

# Parnassus Preparatory School

## Executive Limitations Policies Group

### WELLNESS- EXEC 533

#### I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

#### II. GENERAL STATEMENT OF POLICY

- A. The Parnassus Preparatory School board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. Parnassus Preparatory School's environment will promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Parnassus Preparatory School encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will provide students with access to a variety of affordable, nutritious foods including whole grains, fresh fruits and vegetables, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- G. Vending machines are not allowed within School property.

#### III. GUIDELINES

- A. Foods and Beverages

1. All foods and beverages made available at Parnassus Preparatory School (including concessions and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans.
2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines; to accommodate the religious needs of the student body in meal planning and preparation; and try to accommodate the ethnic, and cultural diversity of the student body in meal planning.
3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
4. Parnassus Preparatory School will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. Parnassus Preparatory School will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
6. Parnassus Preparatory School will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. Parnassus Preparatory School will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

B. School Food Service Program/Personnel

1. Parnassus Preparatory School will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Parnassus Preparatory School shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of Parnassus Preparatory School's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel in school.

C. Nutrition Education and Promotion

1. Parnassus Preparatory School will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The school will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as, fundraising events and concession stands.
3. Parnassus Preparatory School will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, instruction will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television or playing video games;
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Parnassus Preparatory School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Parnassus Preparatory School will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Parnassus Preparatory School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Parnassus Preparatory School will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### **IV. IMPLEMENTATION AND MONITORING**

- A. After approval by Parnassus Preparatory School board, the wellness policy will be implemented throughout the Parnassus Preparatory School.
  - B. School food service staff will ensure compliance within the school's food service areas and will report to the Head of School, or the executive director's designee, as appropriate.
  - C. The Head of School or designee will ensure compliance with the wellness policy and will provide an annual report of the school's compliance with the policy to the Parnassus Preparatory School board.
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