



Preparing students for life beyond the classroom

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635 - Wellness Policy

Approved by the Board of Directors on 2/2/2016

THE PHOENIX CENTER WELLNESS POLICY

TPC Wellness Policy

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TPC Wellness Policy

“The Phoenix Center Wellness policy meets the minimum Federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program and is based on recommendations from New Jersey Department of Health and Senior Services”

The Phoenix Center (TPC) is committed to the optimal development of every student and recognizes that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn.

TPC 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.

This policy outlines TPC's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

1. Students at TPC have access to healthy foods throughout the school day both through reimbursable school meals and other foods available throughout the school in accordance with Federal and state nutrition standards;
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
3. Students have opportunities to be physically active during school;
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
6. The community is engaged in supporting the work of the TPC in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
7. TPC establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at TPC. The Wellness Policy of the Center supports the nutritional requirements set by The New Jersey Department of Agriculture, Department of Education and New Jersey Department of Health and Senior Services.

I. School Wellness Committee

Committee Role and Membership

TPC has an established Wellness Committee that meets 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 this district-level wellness policy.

The membership represents all school levels: parents/guardian, representatives of the school nutrition program, school administrators (principal and supervisor), school nurse, school physician, (for policy review and approval), physical education teachers, health education teachers, education teachers, mental health and social services staff, and school board member.

Leadership

The Principal or designee(s) will convene the Wellness Committee and facilitate development of updates to the wellness policy, and will ensure school's compliance with the policy.

The name(s) and title(s) and contact information of the committee members are listed below.

Name	Title	Email address	Role
Katie Passarotti	Principal	kpassarotti@thephoenixcenternj.org	WC Leader
Sarah Carney	Food Service Coordinator	scarney@thephoenixcenternj.org	Nutrition Program
Connie Andolino	School Nurse	candolino@thephoenixcenternj.org	School Nurse
Kim Wynbeek	Director/Supervisor	kwynbeek@thephoenixcenternj.org	Committee member Secondary level students
Amy Bolliger	Supervisor	abolliger@thephoenixcenternj.org	Committee member Primary level students
Nancy McDonald	Supervisor	nmcdonald@thephoenixcenternj.org	Committee member Middle level students
Andrew Schuck	Assistant Principal	aschuck@thephoenixcenternj.org	Committee member
Leonard Racco	Health education instructor/PE	lracco@thephoenixcenternj.com	Committee member
Ashley Agresti	CFL Instructor Horticulture Instructor	aagresti@thephoenixcenternj.com	Committee member
Anne Jens	School Psychologist	ajenns@thephoenixcenternj.com	Committee member
Christos Karoutsos	Teacher	ckaroutsos@thephoenixcenternj.org	Committee member
Kristen Calderone	Teacher	kcody@thephoenixcenternj.org	Committee member
James Ball	Board member		Committee member
Dr. John Russo	School Physician	973-736-8119	Committee member

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

TPC has developed a plan for implementation to manage and coordinate the execution of this Wellness Policy. The Healthy Schools Program assessment tool will be used to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This Wellness Policy and the progress reports can be found at: www.thephoenixcenternj.org

Recordkeeping

TPC will retain records to document compliance with the requirements of the Wellness Policy in the Principal's office room #100 and on Paradigm, TPC's computer network.

Documentation maintained in this location will include but will not be limited to:

1. The written Wellness Policy;
2. Documentation demonstrating compliance with community involvement, including (1) Wellness Committee membership (2) Minutes from Committee meetings for the development; implementation, and periodic review and update of the wellness policy; and Documentation of the triennial assessment;
3. Written notices to parents about the availability of the Wellness Policy, reports on compliance as well as progress and assessment reports.

Annual Progress Reports

TPC 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 at the Board of Directors Meeting. This annual report will be published around the same time each year in June. This report will include, but is not limited to:

1. The website address for the wellness policy and/or how the public can receive/access a copy of the Wellness Policy;
2. A description of the school's progress in meeting the Wellness Policy goals;
3. A summary of the school's events or activities related to Wellness Policy implementation;
4. The name, position title, and contact information of the Members of the Wellness Committee and designated policy leader.

The annual report will be available in English and Spanish.

TPC will notify households/families of the availability of the annual report.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

1. The extent to which TPC's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy;
2. The extent to which the school is in compliance with the Wellness Policy;
3. A description of the progress made in attaining the goals of the Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is Julie Mower, Principal, e-mail: jmower@thephoenixcenternj.org

Revisions and Updating the Policy

The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Updates will include: new health science, new technology, new Federal or state guidance or standards and new goals if necessary.

Community Involvement, Outreach, and Communications

TPC is committed to being responsive to our parent community input, which begins with awareness of the Wellness Policy. TPC will actively communicate ways in which representatives of our parent community and others can participate in the development, implementation, and periodic review and update of the Wellness Policy through the school web site and written notices. TPC will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to

ensure that all families are actively notified of the content of, implementation of, and updates to the Wellness Policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the parent community, and accomplished through means similar to ways used to communicate other important school information.

TPC will also use these mechanisms to inform the parent community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

TPC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

TPC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). TPC also operates additional nutrition-related programs and activities including the Consumer Family Life Program that may include cooking activities, Horticulture/Garden Program, and a Community Based Instruction program that focuses on opportunities for community outings in order to increase social, community and life skills development. Some Community based outings may include visits to local restaurants and food stores.

Goal 1: TPC is committed to offering school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) programs, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;
4. Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (TPC offers reimbursable school meals that meet USDA nutrition standards.)
5. Promote healthy food and beverage choices using the following Smarter Lunchroom techniques:
6. White milk is placed in front of other beverages in all coolers;
7. Parent/Student surveys and taste testing opportunities in Consumer Family Life skills and Community-Based Instruction are used to inform menu development, dining space decor, and promotional ideas.

Goal 2: TPC child nutrition program will accommodate students with special dietary needs.

1. Menus will be posted on TPC website, and will include nutrient content and ingredients.
2. Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
3. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
4. Students are served lunch at a reasonable and appropriate time of day.

5. Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available at TPC.
6. TPC will make allowances for foods as behavioral reinforcements outlined in student IEPs.
7. TPC will utilize the following five Farm to School activities:
 - 7.1 Local and/or regional products are incorporated into the school meal program;
 - 7.2 Messages about agriculture and nutrition are reinforced throughout the learning environment;
 - 7.3 School hosts a school garden/Horticulture Program;
 - 7.4 School hosts field trips to local farms; and
 - 7.5 School utilizes promotions or special events, such as tastings, that highlight the local/regional products.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Drinking water will be available where school meals are served during mealtimes as well as in each classroom. Water cups and containers will be available in the cafeteria during meal times. All water sources such as drinking fountains and containers will be maintained on a regular basis to ensure good hygiene standards.

Competitive Foods and Beverages

TPC is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

Goal 1: TPC will meet established Federal Nutrition standards and Healthier US Schools Criteria.

1. Plan and prepare menus to comply with Federal Nutrition Standards for restaurant day as well as after school activities.
2. Share nutrition information about foods and beverages that will be used.

Goal 2: Increase healthy meal participation rates in the home by introducing health alternatives in the restaurant program, CBI, and cooking classes.

1. Conduct regular food tasting activities through cooking classes to introduce healthy food choices.
2. Provide students an opportunity to have input on choosing a healthy restaurant and healthy menu items during school activities, such as CBI.
3. Provide food safety training to all students and staff (i.e. allergies, food expirations).

Goal 3: TPC will use non-food rewards for school accomplishments unless otherwise outlined in the IEP.

1. Provide training to teachers and student aids on non-food related incentives.
2. Provide school system and Parents with alternatives for food rewards.

3. Provide at least 10 minutes for breakfast and 20-30 minutes for lunch to enable students to eat in a pleasant and relaxed atmosphere.

Goal 4: School-based marketing will be consistent with Federal Nutrition Guidelines

1. All foods marketed by TPC will meet the federal nutrition standards for school meals.
2. Classrooms will encourage consumption of healthy foods, including fruits, vegetables, whole grains and low fat dairy products through classes such as the restaurant program, horticulture, cooking, CBI, and after-school activities.

Celebrations and Rewards

All foods offered at TPC will meet or exceed the USDA Smart Snacks in School nutrition standards, unless identified in an individual student's IEP.

Including through:

1. Celebrations and parties. The Health Office will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The Health Office will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. TPC Behavior Team will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers during the school day. TPC will make available to parents and teachers a list of healthy fundraising ideas. Examples can be obtained from [Alliance for a Healthier Generation](#) and the [USDA](#).

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

TPC will promote healthy food and beverage choices for all students throughout the school, as well as encourage participation in school meal programs. This promotion will occur through at least:

1. Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
2. Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

IV. Nutrition Education

TPC promotes the creation of consistent messages that link the *classroom-to the cafeteria- to the home* with meaningful life lessons, specifically through inclusion of lifelong wellness in health education, collaboration with all TPC departments to enhance nutrition education efforts, and curriculum integration across all subject areas.

Goal 1: TPC aims to teach, model, encourage, and support healthy eating by students and will provide nutrition education and engage in nutrition promotion that:

1. As students learn where their food comes from, they have an opportunity to taste fresh from the garden or local farm (CBI) which enables students to incorporate healthy meal choices into their diet;
2. Students in grades equivalent K-12 will receive a comprehensive program in health education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices, designed to provide students with the knowledge and skills necessary to promote and protect their health;
3. Nutrition education topics are integrated into the comprehensive health education program taught at every level.;
4. The nutrition education program is based on theories and methods proven by published research to improve nutrition behaviors and consistent with New Jersey's health education standards it will promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
5. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Nutrition education is developmentally appropriate, culturally relevant, and includes student participation, enjoyable nutrition promotion activities such as taste testing, farm visits, school garden;
7. The nutrition instruction program design includes an emphasis on healthy eating behaviors, physical activity, and screen time reduction;
8. Include nutrition education training for teachers and other staff.

Goal 2: Nutrition education is integrated into other subject areas besides health

1. Nutrition education is taught not only in health education classes, but is also integrated into other classroom instruction through subjects such as math, science, language arts, social studies, and physical education, and health-related community activities such as cooking class, horticulture class, and Community-Based Instruction (CBI).

Goal 3: TPC will collaborate with community partners to enhance nutrition education efforts.

1. Parents are included in education through Parent Association in-services and educational mailings.
2. Faculty work with outside resources and other community partners to reinforce classroom lessons (taste-testing, farm tours, cooking demonstration, CBI, and restaurants.)

Nutrition Education

Essential Healthy Eating Topics in Health Education

TPC will include in the health education curriculum the following essential topics on healthy eating:

1. The relationship between healthy eating and personal health and disease prevention;
2. Food guidance from [MyPlate](#);
3. Reading and using USDA's food labels;
4. Eating a variety of foods every day;
5. Balancing food intake and physical activity;
6. Eating more fruits, vegetables, and whole grain products;
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans-fat;
8. Choosing foods and beverages with little added sugars;

9. Eating more calcium-rich foods;
10. Preparing healthy meals and snacks;
11. Risks of unhealthy weight control practices;
12. Accepting body size differences;
13. Food safety;
14. Importance of water consumption;
15. Importance of eating breakfast;
16. Making healthy choices when eating at restaurants;
17. Eating disorders;
18. The Dietary Guidelines for Americans;
19. Reducing sodium intake;
20. Social influences on healthy eating, including media, family, peers, and culture;
21. How to find valid information or services related to nutrition and dietary behavior;
22. How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
23. Resisting peer pressure related to unhealthy dietary behavior;
24. Influencing, supporting, or advocating for others' healthy dietary behavior.

Food and Beverage Marketing in Schools

TPC is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. TPC strives to teach students how to make informed choices about nutrition, health, and physical activity. In order to protect and promote student's health all foods and beverages marketed or promoted to students during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards and comply with TPC Wellness Policy.

V. Physical Education

TPC students participate in quality physical education (PE) programs based on state and national PE standards so that all students, including those with disabilities and will develop knowledge, skills, and confidence needed to maintain a physically active lifestyle.

Goal 1: All students in ***grade equivalent K-12***, will participate in a quality physical education program.

1. In PE, students will be instructed and assessed in foundational motor and fitness skills.
2. Students will be instructed using diverse and developmentally appropriate physical activities to meet their individual needs and interests during physical education classes.
3. Increase the capacity for schools to provide an environment for physical education that is conducive to learning with respect to class size, equitable space, sufficient equipment, technology, safety, and cleanliness.

Goal 2: All students will have opportunities outside of physical education class to be physically active during the school day.

1. Recess/ outside time
2. School staff will assist students by providing integrated physical activity breaks in classroom instruction such as: going for a walk when needed, 5 minutes of exercise break, Courageous Pacers, "Get Ready to Learn" (yoga)
3. Additional exercise programs: "Reach for Good Health", Volt Fitness and Flippin Out Gymnastics Program

4. Interscholastic or intramural sports Basketball Club, Cheerleading, Bowling team

VI. Physical Activity

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason

Note: this does not include participation on sports teams that have specific behavioral requirements for safety.

Students are encouraged to work for additional walks, gym time and any other physical activity as a reinforcement.

TPC will ensure that its grounds and facilities are safe and that equipment is available to students to be active. TPC will conduct necessary inspections and repairs.

Physical Education

TPC will provide 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. TPC will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All TPC students will receive at least 150 minutes per week of Health and Physical Educational instruction.

TPC's physical education program will promote student physical fitness through individualized fitness and activity goals with assessment in student progress notes.

Essential Physical Activity Topics in Health Education

TPC will include in the health education curriculum the following essential topics on physical activity:

1. The physical, psychological, or social benefits of physical activity;
2. How physical activity can contribute to a healthy weight;
3. How physical activity can contribute to the academic learning process;
4. How an inactive lifestyle contributes to chronic disease;
5. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
6. Differences between physical activity, exercise, and fitness;
7. Phases of an exercise session, that is, warm up, workout, and cool down;
8. Overcoming barriers to physical activity;
9. Decreasing sedentary activities, such as TV watching;
10. Opportunities for physical activity in the community;
11. Preventing injury during physical activity;
12. Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
13. How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity;

14. Dangers of using performance-enhancing drugs, such as steroids;
15. Social influences on physical activity, including media, family, peers, and culture;
16. How to find valid information or services related to physical activity and fitness;
17. How to influence, support, or advocate for others to engage in physical activity;
18. How to resist peer pressure that discourages physical activity.

Recess

TPC will offer at least **20 minutes of recess** on all or most days during the school year.

If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play in the event that the school must conduct **indoor recess**, teachers and paraprofessionals will promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Teachers and paraprofessionals will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

TPC recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. TPC recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

TPC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers and paraprofessionals will serve as role models by being physically active alongside the students whenever feasible.

VII. Other Activities that Promote Student Wellness

TPC will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. TPC will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All school-sponsored events such as Family Night Out, Family Bowling and Restaurant

Night will adhere to the Wellness Policy. All school-sponsored wellness events will include physical activity opportunities where appropriate.

Community Partnerships

TPC will continue to develop and enhance relationships with community partners in support of this Wellness Policy's implementation.

1. Such as Seton Hall University Doctoral Physical Therapy student's, ("Fun Fitness Finale"),
2. Inclusion opportunities for Basketball games with Good Shepherd Academy, Fairlawn Memorial and The Children's Institute,
3. Interscholastic Bowling League with Banyan School, Abundant Life Academy,
4. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

TPC will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, TPC will use electronic mechanisms (such as email or displaying notices on the school's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Family and Community Wellness: Integrating school policies and activities into a broader community.

1. TPC has an on-site community vegetable garden where the students can garden and learn about the food they eat in Horticulture class.
2. Sponsor family wellness events, such as Family Night Out, to teach about making healthy family meals and to provide other interactive, fun-family oriented wellness activities.
3. Community outreach projects encouraging physical activity in the community include: Volt Fitness, Flippin' Out Gymnastics, Swimming, Bowling, and Horseback Riding.
4. Parents and students are encouraged to walk along with the staff to support Autism.
5. TPC limits non-instructional television/ screen time.

Staff Wellness and Health Promotion

TPC Wellness Committee will also focus on staff wellness issues, identify and disseminates wellness resources, and perform other functions that support staff wellness in coordination with human resources staff.

Nutrition promotion and education will be included in all staff orientations to educate and support staff in actively promoting and modeling healthy eating and physical activity behaviors. TPC promotes staff members to participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and low-cost.

Professional Learning

When feasible, TPC will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help TPC staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.