



## **Local Wellness Plan 2018-19**

Stanley G. Falk School

The Stanley G. Falk School is committed to providing a school environment that promotes and protects students' health, well-being and ability to learn by creating opportunities throughout the school day to develop lifelong wellness practices. This plan outlines the school's approach ensuring environments and opportunities for all students to practice healthy eating and physical behaviors throughout the school day, and applies to all students, staff and schools in the organization.

The Stanley G. Falk School has established a Health and Wellness Committee to oversee and establish goals for school health, safety policies and programs. The Wellness Committee will create, implement and maintain a plan to manage and coordinate the execution of these goals in order to improve the overall wellness standards in all buildings. The committee will meet at least three times during the school year to discuss and make ongoing recommendations for implementation, improvement, and updating of the wellness plan. The Health and Wellness Committee will include but is not limited to representatives from the following groups: food service personnel, physical education teachers, general education teachers, school health professionals, school administrators, student representatives, community members and parent representation (when applicable).

All Child Nutrition programs comply with the federal, state and local requirements as set forth in the Healthy Hunger Free Kids Act, 2010. The Stanley G. Falk School participates in the School Breakfast Program, National School Lunch Program. Every student enrolled at the school is eligible to participate in these programs. In addition, students in grades K-6 participate in the Fresh Fruit and Vegetable Grant program.

The Stanley G. Falk School encourages and promotes goals, objectives and activities in all areas relating to nutrition, nutrition promotion and education, physical activity, and overall emotional wellness as defined in the Healthy Hunger Free Act, 2010. The Stanley G. Falk school supports professional development opportunities to ensure that the faculty and staff are equipped with the skills necessary to provide a school environment that promotes and protects our students' nutritional, emotional and physical health and well being.

The Stanley G. Falk School will provide families, stakeholders, and the general public with information regarding this plan each year via the school website.

The Superintendent (or his/her designee) will ensure compliance with the established school wellness plan. The Health and Wellness Committee will establish an implementation and evaluation plan for this policy in order to monitor its effectiveness and the possible need for modification over time. This committee will have the responsibility to periodically verify that the plan goals and mandates are met. The food service director, the food service manager and the food service staff will ensure compliance with nutrition policies within the food service areas.