

Linwood School Wellness Policy

Policy Adopted: September 1, 2015

Philosophy

Linwood Center believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. Linwood also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

1. Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Food Service Department. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- b) Breakfast and lunch will be offered daily. All menus will offer fruits, vegetables, whole grains, and dairy
- c) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- d) A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- e) No sodas, candy or foods of low nutritional value will be served to the students during lunch or breakfast nor will they be sold to them at any time during the school day.
- f) The consumption of fresh fruits and vegetables will be encouraged at meal time and at the mid afternoon snack period.

- g) Any vending machines on school grounds will only be located in areas that students will not have access to.

2. Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a) Linwood shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- b) Students shall have access to valid and useful health information and health promotion products and services.
- c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

(Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.)

3. Physical Education and Activity

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Program

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities

of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- a) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- b) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

4. Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
- b) Schools shall maintain an environment that is free of tobacco, alcohol and other drugs.
- c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- d) Each classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

5. Social and Emotional Well-Being

Programs and services that support and value the social and emotional wellbeing of students, families and staff build a healthy school environment.

- a) Linwood shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

- b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

6. Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- a) Primary coordination of health services shall be through a trained school health care practitioner.
- b) Linwood shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- c) A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, and communicable disease prevention.

7. Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- a) Family, student and community partners shall be included on an ongoing basis in school wellness planning processes.
- b) The equality and diversity of the school and community shall be valued in planning and implementing wellness activities.
- c) Community partnerships shall be developed and maintained as a resource for school programs, projects, activities and events.

- d) Linwood shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

8. Staff Wellness

- a) Linwood shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and wellbeing of site staff.
- b) Linwood shall be in compliance with drug, alcohol and tobacco free policies.
- c) Linwood shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- d) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

Wellness Team

In order to ensure compliance with the above stated standards and goals, Linwood Center shall have an oversight team consisting of the food service manager, the school nurse, members of school leadership, teachers, staff and, if possible, student and parent/guardian representatives. This team will meet on a quarterly basis.

Parents, guardians and members of the local community are invited to participate on Linwood's Wellness Committee.

*This Wellness Policy has been reviewed and approved by the Wellness Committee as of September 22, 2016.

Howard County Summer Food Service Program

[Click here to learn about the Howard County Summer Food Service Program](#)

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