

Rehoboth Christian School

Wellness Policy

Update Fall 2019

9.2.19

Wellness Team Representatives

Eryn Hannink, Childcare Center Director

Susan Eddy, Champion/School Food Authority

Myron Postma, Physical Education

Autumn Newell, Parent

Tim Brunius, HS

Melvina Musket, Administration

Johnathon Copley, High School Student

Val Peywa, MS Secretary

Angela Barker, Librarian

Bob Ippel, Superintendent

Rachel Terborg, RN

Tabitha Manuelito, School Board Member

Katja Brink, Community

As required by law, a local wellness policy, at a minimum, shall include:

- Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness.
- Nutrition guidelines for all foods available on campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Guidelines for reimbursable school meals.
- A plan for measuring implementation of the wellness policy, including designation of one or more persons within the school, as appropriate, charged with operational responsibility for ensuring that the school fulfills the local wellness policy.
- Community involvement, including parents, students and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.
- Parties & Celebrations
- Screen Time & handheld devices.
- Staff Wellness
- Family engagement

1) **Goals** for nutrition/health education, physical activity and other school-based activities. Currently, Rehoboth Christian School is implementing the following:

NUTRITION/HEALTH EDUCATION GOALS:

Pre-Kindergarten

- Provide a healthy environment for the children, while learning about healthy foods and practicing healthy eating.
- Make physical activity FUN.
- Model healthy habits for the children and for their families.
- Communicate in a positive way engaging parents and families in our community as partners in teaching and practicing healthy habits.
- To educate our staff, students and families about healthy habits and wellness practices.
- *We will provide a private space for mothers who are breastfeeding that will allow mothers to breastfeed.*

Elementary School

- Each grade level focuses on one system or aspect of the human body for one of its science units-both from an anatomy standpoint as well as from a health standpoint.
- Good hygiene is taught in grade one and emphasized and encouraged especially in the lower grades on a daily basis.
- *We have had discussion about having Elementary recess before lunch time. (We are still trying to figure how to schedule it in with academics).*

Mid-School

- The student learns about the four basic food groups using the current MyPlate model.
- The diet should be balanced and contain foods from each of the four basic food groups. This assures that the body will receive essential nutrients.
- Learn to read the food labels on groceries at home.
- Discuss the junk foods and their nutritional value to the diet.
- Discuss obesity and excessive weight and how to control it.
- Understanding that some foods add calories and fats to the diet.
- Implication of obesity on the heart and other related health problems.
- Various activities, including making collages using the four basic food groups, record keeping of all food eaten for 2-3 days, listing foods that belong in the fats, oils, and sweets group, reading food labels and determining where it fits into the food group, reports on how to prevent high blood pressure, alcoholism, obesity, heart disease and diabetes.

High School

- Defining health and health skills (making decisions, saying NO to drugs/alcohol, physical fitness injuries).
- Nutrition-nutrients and food, including Choose My Plate.
- Effects of tobacco, alcohol, vaping & e-cigarettes, medicines and drug abuse.
- Health Education class topics.

- There are no school provided snacks in the High School.
- Vending machine contains only bottled water. Future vending food sales will be Smart Snack Compliant.

Competitive Foods Policy:

Food Sale Policy is 'NO competitive foods' will be sold on campus between the hours of 3:30 p.m. and Midnight, Monday through Friday. This includes vending, fundraisers, deliveries and concession stand. This allowable sale time frame is 3:41 p.m. to 11:59 p.m. Students may bring their lunch from home, but we will not accept deliveries of Pizza and other non-program foods during school hours.

PHYSICAL EDUCATION GOALS

Elementary School

- 1-1 1/2 hours of Physical Education per week.
- Introduction of muscles and bones as well as exercise and game playing

Mid-School

- The focus of PE class is exercise. The importance of recreational sports is recognized as well as the exercise part of sports participation. Daily exercise and walking for exercise is stressed. Once a week, a two mile hike is taken around the back grounds of campus. Also, aerobic exercise takes place in the gym.
- Additionally, to promote wellness, the students develop personal exercise and diet plans, list the benefits of exercise, keep a fitness diary, and discuss creative ways to fit exercise in to their daily schedule.

High School

- Physical Education is mandatory for 9th and 10th grades.
- Advanced P E for upperclassmen is an elective.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE WELLNESS

Elementary School

- Field Day games once yearly.
- Yearly special events such as 'Color Run'.
- Recess is two times a day in which free play and exercise is emphasized.

Mid-School

- Mid School sports programs

High School

- 70% of high school students participate in sports.
- Ropes course training is offered to HS students. This is for students to become trained as facilitators and to lead initiatives on the course.

2) Nutrition Guidelines

- The breakfast program is readily accessible for students to get a hot breakfast which fits into the latest USDA guidelines.
- Do not offer snacks in vending machines. Only water and sports drinks are offered in vending.
- Articles for the Parent newsletter written by the Food Service Director.
- Water is available at all times.
- Limited use of canned fruit and vegetable.
- Four week cycle menu that follows USDA regulations.
- Food allergy and exceptions must be documented by a Physicians note as per USDA guidelines. Serving staff is notified of allergies.
- Encourage tasting new items! When we introduce a new fruit or vegetable we have a Fun Fact sheet which is placed where the student can read it as they pass by the serving line.
- Salad greens from the REAP project/school garden are harvested and used in the kitchen for salads, as available.
- Classes in horticulture are sometimes offered to the mid school and high school age students.
- Posters & signage are posted around the cafeteria about subjects, ranging from Sugar in drinks, caffeine, ramen noodles, MILK, understanding nutrition labels, what foods are good for, what parts of the body. We also have posters which teach about food waste, growing of food and many other great topics.
- We have added daily salad bar so the students can choose from a variety of vegetables which they would like to have.

Food from home:

- In the K-12 grade range there is no regulation of what children's "lunchbox" meals consist of. Children are informally encouraged by staff to bring healthy choices.
- Birthday pizza parties are not allowed in the Lunch Hall.
- Fast food meals brought by parents are discouraged by staff.

3) Guidelines for reimbursable school meals:

- Implemented and we have become 6 cent certified and are looking forward to our next audit in *October 2019*.
- Passed 2016 State of NM Administrative Review audit with no wellness related issues.
- Free adult meals are limited to kitchen and serving staff per USDA rules. Lunchroom monitors are given a meal for monitoring behavior, time and watching for active assailant threat. These meals are not paid by foodservice. They are paid by the department that each monitor represents, ie: HS, Admin, ES.
- Parents, volunteers and guests are charged \$3.75 per meal.

4) Plan for maintaining, measuring and evaluating a wellness policy:

The Wellness Committee will meet every semester and discuss how we are doing and areas to improve, create action plan for any changes that need to be made to our policy and implement

the plans. This policy will be evaluated yearly to discern areas of improvement and find ways to expand the policy.

5) Family involvement: Family is invited to our Wellness team meetings. Invited via email and Parent Newsletter.

- Healthy Community Nights are held twice yearly for the families of the Rehoboth Early Childcare Center (Pre-K) with family inclusive health and wellness education activities, a potluck and resource sharing, (handouts on healthy living and local fitness activities, bike races, 5k, walks for charity), a short meeting and announcements summarizing the RCS Wellness Policy.
- Meals provided for the Elementary Family Nights, one per semester, follow the USDA current meal pattern.
- Snacks for Mid School students are donated by parents. These donations must be healthy choices.

6) Birthdays and Celebrations:

Teaching staff encourages parents to provide a healthy choice to go along with birthday cake for birthday parties and celebrations.

7) Screen Time:

Elementary school does not allow devices with the exception of cell phones, which are to be kept in their backpacks or to be kept by the teacher for the day. They may use them on the school buses. The students are not overtly taught about screen time.

Middle school does not allow handheld electronic devices in school. They also ask the teaching staff to be diligent in not using their devices during the school day. The Middle school also teaches moderation in screen time in Pathways and Futures classes, with a special project in which the student researches articles about devices and screen time. High School allows devices to be used only during breaks and lunch.

OTHER:

- Breastfeeding Support: We will provide a private space for mothers who are breastfeeding that will allow mothers to breastfeed privately and comfortably.

8) Staff Wellness:

- Staff is encouraged to eat healthy and to join the students for lunch in the Fellowship Hall.
- Staff are given monthly wellness newsletters provided by our insurance carrier.

- Staff has access to the Rehoboth Sports and Fitness Center free of charge. The SFC includes a state of the art Fitness Center, Rock Climbing walls and basketball areas.
- Staff is encouraged to join or make comment on the Wellness Policy and the Wellness culture of our school.
- Kitchen staff is not allowed to work if they are sick as per HACCP regulations.
- Staff is encouraged to include physical activity in their lunch times and during their day.
- Staff is encouraged to be a positive influence in modeling of healthy choices to the students.
- All kitchen staff is ServSafe certified as required by USDA guidelines.