



Wellness Policy on Physical Activity and Nutrition

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Schools play a critical role in improving the dietary and physical activity behaviors of children and adolescents. Schools can create environments supportive of students' efforts to eat healthy and be active by implementing policies and practices that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors.

Healthy eating and regular physical activity play a powerful role in preventing obesity and chronic diseases, including heart disease, cancer, and stroke — the three leading causes of death among adults aged 18 years or older. Since major risk factors for those diseases including unhealthy eating habits, physical inactivity and obesity are often established in childhood, our school promotes nutrition, education and physical activity.

In understanding this mission by setting forth and implementing a school wellness policy for Jewish Institute of Queens, we hope to help prevent childhood obesity. Obesity rates have doubled in children and tripled in adolescents over the last two decades.

NUTRITION GOALS:

In order to achieve these goals, Jewish Institute of Queens will make sure that meals served through The National School Lunch and Breakfast Programs will:

- Foods should be appealing and attractive to children.
- Children should be served in clean and pleasant settings.
- At minimum, meet nutrition requirements established by local, state, and federal regulations.
- Offer a variety of fruits and vegetables.
- Offer low-fat and/or fat-free milk.
- Encourage use of whole grain.
- Assure that students are given adequate time for eating.
- Encouraging parents to send only healthy foods when celebrating a birthday party in school.

Our school will encourage staff development and training of pertinent food service staff, teachers, and parents in child nutrition in order to effectively deliver quality education to the students. To ensure that the school models good nutrition choices, healthy foods will be highlighted at school functions, celebrations and class parties.

Jewish Institute of Queens will involve the Parents Association in regard to setting forth a policy of children bringing healthy snacks to school.

Jewish Institute of Queens will encourage teachers not to use foods or beverages, especially those that do not meet nutrition standards as rewards for academic performance or good behavior. Non-food alternatives such as toys, stickers and little trinkets could be used.

Vending machines (if applicable) will not carry carbonated drinks such as soda and will not carry non-nutritious high empty calorie snack foods. Vending machines will not be in operation during breakfast and lunch service.

Nutrition information will be taught formally in classrooms and informally in the lunchroom in order to educate students and assist their development of making healthy food choices for meals and snacks.

Snacks served during the day & in the after school or enrichment programs will make a positive contribution to student's diet and health.

Jewish Institute of Queens will continue to be a smoke free environment.

Fresh drinking water will be available to all students and staff.

DEALING WITH ALLERGIES

1. Parents will continue to be encouraged to assist the children with healthy food choices at home and encouraged to make sure their child partakes in physical activity. Establish a food allergy support team that includes the child, parents, principal, school nurse, teachers, food service director, and school personnel to develop an emergency plan to implement if an allergic reaction occurs in school.
2. Train all school personnel about food allergies and the importance of acting immediately if a child appears to be exhibiting signs or symptoms of an allergic reaction.
3. Conduct practice drills periodically to determine if the emergency plan is effective. Involve all necessary personnel.
4. Avoid cross-contamination, i.e., use separate knives for peanut butter and jelly.
5. Review food labels for all products purchased and served by the cafeteria. Manufacturers continuously refine and improve food products. Food product labels must be read each time they are purchased, as peanuts can be added in a variety of forms and are frequently added to increase the protein content of foods.
6. Establish "peanut free" zones, e.g., table in the cafeteria, without isolating the child with food allergies.
7. Discourage food trading.
8. Discourage sharing snacks and goodies in the classroom that are from outside sources.

PHYSICAL FITNESS GOALS:

Recognizing that physical fitness is an integral component to a child's well being, the school shall adopt and implement a health and fitness curriculum. This curriculum will provide opportunities for developmentally appropriate instructions for all grades.

Jewish Institute of Queens, will provide daily recess periods for elementary school students featuring time for unstructured but supervised active play for at least 20 minutes daily.

High school students will have daily recess available and encouraged to engage in moderate to vigorous physical activity preferably outdoors.

Teachers will not use the physical activity or withhold opportunities (e.g. running laps) for physical activity (e.g. recess) as punishment.

Students that live in close proximity to school will be encouraged to walk to school and home.

If operating an after school program, the program coordinator will include some form of physical activity on a regular basis.

IMPLEMENTATION & MONITORING:

To help with the initial development of the school's wellness policy, Jewish Institute of Queens, will conduct a baseline assessment of the school's existing nutrition and physical activity policies. The results will be compiled and used to identify and prioritize needs.

Assessments will be repeated every three years to review policy compliance, assess progress and determine areas in need of improvement. If needed, the wellness policy will be updated and fine tuned to facilitate better implementation.

The principal/administrator will oversee policy compliance for physical education and activity.

The School Food Service administrator will oversee the nutritional component of the policy for compliance.

PUBLICITY REVIEW & ASSESSMENT:

A meeting will take place at the beginning of school year with the participation of School Food Administrator, Principal, Schools Registered Nurse & Members of the PTA. They will review the existing school wellness policy and assess any changes that need to be made. As a result, they will amend the existing policy to include these changes. The revised policy will then be posted on the schools website and sent home to our parent body encouraging input from the parents. We will regularly review parent recommendation and when necessary make changes accordingly.

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