

## **Wellness Policy**

### **Philosophy**

The Hillel Community Day School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The school recognizes that optimum learning flourishes in an environment where the social, emotional and physical needs of its students and staff are identified, addressed, and supported.

#### (1) Nutrition.

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize input from student, parent, staff and community advisory groups, whenever possible.

(b) Nutrition education will be imbedded into the curriculum by classroom teachers at the K-8 level.

(c) Foods provided to students outside of the food service department (vending, fundraisers, extra-curricular events and celebrations) shall support USDA dietary guidelines which include balance and moderation.

#### (2) Health Education and Life Skills.

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Each student shall be provided an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful health information and health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and /or reduce health risks during the school day and as part of before or after schools programs.

(d) Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.

#### (3) Physical Education and Activity

A certified specialist shall teach physical education. Physical education and physical activity shall be an essential element of each 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.

(a) Physical Education Program

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity, subject to the differing abilities of students. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

1. Participation in physical education shall be required for all students in kindergarten through grade six for a minimum of 30 minutes, three days a week, or the equivalent.

2. Participation in physical education shall be required for all students in grades 7-8 according to the regulations set forth by the NYS Education Department through formal physical education courses.

(b) Physical activity

Physical activity should be integrated throughout the school day. Regularly scheduled intramural/ extra-curricular athletic activities, and/or regularly scheduled school-wide activities are available to all students.

(4) Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

(a) School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards and regulations. The School's Safety Plan and Code of Conduct are aligned to state and federal regulations and are strictly enforced.

(5) Social and Emotional Well-Being

The school supports programs and services that support and value the social and emotional well-being of students, families, and staff.

(a) The school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed and links them to school or community resources.

(b) Students and staff are expected to express thoughts and feelings in a responsible manner.

(c) Students and staff are expected to respect the differences in others and to demonstrate tolerance in order to have positive interpersonal relations.

(d) Students will be supported in maintaining an age-appropriate balance between academics and extra-curricular activities. Some examples may include, but are not limited to:

- i. Interscholastic athletic practices not to exceed 2 hours;
- ii. Rehearsals not to extend beyond 9pm on school nights;
- iii. District-wide Family Together Nights

#### (6) Health Services:

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- a) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the school physician.
- b) The Hillel Community Day School shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- c) A coordinated program of accessible health services shall be provided to students and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

#### (7) Family, School and Community Partnership

##### (8)

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- a) Stakeholder representation shall be included on an ongoing basis in the school wellness planning processes. The stakeholder group will create, implement, and evaluate the school's wellness plan as it relates to this policy.
- b) Community partnerships shall be developed and maintained as a resource for school programs.
- c) The school shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

#### (9) Staff Wellness

The school supports the emotional and physical well-being of all staff. A staff that is supported both emotionally and physically will enhance the educational experience for students.

- (a) Establish an ongoing staff committee to assist in identifying and supporting the health, safety, and well-being of staff.
- (b) Provide opportunities for on- campus staff participation in wellness activities.
- (c) Share information about wellness resources and services