

Wellness Policy  
Dual Immersion Academy  
Revised May 2018

### **Purpose**

The purpose of this policy is to ensure the best possible mental and physical health environment for the students of Dual Immersion Academy (the “School”).

### **Policy**

The School’s Board of Directors (the “Board”) recognizes that there is a link between good health and a student’s ability to learn effectively and perform at their highest academic potential. The Board also recognizes that education, establishment of good eating habits, and a desire for physical activity must begin at a young age. The School is committed to providing nutritional education, physical activity, and a healthy learning environment for its students and staff.

Under the direction of the Board, a Wellness Committee will be established to create procedures and guidelines in compliance with the requirements of the Healthy, Hunger-Free Kids Act of 2010. The Wellness Committee may consist of, but not be limited to, parents, students, food service staff, members of the Board, the Director, teachers, health professionals, and members of the community with a vested interest in student health.

DUAL IMMERSION ACADEMY  
Wellness Committee Guidelines  
Adopted May 2018

## **Purpose**

Under the direction of Dual Immersion Academy (the “School”), the Board of Directors (the “Board”), and based on the requirements established in the School Wellness Policy, the Wellness Committee (the “Committee”) has established the following guidelines in compliance with the requirements of the Healthy, Hunger-Free Kids Act of 2010. The purpose of these guidelines is to promote student health and reduce childhood obesity.

## **GUIDELINES**

### ***Nutritional Education Guidelines***

The primary purpose of nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and throughout their lives. The School will seek to accomplish this by the following steps:

- A. Healthy eating habits will be taught and supported for students and staff by encouraging teachers, whenever possible, to use healthy nutrition facts in learning skills such as reading, writing, and math.
- B. Encourage and educate parents in ways to provide healthy and affordable sack lunches.
- C. Encourage nutrition education not only on health, but also in subjects such as math, science, social science, language arts, and elective classes.
- D. Promote safety in and out of the home by partnering with local law enforcement and other public safety personnel.
- E. Promote awareness of healthy lifestyles by encouraging, for example, regular medical check ups.
- F. Encourage healthy eating habits and benefits of healthy eating through a regular “Chef’s Minute” in monthly video announcements, and newsletter spots.

### ***Physical Activity Guidelines***

Physical activity is important for student health and academic achievement. The Committee encourages the director to implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students’ physical, mental, emotional, and social well-being. The following goals are some of the ways the School hopes to achieve this:

- A. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through physical education, assemblies, after school activities, and in the classroom.

- B. Provide daily recess for all elementary students for at least 20 minutes per day, and 90-120 minutes of fitness education per week, schedule permitting.
- C. Use a variety of subjects and innovative lesson plans to increase physical movement in the classrooms.
- D. When activities such as testing, or inclement weather, make it necessary for students to stay indoors for long periods of time, students will be given periodic breaks during which time they are encouraged to participate in some activity or movement.
- E. Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self image, and personal achievement.
- F. Appropriate alternative activities should be provided for students with disabilities.
- G. Exemptions from physical activities should be provided where appropriate for ill or injured students.
- H. Teachers and parent volunteers will be encouraged to form after-school sports teams or clubs for students.

### ***Healthy and Safe School Environment***

The School recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical, and emotional health of its students and staff. This will be accomplished in the following ways:

- A. Provide a clean, safe, and enjoyable lunchroom for students and staff.
- B. Provide student access to restroom use for washing hands, and a hand sanitizer available in the lunchroom, and educate students on the importance of washing hands.
- C. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
- D. Create an environment that fosters good eating habits, enjoyment of meals, good manners, and respect for others.
- E. The School will endeavor to accommodate children with allergies.
- F. The School will make drinking fountains available so that students can get water at meals and throughout the day.

### ***Food Guidelines***

The purpose of these guidelines is to support the School's wellness policy, specifically in the classroom. The Board wants to promote a healthy classroom environment for every student, with as few distractions as possible to the learning process. This will be supported in the following ways:

- A. Parents will be encouraged to provide healthy alternatives to soda for class parties.
- B. Parents, teachers, and community members will be encouraged to provide food which meets with Smart Snack Guidelines. This includes items brought in for student birthdays.

- C. Any foods marketed towards students outside the meal program must comply with Smart Snack Standards.
- D. Food provided for after-school functions held before 4:00 PM will be under the direction of the Food Service Director, and will comply with NSLP and Smart Snack Guidelines.
- E. Observation of selected holidays will be celebrated in ways that will enhance the meaning and understanding of the holidays for students and staff. Class “parties” will be planned by teachers in conjunction with parent volunteers, and must be planned with respect to students who may have personal or religious beliefs that restrict them from participating. Because of health and safety reasons, parent volunteers will be encouraged to only bring in sealed, store bought food that meets with the Smart Snack Guidelines.
- F. Smart Snack Standards require any foods sold or promoted to students outside the meal pattern conform to the following standards: 200 calories or less per serving, 200 mg Sodium or less per serving, 35% or less calories from fat, 10% or less calories from saturated fat, 0 trans fat, 35% or less sugar by total weight.

### ***School Lunch Program***

Guidelines for meals served as part of the School’s lunch program or breakfast program will be no less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. § 1758(f)(1), 1766(a))

### ***Wellness Committee and Policy Review***

The Wellness Committee may consist of, but not be limited to, parents, students, food service staff, members of the Board, the Director, teachers, health professionals, and members of the public with a vested interest in student health. The public will be encouraged to participate and provide input to the School Wellness Policy via the school web page.

The Wellness Policy will be made available to the public online via the School web page. Printed copies will be included in the family manuals as well.

**Committee Members**

**Position**