefore, breakfast and lunch are available to all students who order.
- Parents and students are provided with menus two weeks in advance.
- Students are given an appropriate amount of time in which to eat their lunch. They are also sent to recess before coming to lunch which encourages them to eat more and throw away less.
- All plain or flavored milk offered is reduced fat or fat free and all juice that is offered is 100% fruit juice.
- Peanut free table for children with peanut allergies is available. The peanut free table will have its own cleaning rag to avoid cross-contamination.
- The use of hand sanitizers before coming to the cafeteria to eat is mandatory.
- There is unrestricted access to drinking water during meals and throughout the day, including before and aftercare programs.
- The cafeteria provides a clean eating environment with adequate dining spaces.
- Annual training for food service staff is provided.

### **Nutritional Standards for Competitive and Other Foods and Beverages**

- All food that is sold, to be consumed by students, during the school day complies with the standards set forth by the Arizona Department of Education.

- The school's Food Service Director and staff will support all classroom activities that include hands-on application of good nutrition practices that promote the overall health and welfare of the students.
- Non-food rewards are encouraged for the classrooms.
- No home-baked goods are permitted for classroom parties or any school events.

## **Health Services**

Plan and collaborate to develop a health services program that provides health care, disease prevention, and enhancement of students' performance in school.

- Adhere to Federal, State and County regulations.
- Complete and submit annual reports to reflect State immunization compliance.
- Trained school health care personnel will coordinate health services with the support of Arizona School Health Guidelines and Maricopa County Health Department.
- Collaborate with community health resources to promote health and wellness for students, families, staff and community.
- Work collaboratively with students, parents, teachers and other school and community professionals to remove health barriers to learning.
- Provide accessible comprehensive health services to students that shall include communicable disease prevention, health screening, (including hearing and vision) community health referrals, first aid and other health education topics.
- Pursuant to ARS 15-108 marijuana, including medical marijuana, is prohibited at Noah Webster.
- Annual training of health office staff.

**Healthy and Safe Environment.** Continually monitoring and assessing compliance with health and environmental issues.

- Follow State and National regulators: Arizona Environmental Health & Services Division, City of Mesa standards and regulations, OSHA, ADA standards, Federal Regulations, AHERA, Arizona School Emergency Response Plans, New Chemical Security Law from D.H.S. ASHRAE, American Society of Heating, Refrigeration & Air Conditioning Engineers establishes various standards for indoor air quality at our school.
- Request and comply with periodic insurance safety inspections.
- Closed campus for the added protection of our students.
- Maintenance shift that works until 6:30 pm to safely escort teachers and staff to parking lots, as needed.
- Noah Webster enforces drug, alcohol and tobacco free policies in accordance to A.R.S. 13-3411.
- Monthly playground equipment inspections.
- Site Principal promotes respect for facilities, staff, parent/guardian rules.
- Staff is trained in a bully-prevention program.
- Noah Webster has monthly fire drills and two lock-down drills per year per site.
- Facilities comply with all standards and codes for educational purposes.

- All employees are required to be first-aid and CPR certified.
- The school shall annually review safe routes for students who walk or bike to school.

**Physical Education and Activity.** Physical education and physical activity shall be an essential element of our school’s instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity

1. **Physical Education Program.** Physical Education (PE) is a vital part of the general education curriculum at Noah Webster it contributes to the total growth and development of each child, primarily through movement experiences. Our program objectives provide the framework and direction to the physical education program. The program objectives include the development of motor skills and movement competence, personal health and wellness skills, and understanding of human movement principles, lifetime activity skills, and the attainment of positive social skills. The physical activities shall consist of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to the students, taking into consideration the different abilities of the students.
  - Average teacher-student ratio for PE classes is 30:1.
2. **School Activity.** Students are provided an opportunity to participate in varied activity opportunities for enjoyment, challenge, self expression and social interaction that will lead to a physically active lifestyle. Individual activities as well as group and team activities are available to enhance the wellness of the students.
  - Supervised unstructured play is provided for kindergarten through 2<sup>nd</sup> grade for 45 minutes each school day. Students 3<sup>rd</sup> through 6<sup>th</sup> grade are provided with 30 minutes each day of unstructured play.
  - After School programs are offered for a fee that meet the needs and interests of all students, including those who are not athletically inclined or those with special health care needs.

**Wellness Promotion and Marketing**

- Noah Webster encourages staff to model healthy eating/drinking behaviors and not model unhealthy behaviors.
- All vending machines on campus are inaccessible to the students pursuant to Smart Snacks in Schools
- Noah Webster School does not participate in any food fundraising campaigns.
- Nut free classrooms are established for the safety of nut allergen students.
- Coordinated events and fundraisers that promote physical activity (i.e. Apex Fun Run, Field Day, etc.)
- No foods, other than the lunch/breakfast program are sold on campus.
- Healthy eating flyers will be sent home to all students at Open House which promotes healthy portions and options.

- The Director of Health Services will coordinate healthy eating nutrition assemblies and/or workshops for students to promote nutritional education.

**Implementation, Evaluation and Communication:**

- Parent and Student Involvement: Parents and Students are encouraged and welcomed to participate in school activities that improve the overall well-being of the student population.
  - Examples include, but are not limited to: Assemblies are scheduled by the school that include guest speakers that discuss living with physical disabilities, motivational topics, good dental hygiene, etc.
- The wellness committee meets annually to review, plan, implement and improve the nutrition and physical activity environment in accordance with State and Federal guidelines.
- The wellness committee includes both parent and student members.
- The wellness policy is available for parent review through our front office and on the school's website at [www.noahwebster.org](http://www.noahwebster.org).
- The wellness policy assessment will be completed every three years and published on the school's website and available upon request.

LEGAL REF: A.R.S. 15-108, A.R.S. 15-242, A.R.S. 13-3411, National School Lunch Act (42 U.S. Code § 1751) and Child Nutrition Act (42 U.S. Code § 1771)