Spirit Elementary Wellness Plan

We are a “Team Nutrition School”

2017-2018

Principal: Shannon Young

Wellness Contact Person: Blair Duoos

Spirit Elementary plans to participate in the following ways:

I. Nutrition

• Use the cafeteria to provide learning opportunities by decorating the area with wellness educational posters and nutrition materials.

• The school website will include nutritional information to guide parents in dietary decisions for their children.

• Share information about the nutritional content of meals with parents and students. Such information could be available on menus, or the school's website.

• Through our website we will encourage parents to allow their children to eat a healthy breakfast at school or to provide a healthy breakfast for their children at home.

• Assure students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

• Apply for the Fresh Fruit and Vegetable Program if our school is at least 80% free and reduced meal eligible.

• To support children's health and school nutrition-education efforts, and encourage school fundraising activities that will not involve food.

• Schools will encourage fundraising activities that promote physical activity.

• Schools will encourage parents and teachers to provide snacks that will make a positive contribution to children's diets and health, with an emphasis on water as the primary beverage.
• Schools will share on our website a list of healthful snack items for teachers, non-federal after-school program personnel, and parents.

• Our school will not use food or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

• The school will distribute a list of healthy party ideas to parents and teachers.

• Arrange for a Nutrition Specialist to visit the school and provide students with age appropriate nutrition lessons.

• Participate in the Volusia County Family Nutrition Program so that students will receive nutrition lessons. This a free educational food and nutrition program focused on reducing the risk of chronic disease and health complications by positively changing nutrition and physical behaviors of students.

II. Physical Activity

• Schools will make provisions for Elementary school students to have supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

• Schools will develop programs that will encourage physical activities such as Walk to School Day.

• After-school child care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.

• Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

• School spaces and facilities could be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities could also be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

• Offer “Girls on the Run” programs. Girls in 3rd through 5th grade will be invited to participate in this program which encourages fitness and helps build self-esteem. The program culminates
with a 5K run and staff will be encouraged to run with students as “run buddies”.

- Students will participate in indoor activities using the “Adventures in Fitness” series when the heat index rises to a level that is unsafe for outdoor play.

- Students will participate in the “Jump Rope for Heart” event co-sponsored by the American Heart Association, and provide educational activities to enhance their knowledge of health, fitness and nutrition as it relates to the human body.

- Schools will sponsor a Fitness Festival and students will prepare by participating in activities by age group during PE instructional time, during teacher directed activities, and sometimes in afternoon training sessions.

- Physical education best practices are: jump rope, running, bike and pedestrian safety, recess, walking, Mr. Slim Goodbody video for exercise with our students, as well as Safari Montage health and nutritional lessons provided by the University of Florida Extension Family Nutritional program.

- Participate in the “Team Nutrition Schools” program.  
  www.fns.usda.gov/tn/

**III. Healthy Life Habits**

- Provide information about the harmful effects of using tobacco, drugs and alcohol.

- Create a resource center for students to use to get help in combating the use of tobacco, drugs and alcohol.

- Schools will provide access to hand washing or hand sanitizing and encourage students to maintain clean hands especially before they eat meals or snacks and after using restroom facilities.

  **HAND WASHING:** The school will provide training on hygiene and proper hand washing techniques in order to reduce the spread of germs.

  Teachers will reinforce good hygiene and proper hand washing techniques with their students. “Cough & Clean Your Hands” posters are displayed in the classrooms as well as proper hand washing posters in each restroom area.
• The school will take a proactive stance to fighting and Seasonal Flu outbreaks, Norovirus, addressing the H1N1 (Swine Flu) and the MRSA viruses by stressing universal precautions via multi-media presentations and in the classrooms.

• Dental Health: Have a dentist visit the first grade classrooms to teach the importance of brushing, flossing and overall dental health. Participate in the Dept. of Health Dental program offering free dental care to all students submitting a parent permission form by due date.

• Provide information regarding healthy lifestyles to parents on the schools website, Connect Ed and school projects geared towards family living. The articles will include information on nutrition, wellness, hygiene and the importance of physical activity, as well as safety.

• Explore additional opportunities for accessing community resources for healthy lifestyles and share findings with students.

• Intermediate students will participate in a bicycle safety course which includes a bike riding component.

IV. Staff Wellness

• Provide opportunities for the faculty and staff to become more physically fit: by encouraging the use of pedometers.

• Encourage participation in a Weight Watchers at Work program. If the minimum amount of individuals cannot be reached, then assist those interested in obtaining the vouchers to attend Weight Watchers in the community.

• Promote healthy living among employees through health education tips. Provide staff with wellness tips via all staff emails.