

Wellness Meeting 8/5/14

Present: John, Tiffany, Lindsay, Anna, Katharine, Michelle, Jeff

John described new CPSC committee structure.

Michelle reviewed what the wellness team has been working on for the past few years. Summary attached at end of document.

New Wellness Policy shared (also at end of document). This was developed by a subcommittee of parents and teachers over a 15-month span. Lots and lots of revisions. Best practices on writing wellness policies were researched as were model policies. A local wellness policy advocate came to speak to the group as well. John stated that all grade levels have provided feedback in addition to administration and parents, so he feels confident it's ready to go with the understanding that it's a working document. He shared it with the Board recently and received positive feedback from the parent reps. Could bring forward again to full group. Katharine wonders if it should be reviewed again. Lindsay asked about history of document at CPSC and components (Michelle will try to cover this in 8/26 presentation).

Discussion of what the Wellness Advisory Team's Objectives for 2014-15 should be. The following were suggested:

1. Create a positive, age-appropriate, consistent manner of communication around the topic of food and nutrition.
2. Provide resources for teachers and staff in the areas of health and wellness.
3. Increase opportunities for fitness for the entire school community.

(maybe we can work on the wording of these?)

The Wellness Team's work throughout the year should focus on projects and initiatives within one of these 3 (or 4, see below) areas. Several ideas were brought up at the meeting.

Everyone would like to see improved communication.

Jeff suggested creating values by which all Wellness Team decisions are made...sometimes processes and procedures are followed and these can be explained, but we always refer back to a set of defined values. We will work to define these. Derive from the first couple paragraphs of the Wellness Policy?

Next meeting:

Tuesday, 8/26 at 4pm in the Library, open to full Wellness Team

Michelle will prepare a presentation about the Wellness Policy and history, Milk Program, and Wellness Team status (20 minutes).

Outstanding Questions:

How will the Wellness Policy be communicated to the school community?

- Should the Wellness Team include supporting school lunch as a fourth objective for the year or should Gretchen/Laura handle that separately?

- **Who is going to lead the Wellness Team this year?** Michelle has retired to team member ☺. We can recruit from parent community, but need primary staff person...
- Who will facilitate 8/26 meeting? Michelle will give presentation described above.

To Do:

- Katharine will prepare agenda for 8/26 meeting
- John will notify Raenel about 8/26 at 4pm full group meeting
- John will get names of parents who volunteered for Wellness team and ?? will send an individual invite Michelle will send list of previously involved parents to John.
- Michelle will send database of resources (web and people) to the group
- Michelle will forward a resource about wellness policies to the group as an FYI
- Jeff will make an initial draft of values/visions that serve as foundation for Wellness Team decisions. Meeting with Michelle on Tuesday, 8/12 for more info/brainstorming.

Required Components of Wellness Policy

(per Federal Guidelines; additional sections and information may be included. All traditional public schools have been required to have a wellness policy since 2010. Charters will be required by 2015)

1. Physical Activity and Physical Education
2. Wellness Team or School Health Council – members, functions, responsibilities
3. Nutrition Education
4. Nutritional Guidelines for Food Served at School (sold or provided) – includes fundraisers
5. Monitoring and Policy Review

CPSC Wellness Policy

1. Wellness Advisory Team

Formed in October, 2012, the Wellness Advisory Team is a partnership among administrators, staff, parents, and community members who strive to support the health and wellness of Central Park School for Children's students and staff.

The Wellness Advisor Team meets regularly as a full group for planning, discussion, and collaboration with experts. Sub-groups (ex: School Lunch, Wellness Curriculum) hold meetings and work sessions as needed.

The Wellness Advisory Team is responsible for oversight of policy, plans and activities related to health and wellness initiatives in the school community. The team drafts relevant components in the CPSC Parent Handbook and submits for administrative and Board approval each year. This Wellness Policy is reviewed on a regular basis and clear, measurable goals and objectives will be established by the team annually. A website is dedicated to school Wellness efforts: www.cpscwellness.weebly.com .

2. Wellness Philosophy

Health is traditionally thought of as simply the absence of disease. Wellness, however, is a state of physical, mental and social well-being. Wellness involves making lifestyle choices that support a more balanced and fulfilling life.

Central Park School for Children is committed to holistic education and strives to empower children, their families and staff to discover their own path to wellness within their unique family and community settings and to influence the health of their community and the world around them. The school believes that promoting wellness is also promoting high academic achievement, social growth, and emotional peace.

For the purpose of this policy, components of wellness include: nutrition, physical activity, emotional well-being, mental health, sleep, physical health, social health/peaceful conflict resolution, environmental health, and more.

3. Whole Child Education

Wellness education will be deliberately and consistently incorporated throughout the curriculum at all grade levels through specific instruction/project work, integrating wellness into existing curricular topics, school-wide activities, and an overall culture of health and wellness at the school.

NC Essential Standards for Healthful Living (Health Education and Physical Education) and other research-supported best practices will serve as a guide.

<http://www.ncpublicschools.org/acre/standards/new-standards/>

Healthful Living components include Physical Education, Mental and Emotional Health, Personal and Consumer Health, Interpersonal Communication and Relationships, Nutrition and Physical Activity, and Alcohol, Tobacco, and Other Drugs.

4. Nutritional Considerations for Food Consumed at School

Food consumed by children (as well as staff and other members of the CPSC community) during the school day is a critical component of students' overall health and wellness, and a daily factor in any individual's readiness to learn and ability to function at his or her highest capacity.

While valuing the importance of family preference and cultural norms in deciding what children eat on a daily basis, the Wellness Advisory Team recommends the following guidelines to promote wellness and optimized learning across the school community:

- Meals provided by the school will meet, at a minimum, USDA guidelines for school breakfast, snacks and lunch.
- Information and resources for families packing lunches and snacks shall be readily available to all families through the Wellness website, parent handbook, and other sources.
- Students should be discouraged from bringing foods of minimal nutritional value to school.
- Food shall not be used as a reward or prize, unless specifically indicated for a child on his or her IEP.
- Families **MUST BE** notified in advance when food will be provided at school (for classroom events, celebrations, etc.), other than for classroom cooking projects.
- Cooking, tasting, and food experiments are a valuable part of project work. Food-based activities should have specific learning objectives and considerations should be given to nutritional and educational value.
- Classroom teachers are encouraged to work with students to establish guidelines and ground rules for discussions about food choices, nutrition, etc.

5. Physical Activity and Movement

Regular and intentional physical activity is a vital component of healthful living, and CPSC is devoted to incorporating physical activity into the regular school experience of every student. Physical activity will be supported, encouraged and developed across grade levels and throughout the curriculum. Opportunities to promote wellness through physical activity include:

- Recess
 - Recess sessions shall be designed to encourage children to engage in active physical play (e.g. staff-facilitated games, appropriate equipment, etc...)
 - All students will participate in at least 40 minutes of recess each day, with more for students in lower grades

 - No student shall be denied the opportunity to participate in at least 20 minutes of recess *or physical activity* on any given day (as a consequence of misbehavior or poor choices)

- Physical Education/Movement Class
 - PE will be provided to all students for at least 45 minutes once/week with the goal of engaging students in full-body movement and teaching unique skills that may benefit them in other areas of their lives. A unique movement program is used that incorporates Dance, Aikido, Yoga, Cooperative Games, and other opportunities (middle school??).

- Community-Building Physical Activity

The school seeks and promotes other opportunities to build community and promote wellness through shared activities, including:

- All School Walk- walk-around-the block during the 4th quarter, every Friday morning
- Walking Field Trips
- Project Work and Field Trips that require children's full-body, active participation
- Incorporating moments of active physical play into children's daily classroom experiences
- Movement at All School Meeting
- Special Events with a focus on activity
- Partnerships with community programs that involve children in physical activity outside of school hours (sports teams, karate instruction, Girls on the Run, etc.)
- Movement programming during After School
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- **6. Sustainability and Respect for Environment**

The wellness of our environment is closely intertwined with the wellness of our population. Starting from Kindergarten, CPSC staff endeavor to promote environmental literacy through day to day routines, as well as special projects. All classrooms have compost and recycling bins. Families and staff are encouraged to minimize waste. Opportunities to use the outdoors as a classroom abound, from gardening to walking field trips. Examples of class projects have included Kindergartners studying trees and animals, 2nd graders studying air quality, and 4th graders raising enough money to purchase and install solar panels, enabling them to take their class room "off the

grid". CPSC students learn that they are a part of a greater world and bear a responsibility to care for that world. *Can we have the Green Team review this section and contribute to it?*

7. Mental, Emotional, and Social Wellness

As mentioned above, wellness is not just about the physical body. In order to thrive, students need to be mentally nurtured, emotionally and socially safe, and supported. CPSC employs a school counselor, occupational therapist, speech therapist and several exceptional education teachers who provide support to students, parents and staff, as needed. This is done so within an environment where differences are celebrated and children do not feel stigmatized for using these services.

Effective communication skills provide a strong foundation for children to manage conflict and prevent bullying. To accomplish this, the school uses the Peaceful Schools program.

Peaceful Schools seeks to develop character and social skills in youth and prevent acts of violence in educational settings. The Peaceful Schools Model works toward curbing problem behaviors and developing social competence in order to prevent youth violence and create positive, productive school communities.

John to provide more info on Responsive Classroom here...

8. Staff Wellness

A culture of wellness is most effectively promoted when teachers and staff model fitness, good nutrition, and positive health behaviors.

Each year, teachers and staff will take part in at least one continuing education session in the area of health and wellness.

9. Service Health & Wellness in the Broader Community

The Wellness Advisory Team is committed to offering service learning opportunities for students in the areas of health and wellness.

The Wellness Advisory Team so Far...

2012-2014 Wellness Team Goals:

- Provide hands-on healthy learning opportunities for students and families
- Provide new movement opportunities for students and families
- Develop relationships with local experts and community partners
- Establish a CPSC Wellness Policy
- Establish and maintain a CPSC Wellness website
- Provide health and wellness curriculum resources for teachers
- Evaluate and continue to develop the school lunch program
- Obtain funding for future programming

Parent Involvement:

69 parents have attended evening meetings

120+ parents have attended Wellness Team-sponsored activities

8 full group meetings – lots of brainstorming about wellness topics important to our community, several guest experts teaching and willing to collaborate/partner (farmers, chefs, PE teachers, counselors, psychologist, physical therapist, yoga instructor, etc.)

Sub-Committees Work:

Wellness Policy

- Researched and examined lots of other wellness policies and policy models
- Hosted Wellness Team Chair from Watts Elementary (also DPI rep) as meeting guest speaker
- Drafted a CPSC Wellness Policy

School Lunch

- Became better acquainted with the National School Lunch Program and other funding sources
- Researched Special Milk Program
- Presented information to Economic Diversity Planning Committee
- Developed potential menus, met with potential caterers
- Performed cost/benefit analyses
- Held several brainstorming sessions- what do we want?, how could we make this happen?
- Met with Cooperative Extension about using their kitchen space

Wellness Education and Curriculum

- Examined the NC Standards for Healthful Living (Health Education, Physical Education) for K-5
- Developed a database of these and other wellness-related topics from other parts of curriculum (science, social studies, etc.)
- Began a list highlighting topics and/or classes (teachers) who do something particularly well

- Began a list highlighting a list of needs (overall, we have many gaps in Health Ed)
- Developed a list of nutrition/health-related web resources with the intent of eventually matching these to grade levels, standards, or topics.

Website and Documentation

- Created a website: <http://cpscwellness.weebly.com/>
- Tried to capture the overall environment of wellness that exists at CPSC throughout website and newsletters
 - o <http://cpscwellness.weebly.com/in-the-classroom.html>
 - o <http://cpscwellness.weebly.com/in-the-school-community.html>
 - o <http://cpscwellness.weebly.com/wellness-pages.html>

Funding

- Developed a database of potential health/wellness grants (forwarded to Laura)
- Applied for 4 grants, received 1 running grant (Let's Move-Active Schools)
- Received many donations for special events and initiatives

Special Events and Initiatives

- Performed a survey of all staff regarding health/wellness/nutrition (results available at: <http://cpscwellness.weebly.com/for-teachers.html>)
- Wellness Gift bags – jump ropes, sweet potatoes, oranges, healthy family recipes, and free active things to do over break
- September 2013 was Wellness Month- weekly theme (sleep, nutrition, exercise, stress reduction with guest speakers for parents, special WAMM presentations, newsletters, interactive games on website, etc).
- School-wide breakfast, magnets, and UNC football speaker (breakfast fuels your body, belly, and brain!)
- 10-mile challenge (walk or run 10 miles over intercession!)
- Heart Math training for parents and staff
- 4 family activity mornings (hikes, walks)
- Training sessions for Strawberry Festival 5K
- Brain Food-focused snack bar at Variety Show 2013
- 2 seasons of CSA at school (Green Button will return if we want them- not summer, but Fall/Winter)