

## **CREEKSTONE MONTESSORI SCHOOL POLICY #508**

*Adopted: August 30, 2021 Creekstone Montessori School Policy #508 Revised:*

### **508 WELLNESS**

#### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

#### **II. GENERAL STATEMENT OF POLICY**

A. The Creekstone Montessori Board of Directors recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.

B. The Creekstone environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. Creekstone Montessori School encourages the involvement of students, parents, school employees and other interested persons in implementing, monitoring, and reviewing the school's nutrition and physical activity policies.

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

E. All students in Pre K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

F. All students will have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Every effort will be to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Students will be provided adequate time to eat in a clean, safe, and pleasant setting.

#### **III. GUIDELINES**

A. Food and Beverages: Students' lifelong eating habits are influenced by the types of foods and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

2. Personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
3. Personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Creekstone Montessori School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. Creekstone will provide students access to handwashing or hand sanitizing before they eat meals or snacks.
6. Creekstone will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. Creekstone will discourage tutoring, club, or organizational meetings, or activities during mealtimes, unless students may eat during such activities.

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8. Creekstone will encourage school sponsored events and programs held outside of the school day to be supportive of this Wellness policy and guidelines. This will also be encouraged with any fundraising activities.
9. Food and beverage providers should offer modest portions that are sizes age appropriate for preschool, elementary, and middle school students respectively. B. School Nutrition Program/Personnel:
  1. The Head of School/Assistant Head of School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
  2. The Head of School/Assistant Head of School shall designate an appropriate person to be responsible for the school's nutrition program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
  3. Creekstone Montessori School will adhere to the National School Lunch Program rules for special diet requests including food substitutions ordered by licensed physicians. C.

Nutrition Education and Promotion: The primary goal of nutrition and education is to positively influence students' eating behaviors.

1. Creekstone will ensure that students in Pre K-8 receive nutrition and education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; caloric, sugar and fat intake; healthy cooking methods; recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. Creekstone will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. Creekstone will refrain from using food or beverages as a reward or punishment for academic performance or good behavior. Individual Education Plans (IEP) or 504 plans will be exempt from this.
4. Creekstone will provide educational information and encourage healthy eating and physical activity for families. Family members should be engaged as a critical part of the team responsible for teaching children about health and nutrition.
5. Nutrition concepts should be reinforced by all school personnel.

D. Physical Activity: The primary goal for a school's physical activity component is to provide opportunities for every student to: develop the knowledge and skills for specific physical activities; maintain physical fitness; regularly participate in physical activity; and understand the short and long term benefits of a physically active lifestyle.

1. Students in K-8 will receive scheduled, developmentally appropriate physical education. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried over the course of students' lives.
2. Students should be encouraged to participate in physical activities outside of the school day. The importance of physical activity should be reinforced by all Creekstone 508-2

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personnel.

E. Communications with Parents: It is important that students receive consistent messages throughout school, home, community and media regarding good nutrition and healthy lifestyles. 1. Creekstone recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The school will support this role and provide educational materials that will assist families in making healthy choices related to nutrition and physical activity.

2. Creekstone will support parents' efforts to provide a healthy diet and daily physical activity for their children.

3. Creekstone will encourage parents to pack healthy lunches, snacks, treats and beverages. Parents will be provided with information that will offer suggestions for healthy snacks and lunches.

4. Creekstone will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school. Schools will be encouraged to offer physical activities for both parents and children.

5. The wellness policy will be made available in the school building and on the school's website for parent review. I

## **V. IMPLEMENTATION AND MONITORING**

A. At least once every three years, an assessment of the implementation of the wellness policy will be conducted and will be made available to the public. Appropriate updates and modifications to the wellness policy will be made based upon the assessment. B. After approval by the school board, the wellness policy will be implemented throughout the school and reviewed annually.

C. The Head of School or designee will ensure compliance with the wellness policy and will provide a report of the Creekstone's compliance with the policy to the board as requested.