**Piggott Elementary School**

**Wellness Policy**

**2018-2019**

**Preamble**

Piggott Elementary School recognizes that there are links among nutrition education, the food served in schools, and the amount of physical activity. We also recognize that good physical and mental health fosters improved student attendance, education, and learning. When students’ wellness needs are met they learn more effectively and achieve higher standards in school. To enable the development of life-long healthy habits, Piggott Elementary School shall adopt and model the following Wellness Guidelines.

**Nutrition and Health Education**

We will provide a planned, sequential and comprehensive nutrition education program through our state adopted curriculum and by collaborating with the Clay County Extension Office. The programs will be designed to provide students with the knowledge and skills necessary to promote and protect their health.

**Physical Activity**

In order to insure students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply: Physical education will be taught by a certified physical education teacher. Students will receive 45 minute each week of physical education instruction. All students have 30 minutes daily of supervised physical activity on the playground.

**School Meals**

Offer breakfast and lunch under the national guidelines of the ASDA’s National School Lunch, Breakfast Program and Smart Snack Resolutions. Encourage all students to participate in breakfast and lunch opportunities. In particular, the school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

Our school will provide a lunchroom environment where students have adequate space to eat; adequate time for meals in a pleasant, supervised surrounding; and convenient access to hand-washing facilities before meals and access to water during meals.

**Nutrition Standards**

*\*Food as Reward/Punishment*

School will not use foods or beverages as rewards for academic performance or good behavior unless it meets the standards of food or beverages sold individually or unless this practice is allowed by a student’s Individual Education Plan (IEP) and will not withhold food or beverage as punishment. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.

*\*Fundraising, concessions, school stores and other opportunities to promote healthy eating*

Whenever possible, fundraising activities should demonstrate the district’s commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutrition messages taught in classrooms and lunchrooms.

*\*Celebrations*

Whenever possible, at any school function (parties, celebrations, festivals, sporting events, etc.) healthy food choice options will be available to students. Snacks served during the school day for class parties, birthdays, award incentives, etc. will promote a positive nutrition message. Emphasis will be on serving fruits, vegetables, and other nutrient dense foods as the primary snacks. Teachers will disseminate a list of healthy food item suggestions to parents.

**Other School-Based Activities**

*\*Staff Wellness*

School staff serves as role models for students and are the key to successful implementation of student wellness programs. Therefore, the school will offer staff wellness programs. This may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage, healthy lifestyles, prevent injury, reduce chronic diseases and foster exceptional role modeling. This may also include fitness opportunities such as walking clubs, or fitness challenges for staff and patrons.

*\*Access to facilities for physical activity after school hours*

Piggott Elementary School will work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time. School communities will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate.

*\*After-school programs*

The school will work with recreation agencies and other community organizations to provide an avenue for reaching all students before and after school through organizes physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities.)

*\*Coordinated School Health approach*

* A Coordinated School Health Council will be established in each school in order to ensure an array of opportunities for health promotion are available to each school community and district staff.
* It is the goal of Piggott Elementary School to make measurable improvements in promoting the students’ physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse services, nutritious meals, health education, and opportunities for physical education and activity.

 *\*Community/Family Involvement*

* Piggott Elementary School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
* Piggott Elementary School will support parent’s efforts to provide a healthy diet and daily physical activity for their children. We will provide information about ways to promote healthy lifestyles.
* Piggott Elementary School will provide an opportunity to include parents and community in nutrition and fitness-awareness programs.
* Piggott Elementary School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

*\*Marketing of food and/or beverages*

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Monitoring and Evaluation Plan**

The Wellness Committee will develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public will be considered before implementing such rules.

An assessment of the school’s existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

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