

Lubavitch Educational Center

Health & Wellness Policy

Lubavitch Educational Center (hereto referred to as LEC) is committed to the optimal development of every student. LEC believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research has shown that good nutrition and physical activity and overall healthy behaviors are strongly correlated with positive student outcomes. This policy outlines LEC's approach to ensuring safe, nurturing environments as well as opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

School Meals & Nutrition Guidelines

As a participant of the National School Lunch Program (NSLP), LEC is committed to serving healthy meals to all our students in accordance with guidelines set by the National School Lunch Program, including plenty of fruits and vegetables, whole grains, and fat-free and low-fat milk. Our meals are moderate in sodium, low in saturated fat, and contain zero grams of *trans*-fat per serving (nutrition label or manufacturer's specification), thus meeting the nutritional needs of our students within their calorie requirements.

- Drinking water is readily available throughout the building and grounds, including meal times. Students are given 30 minutes for lunch break and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Lunch will follow the recess period to better support learning and healthy eating.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements according to the USDA professional standards for child nutrition professionals.

Other Food Available at School

The foods and beverages, either sold/offered on the school grounds, outside of the school meal programs (i.e., "competitive" foods and beverages), meet the USDA Smart Snacks in School nutrition standards.

- Exemptions may be allowed at the discretion of the Department Heads, but shall not exceed more than one exemption per class per month.
- LEC provides a list of "Smart Snacks" for parents and teachers.
- LEC provides teachers and other relevant school staff with alternative ways to reward children. Foods and beverages are not used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on school grounds during the school day.

Nutrition Promotion

LEC promotes healthy food and beverage choices for all students, as well as encouraging participation in school meal programs. Additionally LEC promotes the use of many "Smarter Lunchroom" techniques including, but not limited to:

- *Farm to School Activities* :
 1. Local and/or regional products are incorporated into the school meal program.
 2. LEC is in process of creating a school garden on premises, utilizing the opportunity to involve students in a fun, hands-on student learning experience.
 3. LEC hosts field trips to local farms.
 4. LEC utilizes promotions or special events, such as tastings, to highlight local products.
 5. LEC does not allow vending machines on school grounds.

Nutrition Education

LEC aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- Nutrition education includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Nutrition (health) education is included in the curriculum so that instruction is sequential and follows the Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- LEC teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans, including the following essential topics on healthy eating:
 1. Food guidance from USDA's My Plate
 2. Reading and using USDA's food labels
 3. Balancing food intake and physical activity
 4. Food safety
 5. Social influences on healthy eating, including media, family, peers, and culture
 6. How to find valid information or services related to nutrition and dietary behavior
 7. Resisting peer pressure related to unhealthy dietary behavior
 8. Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education

LEC provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- LEC **elementary students** in each grade receive physical education for at least 60 minutes per week throughout the school year.
- LEC **middle school students** in each grade receive physical education for at least 60 minutes per week throughout the school year.
- LEC **high school students** are required to take the equivalent of one academic year of physical education.
- Students are moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

Physical Activity

LEC students generally participate in 60 minutes of physical activity every day. LEC offers students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be required or withheld** as punishment for any reason.
- LEC offers at least 20 minutes of recess on all or most days during the year.
 1. Active recess programming will be utilized to create universal participation by offering multiple activities at recess, utilizing different areas of play throughout the playground and providing equipment to decrease congestion on play structures. Additionally group games are led by staff. In the event that the school or district must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.

Other Activities that Promote Student Wellness

LEC integrates wellness activities across the entire school setting, coordinating other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- LEC will continue relationships with its community partners in support of this wellness policy's implementation.
- LEC will promote to parents/caregivers, families, and the community, the benefits of and approaches for, healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- LEC promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management. When feasible, LEC will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Policy Monitoring/Implementation

LEC is implementing a wellness committee that will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness

- The wellness committee membership will represent all school levels (elementary and secondary) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; school administrators (e.g., Dean, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. LEC will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school in meeting wellness goals.
- LEC will actively notify households/families of the availability of the annual report through the LEC newsletter and website.
- The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as LEC priorities change, community needs change, as wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or standards are issued.
- **The wellness policy will be assessed and updated as indicated at least every three years.**