

AmeriSchools Local Wellness Policy

Purpose:

To encourage and contribute to the general health and well-being of all students to promote a healthy school that supports good nutrition and physical activity as part of the learning environment. Our staff is committed to providing a school environment that helps and develops a learning of lifetime wellness.

AmeriSchools will provide nutritious food for school meals and will support and promote healthy eating habits, physical activity, all of which will benefit student and staff health, attendance and academic performance. Healthy eating and physical activities are likely linked to reduce the risk of diseases and obesity as adults and maintain a healthy lifestyle.

The primary goal is to provide a positive, safe, and healthy environment that encourages a physically active and healthy lifestyle for students, staff members, parents, and communities associated with AmeriSchools.

Nutrition Education Goals:

Nutrition education will involve sharing information with families and parents and will be provided with handouts, menus and postings on our website. Our cafeteria will be used to present nutrition and wellness with posters, demonstrations and healthy challenges. We will educate the students about trying all foods and tasting a variety of fruits, vegetables and other healthy foods.

AmeriSchools will support the development of Farm to School and school garden programs to help students eat fresh nutritious foods, to promote healthier lifelong eating habits and to educate students on the origins of their food sources.

Farm to School and school garden (aquaponics) programs provide student with the opportunity to eat and learn about healthy, locally grown foods and be exposed to a variety of fresh produce.

1. AmeriSchools supports the integration of Farm to School and school garden programs into the school curricular and co-curricular activities as appropriate to facilitate this policy's nutrition education goals.
2. AmeriSchools understands that Farm to School and school garden programs enhance the nutrition and education experience of children by providing:

- a. Nutritious locally grown food as part of daily education.
 - b. Crops grown in school gardens shall reflect the ethnic and cultural diversity of the student population.
3. All meals served to the students during the normal meal service hours shall strive to meet or exceed all of the nutritional guidelines.
 4. Nutrition education will be integrated into health, physical education, science, math, language arts and/or social studies curricula, and taught in all grade levels.

Physical Activity Goals

AmeriSchools shall require daily physical education for every student to develop skills for physical activities, maintain fitness and regularly participate in physical activity. To help the students understand the short- and long-term benefits of a physically and healthy lifestyle.

We will encourage physical activity breaks during classroom hours which help students to stay alert and attentive in class. AmeriSchools shall provide recess every day for at least 20 minutes.

Recess providing structured activity and free play will be available to all students using a variety of equipment and organized games. Moderate to vigorous physical activity will be encouraged by staff during recess.

AmeriSchools shall implement a program of study consistent with the state standards for physical education that focuses on development of motor skills, movement and health related fitness. Recess is a necessary education support component for all children.

Physical activity is not to be used as a punishment or denying students recess as a punishment.

Implementation and Monitoring

A primary goal will be to regularly (2 times annually) evaluate the effectiveness of this policy in promoting healthy eating and changing the program as appropriate to increase effectiveness.

Each school administrator shall be responsible for implementation of the AmeriSchools Wellness Policy and guidelines. The wellness committee is open to the public which comprises of parents, teachers school administrators and students.

Wellness Members 2022-2023

Vicki Ireland- Registrar and Food Service Coordinator

Mariela Cabellero- Food Manager

Sheryl Bristow- Principal

Katie Attenberger- Teacher

Beartiz Lopez- TA and Breakfast Worker

Cheryl Kahle- Former Parent

Valeria Beltran- Student

Elizabeth Tiscanero- Parent