

## ROCK POINT SCHOOL WELLNESS POLICY

Rock Point School believes that health and wellness are essential for individuals to recognize their personal responsibility, value their participation in their communities, and understand their relationship with their environment.

The school also recognizes the important connection between student and staff health and its impact on effective learning, high achievement and active citizenship. Thus, Rock Point School (RPS) is committed to promoting school health programs and education that address nutrition, physical activity and psychosocial well-being.

Therefore, it is the policy of Rock Point School that the following goals be achieved:

### A. Health and Nutrition Education

1. RPS believes that visible, interesting and productive gardens, established and maintained at school, can create lasting ties between students, their families, staff and others in the community. Related activities may include but not be limited to cooking programs, school garden space for families, and CSAs for families and staff with school site drop-offs.
2. RPS staff shall integrate, where possible, experiential education activities such as gardening, cooking demonstrations, and farm and farmers' market tours into existing curricula at all grade levels.
3. RPS will work to creatively market and promote locally-produced food to students through activities such as:
  - a) Featuring food grown in the school garden in the dining room through sampling and inclusion in school meals based upon availability and acceptability.
  - b) Developing Farm-to-School themes relating to local farmers and products grown in the region.

### B. Physical Education and Activity – Sports: Physical Education

RPS shall:

1. look into increasing minutes of physical activity and should not decrease it in order to accommodate the master schedule.
2. encourage school-wide health initiatives that include daily movement for all students and staff.
3. provide sports classes and wellness classes that equip students with the knowledge, skills and attitudes necessary for lifelong physical activity.
4. develop curriculum that is closely coordinated with the overall school health program.
5. support integrating physical education topics with other curricular areas.
6. minimize student pull-outs during scheduled sports classes.
7. provide a safe environment to implement the program, with functional and protective equipment for all students.

8. recommend school-wide professional development around the relationship between health and wellness and academic achievement.

#### Activity Other Than Physical Education

RPS shall:

1. provide opportunities for physical activity to be incorporated throughout the school day.
2. support the utilization of school gardens and farm visits which offer physical activity opportunities, as well as agricultural education.

#### C. Health Services

1. RPS will have a nurse who provides a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
2. The foundation of the school health services will be based on the student needs, providing support for the wellbeing and academic success of students
3. RPS shall provide a safe school facility with sanitary conditions to treat students for illness or injury.
4. RPS shall make available information regarding educational and counseling opportunities and referrals for promoting and maintaining individual, family and community health.

#### D. Nutrition Services

Related to the Foodservice Program

1. RPS will consider providing nutrition education to all foodservice employees.
2. RPS will provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.
3. RPS will recognize child nutrition programs as food access programs and work to be sure all students have the opportunity to access all available programs.
4. RPS will provide the necessary infrastructure, outreach and support to the Chef office to be sure that all families eligible for Free and Reduced meal benefits are able to access them.
5. School nutrition programs will reflect the U.S. Dietary Guidelines for Americans and the Institute of Medicine's (IOM) Nutrition Standards for Foods in Schools to achieve nutrition integrity.
6. RPS agrees to promote and participate, through the Chef, in federally funded child nutrition programs and operate them to their fullest extent.
7. RPS will provide potable drinking water in the kitchen, dining room, and multiple areas around the building.

Not Specifically Related to the Foodservice Program

1. RPS shall encourage the investigation of healthy and local food fundraisers that support local businesses.
2. RPS shall encourage healthy school celebrations whenever possible.
3. RPS shall offer students and faculty an appropriate facility for classroom nutrition and health education, and serve as a resource for linkages

with nutrition-related community programs.

4. Food will not be used as a reward or punishment for students.

E. Counseling, Psychological and Social Services

1. RPS shall continue to recognize the need for counseling, psychological and social services for all students and shall make available the information necessary for families of students to seek the proper assistance.

F. Healthy and Safe School Environment

1. RPS shall maintain and implement an anti-bullying curriculum.
2. RPS shall encourage a culture of wellness throughout the school, which includes, but is not limited to, clean and safe buildings and a positive psychosocial climate.
3. Health and safety issues in kitchens and bathrooms are brought up to code.
4. Physical conditions such as temperature, noise and lighting shall be conducive to a positive learning and eating environment.
5. RPS shall provide adequate time to obtain and eat food.

G. Health Promotion for Staff

1. RPS recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale and greater personal commitment to the school's coordinated school health program and creates positive role modeling.
2. RPS shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities when possible.

H. Family/Community Involvement

1. RPS curriculum will afford opportunities for connections with agencies and businesses aligned with the wellness policy.
2. RPS shall promote community-based learning experiences that promote health and wellness.
3. RPS shall partner with local business learning experiences when appropriate and possible.
4. RPS shall include families of students in wellness activities whenever possible.

I. Implementation

1. RPS staff shall continue to monitor the implementation of the Wellness Policy.
2. Data such as the Youth Risk Behavior Survey, the School Nurse Report and the School Health Index will be used to identify areas of strength and need and prioritize specific implementation steps.

3. RPS recognizes that nutritious foods are foods that include whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish, beans and seeds.

4. Nutritious foods exceed the nutrient levels of Foods of Minimal Nutritional Value which have been identified by the United States Department of Agriculture (USDA).

5. Via one-on-one advising weekly advising meetings and weekly Wellness Classes RPS promotes a comprehensive health curriculum includes topics such as:

- Alcohol and drug abuse prevention
- Healthy eating/nutrition
- Mental and emotional health
- Personal health and wellness and self-care
- Physical activity
- Personal safety and injury prevention
- Sexual health
- Tobacco use
- Violence prevention

6. RPS collaborates with a local CSA (Community Supported Agriculture) in which community members purchase a “share” of the farm’s produce before the growing season and receive a portion of the produce a regular harvest during the growing season.