



WELLNESS AND NUTRITION POLICY UPDATE

The Board sets forth the following goals in an effort to encourage a holistic approach to staff and student wellness that is sensitive to individual and community needs:

Nutrition

Nutrition guidelines that require the use of products that are high in fiber and rich in whole grains, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards have been established for all foods offered by the schools' contracted vendors. Menu and product selection are set by the meal vendors with some input from the schools based on student participation. Nutrition services policies and guidelines for reimbursable meals will meet all federal and state regulations requirements.

Intergenerational Schools do not offer a la carte items to students and Vending Machines are not available for student use, reducing the opportunity for students to eat unhealthy foods while at school. In addition, nutrition shall be considered when planning school-based activities such as classroom snacks, fundraisers, parent events, etc. Any food provided outside of the food service program, but sold during the school day on the School premises, shall align with the goals and standards stated in this Wellness Policy.

Physical Activity

Intergenerational Schools provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks and report student progress annually to the state. Students have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of school-sponsored after school programs. Physical education and physical activity is an essential element of IS' instructional program. Having PE and/or recess daily provides the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. The physical education program consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

Environment

Our school facilities and surrounding offices work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments. School areas in the building and grounds, structures, and equipment meet all current health and safety standards, including environmental air quality, and are kept inviting, clean, safe and in good repair.



The School will provide students with a clean and safe environment and adequate time for eating meals. IS classrooms and offices maintain an environment that is free of tobacco, alcohol and other drugs. Safety procedures and appropriate training for students and staff support personal safety and a violence-free and harassment-free environment.

Resources

IS provides a supportive environment that encourages students, families and staff to request assistance when needed and links them to school or community resources. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations. A coordinated program of accessible physical and mental health services has been provided to students and staff and includes violence prevention, school safety, communicable disease prevention, health screenings, counseling, community health referrals and immunizations, dentistry, first aid and other priority health education topics.

Implementation and Evaluation

The Director of Operations shall ensure that the School implements, complies with, and annually evaluates this Policy.

The Schools will convene a Wellness Committee to consult with various stakeholders (administrators, board members, parents, students, community members, school health professionals, physical education teachers, or representatives of the school food authority). The committee will be provided the opportunity to participate in the implementation, periodic review, and update of the Policy. In developing or updating goals, the committee will review and consider evidence-based strategies and techniques.

At least once every three years, the School will measure the implementation of this Policy, focusing specifically on the extent to which the School has complied with the Policy, the extent to which the Policy compares to model local wellness policies, and the extent to which the School has progressed toward achieving its stated goals in the Policy. The School will create a written assessment for each periodic measurement that it will disseminate to students, their families, and other members of the community or post on its website. The School will make appropriate modifications to this Policy, if necessary, based on this assessment.

At the start of each school year, the School will disseminate this Policy and information about its implementation to families of school children and other members of the community or post it on its website and will notify such individuals of changes to the Policy in the same manner.



Intergenerational SCHOOLS

A COMMUNITY OF LIFELONG LEARNERS

The School shall retain documentation demonstrating compliance with this Policy, including requirements related to community involvement, triennial assessments of this Policy, and public dissemination of this Policy and any updates thereto.

42 U.S.C. 1758b; 42 U.S.C. 1771; 7 CFR 210.30; R.C. 3313.814; R.C. 3313.816; R.C. 3313.817

See also: Food Sale Standards Policy; Peanut and Other Allergies, School Meals