

## F. E. Burleson Elementary School Wellness Plan

Burleson Elementary School is committed to providing a school environment that enhances learning and develops lifelong wellness practices. F. E. Burleson will encourage students to develop healthy habits of eating and physical activity that ensures all students are fit, healthy, and ready to learn.

To accomplish these goals:

- The Child Nutrition Program will comply with federal, state, and local requirements. The Child Nutrition Program will be accessible to all children.
- Nutrition education will be promoted and provided to all students.
- Patterns of meaningful physical activity will connect to students' lives outside of physical education.
- School-based activities will be consistent with local wellness policy goals.
- All foods and beverages made available on campus during the school day, including celebrations, snacks, and fundraising, will be consistent with the Alabama State Board of Education requirements.
- The school environment will be safe, comfortable, pleasing, and will allow ample time and space for eating meals
- Food will not be used as a reward, and physical activity will not be withheld as a punishment.
- Teachers and staff will be encouraged to model good nutritional behavior.

## **Nutrition Standards**

- All foods made available on campus during the school day and in the extended day programs (EDP) will comply with the current federal, state, and local requirements as established by the USDA and the Alabama State Board of Education requirements.
- School meals will meet the Child Nutrition Program requirements and nutrition standards found in federal regulations and the Alabama State Board of Education requirements.
- Nutrition information will be readily available for menu and a la carte items served in the school lunch program.
- Foods of Minimal Nutritional Value (FMNV) will not be available to students during meal service times.
- Child Nutrition Program employees will be adequately trained in food service operations including food safety and sanitation. All have SAFE SERVE certificates.
- All potentially hazardous or temperature controlled foods made available on campus during the school day will comply with the state and local food safety and sanitation regulations. A HACCP (Hazard Analysis Critical Control Point) Plan will be followed in the Child Nutrition Program to help provide assurance of proper food safety and sanitation practices.
- Guidelines for celebrations, snacks, vending, and fundraisers, during the school day will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.

## **Nutrition Education**

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies. School staff will ensure that the nutrition strands from the Alabama Health Course of Study are taught at the appropriate grade levels.
- The school cafeteria will serve as a learning laboratory to allow students to apply the skills taught in the classroom.
  - Nutrition information will be provided for foods served in the cafeteria.
  - The Child Nutrition Program will serve as a resource to provide teachers, students, and parents the information needed to make healthy meal choices.
  - Cafeteria displays will remind students of healthy, nutritional food choices.
- Nutrition education will involve sharing information with families and students.
  - Monthly menus of the planned school lunches will be published and made available for students, parents and employees.
- Students will be encouraged by school personnel to begin each day with a healthy breakfast and continue with healthy food choices throughout the day.

## **Student Health and Wellness**

### **Prevention**

- The Director of Student Services will oversee the development of a guide for faculty, staff, and students, to include nutritional values of food items available in the schools, safe health practices, and other information that will promote long term health benefits.
- Resources and materials will be provided in the school and classroom to practice sanitary habits to prevent illness.
- School will be monitored on a regular basis to ensure a safe and healthy environment.
- Faculty and staff will be provided annual training on specific student accommodations and safety precautions.
- Picture symbols will be provided and posted to provide safety information and instruction.

### **General Wellness**

- Nurse will be available to students, parents, teachers, and other caregivers during the school day.
- The individual Health Plan or the Individual Education Program will reflect information on students who require support services.
- Nurse will conduct vision and hearing screenings upon referral. Focus First and Vision Research provide vision screenings for Pre K, K, 2<sup>nd</sup>, and 4<sup>th</sup> grade students.
- School will comply with all federal, state, and local immunization guidelines.
- School staff will monitor absences due to illness, and communicate with parents as necessary. Open communication is maintained with parents to ensure a safe and healthy learning environment.
- Proper hand washing is promoted and taught by all staff.
- All school staff is instructed on how to use EpiPens for anaphylactic reactions. Cafeteria personnel, as well as all staff are made aware of food allergies as listed on Health Assessment Forms.

## **Coordination of Resources**

- Certified school counselors and nurses will be available in the school building. Many other social services are available upon request.
- Information will be available in Guidance and health areas regarding student wellness.
- All counselors/health professionals will have an updated community resource list available for referral purposes.
- Professional development will be provided connecting staff with community resources where appropriate.
- Grief Counseling will be provided by Hospice for students.

## **Physical Activity**

Physical activity will be integrated across curricula and throughout the school day.

- Time allotted for physical activity will be consistent with state standards. National research will be considered in planning school activities and parent education.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity. Activities that increase awareness of the need for physical activity, prevention of disease, and wellness will be promoted.
- Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- School will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Health will be taught in physical education.

## **Other School Based Activities**

- Food and/or physical activity will not be used as a reward or punishment.
- Physical activity and the formation of healthy habits will be promoted in after-school programs.
- All school-based activities will follow local wellness guidelines.
- Support for the health of all students will be demonstrated by hosting health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Guidelines for celebrations, snacks, and fundraisers will follow Alabama State Board of Education requirements. The school principal or his/her designee will be responsible for communicating guideline information to parents, students, and employees, and for compliance of the guidelines.
- Child abuse prevention/awareness will be provided through PACT programs and Counselor provides safety, stranger danger awareness, drug/bullying prevention through lessons.

## **Health Course of Study Nutrition Guidelines**

### **KINDERGARTEN**

- Identify healthy foods, including snacks, recognizing the 6 food groups on My Pyramid.
- Identifying characteristics of foods. Examples: taste, smell, color, texture
- Locating the nutrition facts label on food products

### **FIRST GRADE**

- Identify foods in the 6 food groups on My Pyramid
- Recognize foods and beverages that are healthy choices
- Examples: foods-vegetables, fruits, whole grains
- Beverages: water, 100 percent fruit/vegetable juices, low-fat milk

## **SECOND GRADE**

- Identify the six major nutrients
- Examples: carbohydrates, fats, proteins, water, vitamins, minerals
- Recognize ways of responding to hunger and satiety cues
- Examples: eating when hungry, not eating when full

## **THIRD GRADE**

- List a food source for each of the major nutrients
- Examples: proteins/fats-meat
- Carbohydrates/Vitamins-vegetables
- Water/Minerals-fruit
- Identify portion sizes and number of daily servings needed from each food group using My Pyramid
- Choosing food and beverages based on balance, moderation, and variety
- Explaining nutrient and caloric information found on a nutrition facts label

## **FOURTH GRADE**

- Utilize information on food labels to determine the nutritional value of various foods
- Describing healthy meals and snacks
- Explain relationships among nutrition, health, and wellness
- Examples: impact of following national dietary guidelines, long-term effects of eating saturated fats, risks of excessive sugar, and caffeine intake
- Describing how media, culture, and availability influence food choices
- Identifying safe food-handling practices
- Example: following recommended cleaning, cooking, and storing practices