

Lifespan School Solutions Health and Wellness Policy

LSS promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. LSS supports a healthy environment where children can learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity to prevent obesity. Moreover, LSS recognizes that improved health optimizes student and staff performance potential.

LSS shall provide a comprehensive program that encompasses a combination of learning experiences and environmental supports designed to facilitate behavioral and environmental adaptations that are conducive to health.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

LSS will deliver a challenging, sequential, developmentally appropriate, kindergarten to 12th grade physical education curriculum, aligned with state guidelines and standards, to develop physically educated individuals who have the knowledge, skill, and confidence to enjoy a lifetime of healthful physical activity.

- Basic instruction in health and physical education shall comply with state standards. Recess, free play, and after school activities shall not be construed as physical education.
- Students are given opportunities for physical activity during the school day through recess periods, physical education classes, walking programs, movement breaks, and the integration of physical activity into the academic curriculum.
- Schools encourage parents and guardians to support their children's participation in physical activity at home and in the community.
- Withholding physical activity as a disciplinary strategy in the classroom or in the school environment is strongly discouraged.

HEALTH EDUCATION

LSS will deliver a challenging, sequential, and differentiated K-12 health curriculum that is aligned with state guidelines and standards, resulting in students who possess the knowledge and skills to live a healthy life.

- Instruction is integrated into the classroom or provided as a class period.
- Health Education will include instruction in the following content areas appropriate to grade or developmental level:
 - ✓ Personal health
 - ✓ Mental and emotional health
 - ✓ Bullying prevention
 - ✓ Injury prevention
 - ✓ Nutrition
 - ✓ Sexuality and family life
 - ✓ Dating violence prevention
 - ✓ Disease control and prevention
 - ✓ Substance use and abuse prevention

NUTRITION PROMOTION

- Students in grades K-12 will receive nutrition promotion initiatives that are interactive, aligned with state and federal standards, and that teach the skills they need to adopt healthy eating behaviors.
- Nutrition promotion will be offered with coordination between school and food service staff.
- Efforts are made to provide consistent nutrition messages to students throughout schools, classrooms, cafeterias, homes, communities, and the media.
- Parent nutrition promotion may be provided in the form of handouts; postings on the school website; articles and information provided in school newsletters, announcements, or memos; communication with school nurses and clinicians; and through any other appropriate means available for reaching parents.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL GROUNDS

LSS will work collaboratively with food service vendors to ensure that the school breakfast and lunch programs comply with the USDA Requirements for Federal School Meals Programs and the State Nutrition Standards.

A la carte, vending, and all foods sold on school grounds

Food

- LSS does not sell food to students on school grounds.
- LSS encourages consumption of nutrient-dense foods (i.e., whole grains, fresh fruits and vegetables, and dairy products), as outlined in the 2010 Dietary Guidelines for Americans.

Beverages

- LSS does not sell beverages to students on school grounds.
- Water will be available and encouraged for all students.

Cafeteria Environment

In the cafeteria, students will have:

- ✓ adequate space to eat and a clean, pleasant environment;
- ✓ adequate time to eat meals – 20 minutes or more for lunch;
- ✓ convenient access to hand washing or hand sanitizing facilities before meals; and
- ✓ a safe environment to accommodate students with food allergies.

Fundraising

- Non-food-based fundraisers and fundraisers that promote physical activity are encouraged.
- Any proposed fundraisers involving food or beverages must be reviewed and approved by the Clinical Director.

Teacher-to-Student Acknowledgements and Incentives

It is the intent of LSS that acknowledgements and incentives do not undermine efforts put forth in this policy. Therefore, the use of food as a reward, acknowledgement, or incentive in the classroom or in the school environment is discouraged. Any exceptions to this guideline must be reviewed and approved by the treatment team and/or Clinical Director. Healthier options should always be chosen when available and appropriate.

Classroom and After School Program Snacks

- Classroom snacks, provided by LSS staff, must adhere to state and federal regulations.
- LSS staff should not distribute home-made snacks to students at any time. Items purchased at a store for distribution to students should be clearly labeled and checked by the school nurse to ensure that they do not raise any health or allergy concerns.
- LSS does not provide after school programming.

Celebrations/Events

Celebrations/events include, but are not limited to, birthdays, holidays, etc. LSS may choose to handle celebrations/events in a variety of ways, including:

- Non-food celebrations are encouraged.
- It is strongly encouraged that celebrations comply with the State Nutrition Standards for school vending and a la carte foods.
- Any exceptions to this guideline must be reviewed and approved by the school nurse in consultation with the treatment team and/or Clinical Director. Healthier options should always be chosen when available and appropriate.
- Attention to student allergies is required, and school staff must collaborate with the School Nurse to ensure that allergy precautions are maintained.

School Stores and After School Events

LSS does not sell food to students during the school day or after school.

Concessions

LSS does not operate any school concessions.

Culinary and Life Skills Classes

Any culinary or life skills cooking curriculum or activity must consider the caloric and nutritional values of the foods being prepared. Lessons regarding how recipes/meals can be modified to create healthier alternatives should be provided when appropriate. Consideration of preparing foods that do not meet the State Nutrition Standards must be reviewed and approved by the treatment team and/or Clinical Director prior to the purchase of ingredients. The school nurse will review all ingredients of classroom-prepared foods to evaluate and provide guidance regarding potential food allergies and any nutritional concerns.

Staff Wellness

Staff voluntary wellness programs encourage individuals to take measures to prevent the onset or worsening of a disease or illness and to lead to lifestyles that are healthier.

LSS employees are able to participate in health/wellness activities/promotions offered by the Lifespan Living Well Program. These include a large variety of health, mindfulness, nutrition, stress management, and financial management programs and tools:

- Employee Assistance Program
- Health and dental benefits
- RethinkCare program
- Wellbeats program
- Enrich program
- Smoking Cessation

MEASUREMENT AND EVALUATION

- The School Medical Director oversees the School Wellness Program, reviews the policy annually, and provides feedback to the LSS leadership team.
- The School Medical Director works with the Health/Wellness subcommittee (consisting of School Nurses and Physical Education Teachers at the sites) as needed if changes to the policy are determined by the Medical Director and/or suggested by staff at the sites. Any updates to the policy are communicated to the LSS leadership team and from there to staff at all sites.
- Best practices that promote the goals outlined in this policy will be shared with staff by building directors and the LSS leadership team.

AREAS OF IMPORTANCE OUTSIDE OF NUTRITION AND PHYSICAL EDUCATION/ACTIVITY

Additional topics pertaining to health and wellness may be reviewed by the Medical Director, and any recommendations will be forwarded to the LSS leadership team for review.

Reviewed and updated: 1/29/2024

Dale F. Radka, MD
LSS Medical Director