

# Yeshiva Beth Yehudah Wellness Policy

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## **1. Introduction**

Good nutrition and physical activity before, during, and after the school day, are strongly connected with positive student outcomes. For example, students who eat a proper meal for breakfast and lunch have proven to score higher grades and better test scores. However, when students eat less healthy foods or below the recommended amounts, they achieve lower grades on average. In addition, students who are physically active through walking or biking to and from school, recess, physical activity breaks, and extracurricular activities – do better in school overall.

This policy details our school's Wellness goals for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy ensures that:

- Students in our school have access to healthy foods throughout the school day—through reimbursable school meals following Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;

- A schedule is set up to review management, implementation, and communication about, and monitoring of the Wellness policy.

### ***Staff Qualifications and Professional Development***

All *new* school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#).

## **2. Nutrition Goals**

### ***School Meals***

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Our school meal programs aim to improve the diet and health of school children, help lessen childhood obesity, model healthy eating and support healthy choices

Our school participates in USDA child nutrition programs, including:

- National School Lunch Program (NSLP),
- School Breakfast Program (SBP),
- School Snack Program
- Summer Food Service Program

Our school will make sure that meals served through the above programs:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Our school offers reimbursable school meals that meet [USDA nutrition standards](#).)

Our school makes healthy choices more attractive by:

- Encouraging the students to eat the healthy options
- Our child nutrition program accommodates students with special dietary needs.
- Where possible, lunch will follow the recess period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Water***

To encourage students to drink water, our school will make drinking water available where school meals are served during mealtimes. *Water cups/jugs will be available in the cafeteria if there is no drinking fountain.*

### ***Foods and Beverages outside of the Cafeteria***

Our school is committed to ensuring that all foods and beverages available to students during the school day support healthy eating.

### ***Nutrition Education***

Our school aims to teach, model, encourage, and support healthy eating by students.

We will provide nutrition Education that:

- Is integrated into other classroom instruction through subjects such as math, science, Language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Include nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics***

Our school will try and include the following topics on healthy eating in the classroom curriculum:

- The relationship between healthy eating and personal health and disease prevention
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- How to prepare healthy meals and snacks
- The importance of drinking water
- The importance of eating breakfast, lunch and supper

### ***Food Marketing in Schools***

Care will be taken to avoid any food marketing in the school and where applicable, make sure that it is appropriate and promoting healthy eating standards.

### **3. Fitness Goals**

Children and teenagers should try and participate in 60 minutes of physical activity every day through:

- Physical education,
- Recess,
- Classroom-based physical activity,
- Out-of-school time activities.
- Walk or bicycle to school

To the extent possible, our school will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

### ***Physical Education***

Where possible, our school will provide students with physical education using a physical education curriculum consistent with national and state standards for physical education. All students will be provided equal opportunity to participate in physical education classes.

Our school will aim to provide all **elementary students** in each grade with physical education for at least 60-89 minutes per week throughout the school year.

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

### ***Physical Activity Topics in School Curriculum***

Our school will work to include the following topics on physical activity in the school curriculum:

- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active

### ***Recess (Elementary)***

All elementary schools will offer at least **20 minutes of recess** on all or most days during the school year

### ***Withholding Physical Activity as Punishment***

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

### ***Before and After School Activities***

Our school encourages students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.

### ***Other School Based Activities:***

We have an annual School Field trip which takes place in the Spring, which includes outside activities such as Rope Courses, Biking etc. These activities promote exercise and are a great healthy outlet for our students.

### ***Active Transport***

Our school will try and encourage active transport to and from school, such as walking or biking through:

- Designation of safe or preferred routes to school
- Instruction on walking/bicycling safety provided to students

## **5. School Wellness Committee**

Our school will put together a Wellness committee that meets at least two times per year to oversee development, implementation, and regular review and update of this Wellness policy.

The committee will represent all school levels (elementary and secondary schools) and include: The committee will represent all school levels ( elementary and secondary schools) and include : parents; students; School Food Director; school health.

## **5a. Wellness Policy Implementation & Monitoring**

### ***Implementation Plan***

Our school will develop and maintain a plan for the implementation of this wellness policy. The plan includes information about who will be responsible for changes, as well as specific goals for nutrition standards for all foods and beverages available on the school campus, nutrition education, physical activity, physical education, and other activities that promote student wellness.

### ***Wellness Documents***

This wellness policy and associated documents are available to the public through the school's main office. Parents are informed of the availability of wellness policy and when it is updated.

### ***Annual Progress Reports***

Our school will compile and publish an annual report to share basic information about the wellness policy. This annual report will be published around the same time each year in September. This report will include:

The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;

A description of the school's progress in meeting the wellness policy goals;

The name, position title, and contact information of the School Food Director.

Information on how individuals and the public can get involved. The annual report will be available in all relevant languages.

Our school will actively notify households/families of the availability of the annual report.

### ***Wellness Implementation Assessment Tool***

At least once every three years, the school will complete a Wellness Implementation Assessment Tool.

The Assessment will be completed by the Food Service Director and a member of the Wellness Committee. We will actively notify households/families of the availability of the Wellness Implementation Assessment.

### ***Revisions and Updating the Policy***

The wellness policy will be updated *if needed* based on the results of the annual progress reports and triennial Assessments, and/or as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

## **5b. Community Engagement**

### ***Community Involvement***

Our school is committed to being responsive to community input, which begins with awareness of the wellness policy. We will actively communicate ways in which the community and others can participate in the development, implementation, and periodic review and update of the wellness policy. We will also inform parents of the availability of child nutrition programs and how to apply. We will send emails and/or newsletters to ensure that all families know about the Wellness Policy and how to get involved.

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