

**International Community School  
2418 Wood Trail Ln.  
Decatur, GA 30033**

**WELLNESS POLICY  
2018-2019**

**PREAMBLE**

International Community School (“ICS”) desires to assist students in developing skills that promote healthy lifestyle habits. Toward that end, wellness education will be through a variety of means including but not limited to nutrition education, nutrition standards, physical activity opportunities, avoidance of tobacco, drugs and other risky behaviors; and other appropriate site-specific health activities.

**NUTRITION AND HEALTH EDUCATION**

Consistent and culturally sensitive nutrition education will be provided in grades K-5. It will be integrated into the standards based curriculum.

Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits.

Students in kindergarten through grade 5 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

1. ICS will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
2. ICS will offer nutrition education not only in health education, but will integrate it across the curriculum
3. ICS will require teacher to student ratio in health education classes that is consistent with core content areas.

Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Nutrition education standards and benchmarks will be behavior focused, age appropriate, and culturally relevant. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

ICS aims to teach, encourage and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that: Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices; emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise) .

ICS will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program. We will promote the importance of students eating a nutritious lunch and healthy snacks, including participation in the National School Lunch Program and After School Snack Program.

### **PHYSICAL ACTIVITY GOALS**

All required physical education classes shall be aligned with the Georgia Content and Performance Standards for Physical Education. Physical education is an integral part of the total education of every child, kindergarten through grade 5. Quality physical education programs facilitate the development of physically active lifestyles and are needed to increase the physical competence, health-related fitness, personal responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime.

Instructional periods providing developmentally appropriate programs total a minimum of 90 minutes per week for grades K-5.

Physical education courses provide an environment where students can learn, practice, and are Assessed (Fitnessgram) on developmentally appropriate motor skills, social skills, and knowledge acquisition.

- Policies ensure that qualified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes.
- ICS will provide continuing support for participation in physical activity outside of physical education class.
- Families will have information to help them incorporate physical activity into their students' lives.
- All students will have at least 30 minutes a day of supervised recess, during which Staff will encourage moderate to vigorous physical activity.
- Students will generally not have periods of two or more hours of inactivity.
- When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, we will give students periodic breaks to stand and be moderately active.
- ICS will not use physical activity as punishment.
- ICS will not withhold opportunities for physical activity as punishment.

### **GUIDELINES FOR SCHOOL MEALS**

ICS will provide school meals which meet or exceed the nutritional standards required by the State of Georgia and the National School Lunch and Breakfast Program.

ICS represents that the school's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1779) and the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 & 1766) as those regulations and guidance apply to the school.

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ICS will offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. We will encourage all students to participate in breakfast and lunch opportunities. In particular, ICS will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, ICS will, to the extent possible, operate the School Breakfast Program. To the extent possible, it will also arrange bus schedules and utilize methods to serve school breakfasts that encourage participation. We will notify parents and students of the availability of the School Breakfast Program and will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment; adequate time to eat lunch; pleasant food services staff; adequate seating; enforcement of student conduct rules; and adequate supervision.

ICS will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, and after-school snack and summer foodservice programs).

## **NUTRITION GUIDELINES**

### Food as Reward/Punishment

All school-based activities will be consistent with these wellness policy goals. Foods and beverages will not be used as a behavior management tool by offering as a reward or withholding as punishment. Staff is encouraged to model healthy eating by offering healthier choices at school meetings and to eliminate using food and beverages as rewards to students. Food is not to be used as a reward or punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP) or as part of a procedure conducted by staff as authorized by the Principal.

### Fundraising and other opportunities to promote healthy eating

ICS staff shall encourage healthy food choices in the school environment in activities such as: fundraisers, food brought from home for classes or groups of students, school parties, celebrations, field days, etc.. Healthy food choices should be considered that include items such as: fresh fruit, fresh vegetables, low fat pretzels, 100% juice, bottled water, fruit smoothies, air-popped popcorn, low fat cereal bars, milk, low fat or fat free yogurt, animal crackers, vanilla wafers, trail mix/raisins, etc..

### Celebrations

ICS will encourage serving healthy foods at school parties. Notices should be sent to parents/guardians either separately or as a part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or reward celebrations.

## **OTHER HEALTH-PROMOTING, SCHOOL- BASED GOALS**

### Staff Wellness

ICS highly values the health and well-being of every staff member and will offer educational activities that support personal efforts by staff to maintain a healthy lifestyle. The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

We will promote staff wellness initiatives (i.e. fliers, emails, sharing of resources). Promotion will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

### After School Program

The ICS after-school program will include supervision by trained staff and will provide developmentally and age-appropriate physical activity for all participants. After school snacks will encourage healthy eating habits.

### Coordinated School Health Approach

It is the goal of ICS to promote the students' physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, nutritious school meals, health education, family and consumer science education, and opportunities for physical education and activity.

### Community/Family Involvement

ICS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. ICS will support parents' efforts to provide a healthy diet and daily physical activity for their children.

ICS encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

Nutrition education will involve sharing information with students' families to positively impact students and the health of the community. ICS will encourage

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parents, teachers, school personnel, and students to be role models in practicing healthy eating.

### Fruit Promotion

ICS recognizes that in order to discourage the consumption of sweets and snacks that are unhealthy it is important to make healthy alternative like fruit more available and accessible. ICS and its food service staff will make fruits available to students and staff in a centralized location every day.

### Health Week

ICS will each year will conduct a “Health Week” coordinated by the Health Committee during school hours. Each day of the week will have a theme and an activity that corresponds with that day. Activities and themes will include but are not limited to: Zumba day, Smoothie day, Oatmeal day, Tai Chi day, etc.

## **MEASUREMENT AND EVALUATION**

An initial self-assessment of the school was conducted in 2004 using the School Health Index. Going forward, an assessment of the school's existing nutrition and physical activity environment and policy will be completed annually by the Health Committee to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Health Committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

Approved by Health Committee: September, 2018

Revised by Health Committee: November 2018