



## **Pillar Schools**

### Local Wellness Policy

Pillar Continuum Care recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger-Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA, Pillar Schools shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

#### **A. Wellness Committee**

The Wellness Committee will serve as an advisory committee that will help plan, implement, and monitor this wellness policy as well as other health and nutrition issues within Pillar Schools. The committee will serve as an advisory committee regarding student health issues. The committee may examine related research and laws, assess student's needs and the current school environment, review existing school board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The committee also will assist in developing the wellness policy and may make other policy recommendations to the board related to health issues necessary to promote student wellness.

The Wellness Committee will be composed of parents, teachers, local school health professionals, and community representatives.

#### **B. Wellness Goals & Measurement:**

##### **1. Nutrition Education**

Pillar believes that promoting student health and nutrition enhances readiness for learning and increases student achievement goals of nutrition education (1) provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and (2) teach, encourage, and support healthy eating by students.

Nutrition education will be provided to all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition-related health concerns through age-appropriate nutrition lessons and activities. Pillar Schools personnel will work to disseminate consistent

nutrition messages throughout the school district, schools, classrooms, cafeterias, home, and the community.

## 2. Physical Education and Physical Activity

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as obesity, Type II diabetes, and cardiovascular disease, students enrolled in prekindergarten through 12th grade (ages 3 to 21) will participate in physical activity as part of Pillar Schools' physical education curriculum. The physical education course will foster support and guidance for being physically active, help students know and understand the value of being physically fit, and teach students the types of activities that contribute to total fitness. The course will be taught in an environment where students can learn, practice, and receive assessments on age-appropriate skills as defined by the New Jersey Department of Education.

All students in grades K-12, including students with disabilities, special health care needs, and in alternative educational settings, will receive daily physical activity.

### High School Physical Activity Adopted Sports

- Volleyball, Basketball, Baseball, Bocce
- Yoga and Stretching
- Relay Race
- Scooter Board Activities
- Music and Movement
- Funtronics
- Health and Wellness on Nutrition
- Outings to Farmer Markets, Grocery Stores, etc.

### Elementary School

#### Adapted physical education (1-2 times weekly)

- warm-ups, stretches, and modified activities including but not limited to kickball, baseball, volleyball, soccer, hockey, bowling, and relay races.
- Weekly school-wide "out of your seat time" - floor/mat activities, walking/standing, yoga.
- use of the sensory room, which contains swings, a climbing wall, and an indoor playground with a slide.
- use of the adapted playground, which contains a wheelchair-accessible play structure, slides, and adapted swings.
- use of the aquatic therapy pool\*
- hippotherapy (horseback riding) \*
- Special Olympics track & field\*
- movement-centered assemblies/residencies, which have included karate, dance, and drumming.

*\*depending on medical/parental consent*

As a reminder to administration and faculty, PE classes may not be taken from students as a form Of punishment.

### 3. Nutrition Guidelines

It is the policy of Pillar Schools that all foods and beverages made available during the school day are consistent with state nutrition guidelines and reinforce the Whole Grain and Buy USA. The Food Service Director will follow the federal guidelines for portion size and nutrient content of food served at school.

### 4. Additional Wellness Policy Goals

Nothing in this Policy shall prevent Pillar Schools from developing and implementing additional activities, approved by the Superintendent or designee, to those required in this policy,

#### C. Other School-Based Activities to Promote Wellness

In addition to the aforementioned standards, the board adopts the following goals for school-based activities designed to promote wellness;

- Schools will provide a clean and safe environment
- Adequate time to eat meals. Students will be provided adequate time to eat meals with at least 20 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch,
- Provide students access to wash their hands before meals to make sure adequate soap and paper towels are available,
- Drinking water will be made available at all meal periods and throughout the school day.
- Food should not be used as a reward in schools. Healthy recommendations of food options will be provided to parents and teachers as well as other ideas of rewards.
- Positive role Models-Administrators, teachers, teacher assistants, nurses, food service personnel, job coaches, custodians, maintenance staff, and all other school personnel, students, parents/guardians, and community members will be encouraged to serve as positive role models to promote student wellness,
- Diabetes education will be provided annually by school nurses for all K-12 teachers and staff in school that is necessary because of a student(s) in their class. This will be done in adherence with the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act,
- Enhance communication between parents of children with special needs and the school community.

- The administration and schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods that are of minimal nutritional value.

#### D. Implementation and Review of Policy

The VP of Education or his/her designee will be responsible for overseeing the implementation of this policy and monitoring district schools, programs, and curriculum to ensure compliance with this policy, related policies and, established guidelines or administrative regulations. Each principal will report to the VP of Education or designee regarding compliance in his/her school. Staff members responsible for programs related to student wellness also Will report to the VP of Education or designee regarding the status of such programs.

The goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness shall be evaluated annually by the VP of Education or designee of each school and the School's Wellness Committee in an Annual School Progress Report provided to the VP of Education before June 30. The Annual School Progress Report shall present the extent to which each school is in compliance with this Policy, the progress made in attaining the goals of this Policy, any recommended changes to this policy, and an action plan for the following school year to achieve the school's annual goals and objectives.