

St. Johnsbury Academy WELLNESS POLICY

St. Johnsbury Academy is committed to supporting and improving on a daily basis the overall health and wellness of our school, students and employees. The health and wellness department is comprised of six fulltime employees, but we believe all members of the Academy community share a responsibility to help maintain a healthy and well School. Therefore, it is the policy of St. Johnsbury Academy that the following goals be achieved:

A. Health and Nutrition Education

1. We will continue to implement and improve a sequential, developmentally appropriate 9-12 comprehensive health and nutrition curriculum that is in alignment with standard 3.6 of the Vermont Framework of Standards and Learning Opportunities and with the Vermont Health Education Grade Expectations. (See Section I for the definition of comprehensive.)
2. Staff shall integrate, where possible, experiential education activities such as gardening, cooking demonstrations, and farm tours into existing curricula for Health Education.
3. School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food. The food service will develop cafeteria menus relating to local farmers and products grown in the region, dependent on the season.

B. Physical Education and Activity

Physical Education

1. Establish a physical education program that is sequential, developmentally appropriate and in alignment with the National Association for Sports and Physical Education.
2. Strive to increase number of minutes of physical education, as recommended by the State.
3. Encourage district wide health initiatives that include daily movement for all students and staff.
4. Provide curriculum that equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.
5. Develop curriculum that is closely coordinated with the overall school health program.
6. Support integrating physical education topics with other curricular areas.
7. Provide a safe environment to implement the program, with functional and protective equipment for all students.

C. Health Services

1. St. Johnsbury Academy shall provide a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
2. School health services are evidenced based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.
3. The foundation of the school health services will be based on the student needs assessment, plans and implementation of programs that support the wellbeing and academic success of students
4. Provide health services to staff for emergency care, annual flu clinics, and work-related injuries.

D. Nutrition Services Related to the Foodservice Program

1. The contracted food service will provide nutrition education to all foodservice employees.
2. The contracted food service shall provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.

3. St. Johnsbury Academy will recognize child nutrition programs as food access programs and work to ensure that all students have the opportunity to access all available programs.
4. St. Johnsbury Academy will provide the necessary infrastructure, outreach and support to the foodservice office to be sure that all families eligible for Free and Reduced meal benefits are able to access them.
5. School nutrition programs will reflect the U.S. Dietary Guidelines for Americans and the Institute of Medicine's (IOM) Nutrition Standards for Foods in Schools to achieve nutrition integrity. (see Appendix A)
6. The school district agrees to promote and participate, through foodservice staff, in all federally funded child nutrition programs and operate them to their fullest extent.
7. Compatible with federal regulations for such purchases, the foodservice program will continue procedures that provide locally grown foods to students.

E. Counseling, Psychological and Social Services

1. St. Johnsbury Academy shall continue to recognize the need for counseling, psychological and social services for all students and shall refer students and families to the proper support services.
2. St. Johnsbury Academy shall continue to collaborate with local agencies and support services such as Youth Services, NEKHS, DCF, PCP's, and private therapist to help care our students.

F. Healthy and Safe School Environment

1. St. Johnsbury Academy shall encourage a culture of wellness, which includes, but is not limited to clean and safe buildings and a positive psychosocial climate.
2. Physical conditions such as temperature, noise, air quality and lighting shall be conducive to a positive learning and eating environment.
3. Students will be allowed to attend to personal needs such as drinking and toileting as needed.

G. Health Promotion for Staff

1. St. Johnsbury Academy shall encourage participation in an employee wellness program that defines planning, implementing and evaluation.
2. St. Johnsbury Academy shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities when possible.

H. Family/Community Involvement

1. Curriculum will afford opportunities for connections with agencies and businesses aligned with the wellness policy.
2. St. Johnsbury Academy promote community-based learning experiences that promote health and wellness.
3. St. Johnsbury Academy partner with local business learning experiences when appropriate and possible.
4. St. Johnsbury Academy shall include families of students in wellness activities whenever possible.

I. Implementation

1. Data such as the Youth Risk Behavior Survey will be used to identify areas of strength and need and prioritize specific implementation steps.

This policy and its procedures may be modified subsequent to federal and state legislative and regulatory changes.

Appendix

1. A la carte food includes all foods sold or provided throughout the school grounds at any time that are not part of a reimbursable meal. Nutritious foods are foods that include whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish, beans and seeds.

2. Nutritious foods exceed the nutrient levels of Foods of Minimal Nutritional Value which have been identified by the United States Department of Agriculture (USDA).
3. Comprehensive health curriculum includes topics such as:
 - Alcohol and drug abuse prevention
 - Healthy eating/nutrition
 - Mental and emotional health
 - Personal health and wellness and self-care
 - Physical activity
 - Personal safety and injury prevention
 - Sexual health
 - Tobacco use
 - Violence prevention
 - Safe and appropriate use of technology
 - Emotional Intelligence

Legal References:

16 VSA §216 An Act Relating to Nutrition Policy in Vermont Schools

16 VSA §§131 and 906 (b) (3)

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq

Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq

Public Law 108-265 § 204 Child Nutrition and WIC Reauthorization Act of 2004

Code of Federal Regulations, 7 CFR Part 210 and part 220