

POLICY: WELLNESS

J PAUL TAYLOR ACADEMY

www.jpaultayloracademy.org

Adoption date: February 11, 2015

POLICY STATEMENT: The Governing Council (Council) of J. Paul Taylor Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Council is committed to providing a healthy school environment that promotes student wellness, by providing nutritious foods and beverages, physical education, nutrition education, and regular physical activity as part of the total learning experience. J. Paul Taylor is committed to keeping children more active to improve their health, reduce the likeliness of childhood obesity, and improve their thought processes. To achieve this end, we have lengthened the school day to allow for more opportunities for physical development.

This policy is developed in compliance with 6.12.6. NMAC [2.28.06].

I. FAMILY, SCHOOL & COMMUNITY INVOLVEMENT:

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students. The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools, and communities support the development and the maintenance of this comprehensive learning environment.

To ensure implementation of the Family, School & Community Involvement component of the J. Paul Taylor Wellness Policy, the Council has established a School Health Advisory Council ("SHAC") that has the responsibility to make recommendations to Council in the development, revision, implementation, and evaluation of the Wellness Policy. Generally, the SHAC shall include parent(s), school food authorities, Council member(s), school administrator(s), school staff, student(s), community member(s), and a representative from each of the components of the coordinated school health program.

For the 2014-2015 School Year, the School Health Advisory Council ("SHAC") includes the following members:

- School Nurse, Committee Lead
- P.E. Teacher
- Staff member
- Culinary staff member
- Governance Council member
- Parent

The SHAC shall meet for this purpose a minimum of two times annually, and report to the Council a minimum of once per year.

II. NUTRITION EDUCATION:

J. Paul Taylor Academy nutrition education includes teaching, encouraging, and supporting healthy lifelong eating habits of our students. Nutrition education and healthy eating support proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

A. Nutrition Guidelines. JPTA will adhere to or exceed the nutrition guidelines set forth in 6.12.5.8. NMAC, to include:

- i) If and when JPTA provides school sponsored fund raisers during the normal school hours, JPTA will meet or exceed the minimum guidelines set forth in 6.12.5.8 (1)(C) NMAC.
- ii) Guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices in accordance with the requirements set forth in 6.12.5.8 (2)(C) NMAC.

B. Nutrition Education: JPTA will provide nutrition education activities that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC. JPTA employs individuals with experience in nutritious meal planning to include introduction of unfamiliar healthy foods regularly. Meals are prepared on sight using select, non-bulk food items for lunch and breakfast preparation; e.g. salads, fruits, whole grains and milk.

III. PHYSICAL EDUCATION AND OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS:

J. Paul Taylor emphasizes and encourages physical activity before, during and after the school day. The JPTA has an extended school day to ensure adequate time for students to engage in physical activity. To encourage movement, our dress code for all students and staff emphasizes comfortable clothes conducive to activity. JPTA's daily school dress code for both staff and students requires athletic or tennis shoes, polo or t-shirts and khakis or jeans.

Kindergarten – 5th grade student at J. Paul Taylor Academy have daily physical education and 6th – 8th grade students have physical education 3 days/ week with a certified teacher. J. Paul Taylor students are encouraged to move their bodies, develop basic physical skills, and adopt an active lifestyle. The program is based on the New Mexico Physical Education Standards and Benchmarks set forth in 6.30.2.19 NMAC.

JPTA physical activity opportunities are diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature. For example, JPTA implements many of the activities developed by "CATCH" (<http://catchusa.org/>) or similar programs as guides for a majority of JPTA student activities. The school also provides other opportunities for students to explore fitness options, including, e.g. Yoga instruction and physical activities with the Nintendo "Wii" computer games. JPTA also incorporates physical education as a component of the regular curriculum learning projects; e.g. learning folk dances and games from various cultures.

Before school, children have access to the physical education equipment used in their PE classes on the primary and intermediate playgrounds, as well as standard playground equipment. Elementary students have a morning recess and all classes take a daily walk around the neighborhood. When a class is having a difficult time focusing on their studies, teachers are encouraged to take a short exercise break.

IV. Sun Protection

JPTA is committed to sun-safety and provide a sun-safety/skin cancer awareness program to staff. Teachers reinforce this information to students. Information on sun protection is provided to each student's family yearly.

V. MEASURING IMPLEMENTATION & EVALUATION PLAN:

The Head Administrator and school nurse are responsible to ensure JPTA fulfills this Wellness Policy and Plan. As teachers plan projects based on student interest, they are required to include learning opportunities which address health standards and benchmarks. Teachers are provided with templates to record when standards and benchmarks are addressed. Children's level of mastery is also assessed and recorded. Staff meets weekly to discuss progress and planning on current projects and to support each other in assuring that all curricular areas, including wellness components and physical education are integrated in the projects.

VI. STAFF WELLNESS:

JPTA considers staff wellness essential to providing the best program for children. JPTA encourages staff wellness by providing:

- Lunches to staff that include healthy foods, emphasizing fruits and vegetables.
- Opportunities for daily walks with class.
- Opportunities in yoga, Wii PE, or other physical activities with their class.
- Uniforms which include tennis shoes, khakis, and polo shirts to encourage activity.
- Time for team work so staff can support each other.
- Encouragement to form after-school exercise groups or otherwise support each other to increase physical activities and promote wellness behaviors.

Legal Reference: 6.12.6 NMAC