

Bouse Elementary School Wellness Policy

Here at Bouse Elementary School we are committed to creating a healthy and nurturing learning environment. We are excited to announce a policy that will outline what we will be doing to support such an environment.

Nutritional Education- *nutrition education is any combination of educational strategies, accompanied by environmental supports, designated to facilitate voluntary adoption of food choices and other food-and nutrition-related behaviors conducive to health and well-being. Nutrition education is delivered through multiple venues and involves activities at the individual, community, and policy levels. (Definition from Society for Nutritional Education and Behavior)*

Nutrition guidelines for all foods on school campus: In support of the Healthy, Hunger-Free Kids Act of 2010, Arizona Department of Education has developed minimum nutrition standards that meet at least federal guidelines and regulations for foods and beverages sold or served on the school grounds during the normal school day. These nutrition standards may include portion sizes, minimum nutrient values and a listing of contents. This does not prohibit the department from developing minimum nutrition standards that are more stringent than the federal guidelines for regulations for foods and beverages sold or served on the school grounds during the normal school day.

All food and beverages sold or served on the school grounds during the normal school day shall meet the nutrition standards developed by the department. Foods of minimal nutritional value shall not be served or sold during the normal school day.

Healthy Climate:

- Red Ribbon Week: All week the students learn how to and the benefits of staying drug free. At the end of the week they organize a parade for the community to get involved in where they compete in the creation of the best float. Following the parade the Student Council holds a BBQ at the community park.
- Eating environment: Our cafeteria has great space, is clean, and is adequately lit. Just before entrance for meals the kids are taught to wash their hands at the conveniently located sink, using the liquid dispensed soap and drying their hands with the one use and disposable paper towels.
- Time and Scheduling of meals:
Breakfast is served from 7:30am to 8:10am. Lunch is from 11:30 to 12:15.
- Bouse Elementary School will not use food or physical activity as disciplinary tools.
- Bouse Elementary School will not use candy as a reward for academic performance.
- Discourage students from sharing their foods or beverages explaining the possibility of classmates that may have allergies.
- Make every effort to eliminate any social stigma against, and prevent the identification of, students eligible for free lunches.
- Professional Development- Our Cafeteria Manager takes Meal Pattern and A and B classes.

Foods of Minimal Nutritional Value: Food and beverages sold or served on the school grounds during the normal school day shall meet the nutrition standards developed by the department. Foods of minimal nutritional value shall not be served or sold during the normal school day unless authorized by the Administrator.

- Food and drinks are allowed in the classrooms only with administrator's permission once per month as a part of "special days". Students will be given a list of examples of healthy snacks and nonfood celebratory items to aid them in their decisions of what to bring for such occasions. Gum is **not allowed** on campus or on the bus!

Food Safety: Every year we hold a food handlers class for any interested staff, students, and community members.

Nutritional Messages: Staff is encouraged to live a healthy lifestyle. One staff member has been selected to implement our insurance company's program, HUSU, to promote healthy habits by our staff. These things include eating healthy, staying positive, getting enough sleep etc. Our hope is to that the kids see the positive effects of a healthy lifestyle and will start to learn healthy behaviors.

Physical Activity:

Pre-school and Kindergarten Recess Schedule is 9:00-9:15 and 11:00-11:30.

1-6 grades Morning Recess Schedule is 9:15-9:30

1-8 grades Late Morning Recess 11:30-11:45.

PE times are 4-6 grades Mondays and Wednesdays 1:20-2:15

7-8 grades Mondays and Wednesdays 2:55-3:40

Measurement: Physical activity is critical to a student's healthy weight and healthy lifestyle, as well as to the student's ability to focus in a classroom setting.

Activities to Promote Student Wellness:

- Vision screening
- Hearing Screening

- SunWise (through EPA): The EPA's website describes the SunWise program in this way; SunWise, a free health and environmental education program, was developed with the needs of schools and educators in mind. Schools receive free materials that facilitate cross-curricular classroom learning including:
 - Lesson plans and fun activities
 - UV Index measurement and reporting
 - Suggestions for shade structures (e.g., canopies, trees)
 - Suggestions for developing policies that promote sun protection (e.g., using hats, sunscreen, sunglasses)
 - Ideas for school-based sun safety activities (e.g., school assemblies)
 - Student and teacher SunWise evaluations
- Take 10- the Take 10! website describes the program in this way; Short bouts of physical activity have been shown to have health benefits. Each grade-specific kit is divided by academic content area: language arts, math, science, social studies, and general health. TAKE 10! helps children understand the importance of fun, physical activity, and other healthful behaviors, including nutrition, while reducing sedentary behavior, improving attention, and promoting structured physical activity breaks during the school day.
- Student created and run, Run Club: this Club was started by a sixth grader. Kids are encouraged to run for the fun of it! They have a rule that no one is left behind. If someone starts to lag behind, the others slow their pace so they stay together as a group.
- Just-a-Minute is performed by Staff and Students. Led by 7th and 8th grade during morning announcements. A one-minute fitness routine that includes 5 very simple exercises that kids and staff can do while either standing at their desk or sitting in a chair. (Taken from the JAM website)

- Fall Festival (Annual)
- Encourage fundraisers that promote physical activity
- Jump Rope for Heart (Annual): every year Bouse Elementary School participates in Jump Rope for Heart. Which teaches and promotes heart healthy activity. It also raises money for the American Heart Association teaching the kids how they can help promote heart health. Most years we receive a banner for our efforts. We hang these banners in the cafeteria as a visual reminder when they are in the cafeteria for breakfast, lunch, PE and other school events.
- A health class is held weekly that covers many areas including physical, and mental health, character education and hygiene.
- The students are encouraged to attend the La Paz County Health Expo annually: “Be Healthy, Well-thy and Wise”

Measurement: School Master Schedule, Handouts for parents, and School Calendar.

Short term goals:

Once a month have students pick an activity or make up their own

Here are some suggestions to start with

- Vote for your favorite fruits and vegetables: Offer a selection of fruits and vegetables cut into bite-size pieces. Ask participants to vote for their favorite vegetable and fruit. Post a tally board to record votes. Hand out “20 ways to Get More Fruits and Vegetables” with fruit and vegetables as ingredients.
- Go online to the **National Nutrition Month theme, Eat Right, Your Way.** Twice a week and pick an activity to do that month.
- Have a mystery fruit or vegetable of the day, Example: Display the mystery fresh fruit or vegetable on the cafeteria line and have the kids try to guess what it is. Serve the mystery fresh fruit or vegetable later in the week with information on the mystery fruit or vegetable.
- Have kids make “Wanted” posters with different fruits and vegetables Example: Strawberries were “Wanted” for being high in anti-oxidants.
- Have a sit-up contest for a week and see who can do the most in each class.(give out a ribbon or small trophy)
- Have a jumping jack contest for a week and see who can do the most in each class. (give out a ribbon or small trophy)

Long Term Goals:

- Implementing new recipes for the healthy food requirements that the students will enjoy eating.
- We have a long term goal of starting a school garden. Having a school garden will teach the students many things including, but not limited to; science, the rewards of hard work, teamwork and cooperation, math, hygiene, and food handling.
- Contact a dental health professional that would be willing to come teach the students about dental health
- Interscholastic sports: Boards of Education, superintendents of schools, and principals with input from athletic directors and coaches, must take full control of the interscholastic athletic programs within their school systems to ensure that the educational benefits of athletics receives the proper emphasis. (NASPE, 1993)

The evidence supporting sports participation for young people is overwhelming...It has the power to combat everything from racism to low self-image, to the high-school drop-out rate." (Sue Castle, Executive Producer of PBS *Sports: Get in the Game*)

This Policy is brought to you by our Wellness Committee:

George Nault	School Board President/Business Owner/ Community Member
Carolyn Glenn	School Board Secretary/Community Member
Kevin Scholl	School Board Member/Community Member
Cindy Clewell	Cafeteria Manager/Community Member
Georgette Di Carlo	School Business Manager/Business Owner/ Community Member
Melissa Williams	School Secretary/Parent/Community Member
G.W.	6 th Grade Student/Run Club co-creator
Doug Williams	Chairman of the Fire Board/Chief Civil Deputy/ Parent/Community Member
Vonnie Harmon	Paraprofessional/Fire Chief/Community Member

Assessment:

A Health and Wellness Meeting will be held biannually or more often as needed. The Policy shall be reviewed at least once per year.

Measurement: Meeting Agendas