Celebrate the Children School
230 Diamond Spring Road
Denville, New Jersey 07834
(973)989-4033
www.celebratethechildren.org

]

Celebrate the Children (CTC) Wellness Policy

The CTC Wellness Policy meets the minimum Federal Standards for local school wellness policy implementation under the Healthy Hunger-Free Kids Act of 2010 (HHFKA). The HHFKA funds child nutrition programs and establishes required nutrition standards for national school lunch programs. In accordance with the HHFKA, each school shall implement a wellness policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school based activities that promote student wellness.

CTC is committed to the optimal development of every student and recognizes that poor diet combined with the lack of physical activity negatively impacts our students health and their ability and motivation to learn.

CTC 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 throughout the school year.

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

1. Students have access to healthy foods throughout the day in accordance with Federal and State Nutrition Standards and are accessible to all students.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
3. Students have opportunities to be physically active during the school day,
4. School engages 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. Students will be allowed at least 20 minutes to eat lunch, counting from the time they are seated and have received their meal.
7. Students will be served lunch at a reasonable and appropriate time of day.
8. Menus will be posted on the CTC website and will include nutrient content and ingredients.

Nutrition (School Meals)

CTC is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low fat milk, and to meet the nutrition needs of school children within their calorie requirements. The school meal program aims 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.

CTC participates in the USDA National School Lunch Program(NSLP). CTC also operates additional nutrition -related programs and activities including our 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.

Goals for Nutrition Promotion

- Age appropriate posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition
- Staff will encourage food products that meet the nutrition standards of the HHFKA when used and an incentive or reward for student accomplishments
- Parents will be provided the nutrition standards of the HHFKA and parents will be encouraged to pack lunches and snacks that meet those standards

Goals for Nutrition Education

- The school lunch menu will include nutritional information, activities, recipes, and/or any other information that encourages the selection of healthy food items.
- Culinary Arts classes that cover safety and sanitation, following and adapting recipes, food preparations such as measuring and chopping, cooking methods, and plating and presentation.
- Emotional and Physical Wellness will focus on proper nutrition, balanced meals, and healthy eating habits. Students will also understand the need for sleep and regular physical exercise.
- Life Skills is designed to teach practical, personal and social competencies. Core focus areas include activities for daily living, social and interpersonal skills, and personal management.
- Health class teaches students to create life long routines for healthy living. The course outlines physical fitness, nutrition, and mental well being.

Goals for Physical Activity

- All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
- The director/principal or designee will ensure that there is age appropriate equipment and supplies available during recess time for students to participate in physical activities.
- Students will be encouraged by school staff members to participate in some type of physical activity during recess times. These activities may include, but are not limited to; walking, kickball, basketball, volleyball, using playground equipment, and biking.
- The Principal will encourage classroom teachers to incorporate physical activity breaks into their lessons throughout the school day to establish an environment that promotes regular physical activity throughout the school day.

- The Principal or designee will coordinate special events that highlight physical activity, which may include field days, dances, and walk a thons. The principal or designee may involve parents, community members, and students in the planning of these events.
- The school will offer after school activities and clubs where physical activity is included as a key component to the activity's or club's purpose. These clubs may include, but not limited to gardening clubs, walking clubs, biking clubs, gymnastics, karate, and swimming.

Nutrition Guidelines for All Food and Beverages

- CTC will comply with the HHFKA beverage requirements and beverage portion requirements for each appropriate grade level. Potable water will be available throughout the building to students at no charge.
- On campus fundraisers involving food or beverage must meet the Smart Snacks Standards of the HHFKA. This does not apply to non- school hour events, and off campus fund raising events.
- CTC will permit food in the school that is not sold to students to be brought into school by parents, students, or staff members for classroom activities, parties,or snacks, or other food provided to students as an incentive. Any occasion where food is brought into the school for such purposes it must be approved by the Principal or designee, who along with the school nurses, will ensure safeguards are in place to protect students who may have a food related allergy.
- The nutritional standards shall apply to all foods and beverages sold to students. The requirements for any food or beverage sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA.

Community Involvement, Outreach, and Communications

CTC is committed to being responsive to our parent community input, which begins with awareness of the Wellness Policy. CTC 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. CTC 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. CTC 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.

The Executive Director or designee shall be the school organization official responsible to ensure each school in the organization complies with the requirements as outlined in this policy.

This policy will be made available to staff members, students, and parents by being posted on the Celebrate the Children website as well as in the parent portal and handbooks.