

Adelbrook Academy Wellness Policy

I. School Wellness Committee

Committee Role and Membership

The Adelbrook Academy educational programs have established a wellness committee that meets quarterly. Its purpose is to establish goals for and oversee school health and safety policies and programs including development, implementation and monitoring of the health curriculum and wellness policy. In addition, food service staff meet with RD and OT monthly. Current committee members include representatives from all educational programs.

II. Wellness Policy Overview and Components

The Adelbrook Academy educational program recognize the importance of promoting a healthy school environment for all students that emphasizes healthy eating and physical activity. Students who adopt these habits are more likely to succeed academically and socially in school.

The school programs have comprehensive health and physical education curricula that adhere to current U.S. Dietary Guidelines and the Connecticut Common Core of Teaching (CCCT). They encourage physical activity both during and after school. In addition, school breakfasts and lunches provide food and beverages in accordance with the standards set by the Secretary of Agriculture.

Nutrition, Physical Activity, and Other Activities that Promote Student Wellness are included in this document.

III. Nutrition

School Meals

The Adelbrook Academy is committed to serving healthy meals to students, with plenty of fruits, vegetables, whole grains, and fat-free or low-fat milk. They are low in sodium, and saturated fat, and contain zero grams trans-fat per serving (nutrition label or manufacturer's specification) These meals meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Adelbrook Academy participates in the NSLP (National School Lunch Program) and SBP (School Breakfast Program). Our school is committed to offering school meals through Federal child nutrition programs that:

- Are accessible to all students at no charge
- Are appealing and attractive to students
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Menus will be reviewed by a registered Dietitian or other certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The school child nutrition program accommodates students with special dietary needs including allergy, autism spectrum disorder, and weight issues.
 - Students are allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, starting from the time they have received their meal and are seated.
 - Students are served lunch at a reasonable and appropriate time of day.

Staff Qualifications and Professional Development .

All 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. School nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

Water is available to all students throughout the school day. Water stations that have filtered water are located throughout the school. Water is available in the cafeteria at all times of day.

Competitive Foods and Beverages

There are no vending machines accessible to students. Food is not available to purchase in the school.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards:

1. USDA Smart Snack or Fresh fruit is available to all students daily.
2. Educational programs primarily encourage non-food rewards (participation in field trips, socials, and sporting activities.)

3. Certain facilities have a school cart, and students who have earned points may select school lunch-approved snacks once per week.

Nutrition Education

The Adelbrook Academy aims to teach, model, encourage, and support healthy eating by students. We are working on teaching/promoting nutrition as staffing improves. Plans are designed to provide students with the knowledge and skills necessary to promote and protect their health.

These plans are integrated into health education classes, as well as science, language arts, social sciences, and life-skills classes. Lessons are incorporated through enjoyable, developmentally- appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations, healthy food preparation methods, taste-testing, farm visits, and school gardens. When appropriate, lessons emphasize caloric balance between food intake and energy expenditure and promote physical activity.

Adelbrook resides on land for farming produce, and this includes a greenhouse which is already being utilized for education purposes as well as to grow our own produce to be used for student meals.

Essential Healthy Eating Topics in Health Education

The Adelbrook Academy includes in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using USDA's food labels
- 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, and do not contain trans fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks .
- Risks of unhealthy weight (over/underweight)
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast

- Making healthy choices when eating in restaurants ▪
- Eating disorders
- * The Dietary Guidelines for Americans
- * Reducing sodium intake
- * Resisting peer pressure related to unhealthy dietary behavior
- * Influencing, supporting, or advocating for the healthy dietary choices others make

Food and Beverage Marketing in Schools

The Adelbrook Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The school strives to teach students how to make informed choices about nutrition, health, and physical activity. As such, foods and beverages are not marketed or promoted to any of our students or staff on the school campus.

IV. Physical Activity

The Adelbrook Academy students are encouraged to participate in physical activity throughout the day through physical education or adaptive physical education classes twice per week. Classes are encouraged to take occasional activity breaks from the classroom and walk the school's track as a group. Clinically, students are encouraged to use physical activities, including walking and other gross motor activities, as one of their coping skills.

Physical Education Content Overview

The Adelbrook Academy employs both a Physical Education teacher, who includes an adaptive approach so students are given many opportunities to succeed and practice healthy lifestyles through many activities. Physical Education is an integral and vital part of the general education program that significantly contributes to the total growth and development of each student, primarily through movement experiences. It is unique because it provides a balance of activities that reflect and challenge the diverse needs of students in the psychomotor, cognitive and affective domains.

Our physical education program is designed to:

- * provide students with introductory skills and give them opportunities to become proficient in skill themes and movement concepts

- * give students the opportunity to enhance their emotional, intellectual, and social growth developmental areas
- * provide students with a wide variety of exposure activities including lifetime/leisure, individual and team sports, physical fitness and Project Adventure type activities;
- * develop fitness and to encourage physical activity not only during physical education class, but as an integral part of a healthy lifestyle;
- * educate students to be healthy and active throughout their lives.

Physical activity during the school day (including but not limited to physical activity breaks, or physical education) will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the school ensures that the grounds and facilities are safe and that equipment is available to students to be active.

Physical Activity Breaks

Both classroom-wide and individual student activity breaks are supported and encouraged throughout the school day not only as a means of promoting general health and wellness but also as a means to help our students better regulate their emotions and behavior. Weight and occupational therapy equipment with the purpose of gross motor muscle use are available for use by all students whether they formally receive OT services or not. Walks around the track and time-limited engagement in spots activities, such as a 10-minute basketball game, are also encouraged. Students may request such breaks or staff may suggest them to students.

Professional Learning

All Adelbrook Academy professional staff participate in weekly professional-development using a Professional Learning Community (PLC) format focused on improving teaching and learning. In addition, teachers have access to attend external seminars and classes that are relevant to the subject matter they teach.

V. Other Activities that Promote Wellness

Health Content Overview

The Connecticut State Department of Education's Guide to Curriculum and Development in Health and Safety states the following: "The primary goal of health and safety is to provide

students with the ability to acquire information, develop skills, learn to think critically, and to make appropriate decisions that will result in a healthy lifestyle." To achieve this goal, we must empower our students by teaching them the skills to evaluate and use new health and safety information as it becomes available, and to make appropriate and reasonable decisions for themselves.

Our health education course includes, but not limited to, the following units: nutrition, safety, human growth and development, disease prevention, community and consumer health, physical, mental, and emotional health, human sexuality, conflict resolution, bullying, sexual harassment, internet safety, interpersonal relationships, and drug and alcohol prevention. We integrate these unit topics through a comprehensive and interdisciplinary approach that clearly articulates interrelationships and stresses the development of health core and related knowledge, attitudes, critical skills, and responsible lifestyle practices.

Class lessons will integrate interactive activities, guest speakers, videos, and health information that offer opportunities for students to assess personal wellness and develop personal health goals. Emphasis will be placed on learning warning signs, symptoms, causes, treatments, and support organizations related to health issues. Through gathering information and analyzing alternatives, students will be able to make decisions that will impact their life. By increasing the awareness of the relationship between physical, emotional, mental, social, and spiritual health, students can develop opportunities to achieve a high level of wellness.

Learning Center Meal Policy

The Learning Center participates in the National School Lunch Program. Meals adhere to U.S. Dietary Guidelines. Both breakfast and lunch are provided to all students free of charge on a daily basis.

Students also have the option to bring in a packed lunch from home. However, lunches must consist of healthy foods. Fast food, soda or other caffeinated products, candy, and sweets are not allowed. Students may eat the food brought from home only during mealtimes. Fresh fruit is available to students on a daily basis if a snack is needed in between meals.

Beverages from home are not permitted in school. Water is available to students throughout the school day. Additionally, Low fat or Fat Free milk is provided during mealtimes.

I have read and understand the above policy.

Parent/Guardian

Date