

# **SCHOOL WELLNESS POLICY**

**SY 2018-19**

## **Goals for Nutrition Promotion, Classroom and Physical Education for our Wellness Policy of 2018**

### **PAEC Academy - School Responses**

P.E. teacher and classroom teachers teach Health education classes.

- Teaching the food pyramid.
- Teaching healthy size food portions.
- Teaching students warm up and regular exercise routines.
- Teaching the importance of water in your everyday diet.

P.E. classes start with warm up exercises and stress the importance of Warm up activities and exercising.

- Students are taught a warm up routine and the importance of warmup exercises.
- Students are taught exercise routines. Sport participation is highly encouraged through Special Olympics.

Nutritional posters are posted in the nurse's office and in the lunchroom. These posters change throughout the year.

- Students are taught the food pyramid, number of portions of each category, and size of portion.
- Students are highly encouraged to drink water daily.
- Students drink low-fat milk and are allowed to drink water at their desks.
- Lunches through Preferred Foods are nutritionally balanced.
- Healthy eating tips are sent home in teachers newsletters.
- Continuing with a vendor who provides nutrition in every lunch served.

### Nutrition Guidelines for Food Available during the school day:

- Students are highly encouraged to eat healthy, staying within the pyramid guidelines.
- Cooking classes are taught. Healthy snacks are provided and students learn how to prepare them.
- Hygiene is stressed and proper handwashing techniques are taught to students. Students must wash hands before eating.
- The nutritional value of food is taught and discussed. Students are taught how to eat a healthy diet.

### Goals for Physical Activity:

- Teachers plan movement breaks throughout the day to keep students alert and active.
- Increasing the energy levels of the students through healthy diet and exercise.
- Students take walking field trips to stores, restaurants, the park, fire station, etc.
- Students go to the park on days they do not have P.E. for 15 minutes. Weather permitting.
- Many of the staff have fit bits and challenge each other to meet a certain criteria.
- Staff members are allowed to use the gym before and after school to walk, shoot hoops, etc.
- Students have P.E. class three days a week.
- School dances are held a few times a year to teach students appropriate ways to exercise and have fun in the community.

### Community Input:

- The majority of students are involved in Special Olympics for Bowling, Soccer and Basketball or the Cael Sports League for Touch Football, Basketball, Volley Ball and Softball.
- Many students participate in the park district after-school program.

## PAEC Center - School Responses

Goals for PAEC Center are set as we participate in the Wellness Program:

- Giving the students access to the playground during recess and free time for the elementary school age student allowing time to run and play independently. When needed staff will physically assist students.
- During inclement weather, staff will allow the elementary students the same recess free time in the classroom to ensure movement breaks are included in the daily schedule.
- Students whose IEP includes movement breaks will be allowed to either request a break or staff will take them when it is time.
- PAEC Center students participate in an Adaptive Physical Education class. P.E. teachers use this class to ensure each student's needs are met. Safety and well-being of the students are met by physically assisting and supervising them with help from Program Assistants.
- Walking field trips are encouraged for the students utilizing the outdoors to reinforce lessons being taught in the classroom or assisting the students in navigating to destinations using landmarks and traffic signs.
- High school classes participate in cleaning up trash daily throughout the school. This gives them a chance to walk, stretch, and make a difference in their school community. These vocational classes give students a chance to experience a feeling of "we can do it."
- During Home Living, nutrition is stressed. Students are learning to read labels to make healthier choices. Reading food labels will help them compare different nutritional benefits of food being prepared.
- The high school students participate in a weekly dance for social interactions and exercise. Students are encouraged to dance either individually or in pairs/groups to encourage movement. This social time gives students an opportunity to socialize with peers outside of the school classroom.
- PAEC Center hosts an Annual Prom for high school students and alumni which has historically been well attended. A DJ is hired to play music so the students can dance and mingle with one another. Chaperones encourage participation and assist those with physical limitations to participate to the best of their ability and allows participation in social interactions and exercise.

## **PAEC Elementary/Early Childhood - School Responses**

We have created a healthier school environment because of our Local School Wellness Policy. We are promoting nutrition, student health and communication to parents in the following ways:

- A Partnership with The University of Illinois and a Garden in the back of our school building where the students participate in maintaining it.
- Various garden places in the area donate seeds, plants and supplies.
- Students are given recipes to try at home.
- Students are allowed to create small recipes at school.
- Students learn about and try different vegetables from the garden.
- Teachers purchase smart snacks taking into consideration any allergies the students may have. Allergies are clearly posted.
- UIC Nutritionist visit the EC program 1-2 times a month to provide lessons on healthy snacks using pictures and music.
- Tasty healthy snacks are given to the children to expose them to food they may not have tasted at home.
- Fliers are sent home with healthy recipes of different food groups.
- EC Students participate 15-20 minutes daily in gross motor activities.
- Weather permitting; students go outside to the playground.
- Walks are taken on the PAEC compound.
- Indoor activities consist of yoga, music and exercise time, or playing on the school's play equipment.
- We continually encourage parents not to carry children by saying walking will increase their muscle tone, strength, and endurance.
- We encourage students to participate in group sports when possible.

Physical Activity through teachers and staff who use the following in the classroom to promote movement/exercise:

- PE twice a week.
- Yoga Pretzel Cards.
- Little Flower Yoga.
- Cosmic Kids Yoga.
- Go Noodle.

Reducing childhood obesity could help child care:

- Teachers and staff encourage parents to exercise and play outside when students are at home.
- We send home information about various programs taking place in the neighborhood that promote exercise.
- We discuss with parents that students can participate in these programs for additional exercise.
- Healthy and safe for consumption snacks are purchased by teachers.
- Allergies for students who have any are clearly posted.
- Lessons on healthy snacks are presented by a UIC Nutritionist.
- Lessons include pictures and music to engage students.
- Healthy snacks are shared by all students to introduce new tastes.
- Nutritionist sends home fliers to Parents with healthy recipes.
- Information about food groups is shared in English and Spanish.
- Informing parents that late walkers need even more walking exercise.
- Participate in group sports; use of playground equipment is needed.
- Concerned use of equipment to increase motor coordination skills.

## **PAEC High School – Responses**

We have created a healthier school environment because of our Local School Wellness Policy. We are promoting nutrition, student health and communicating to parents in the following ways:

- Providing a vendor who offers nutrition in every lunch served.
- Providing education that discusses proper diet and exercise.

We target student health in the following ways:

- Encouraging parents to send lunches (for those who bring a lunch) by using a flyer of what is or what is not a healthy lunch. The flyer is given at registration.
- Use of a vendor who is completely aware of how to provide a nutritious lunch.

Our vendor, Preferred Meals is helping us promote healthy eating and at the same time providing a meal that is reducing childhood obesity. The vendor we use for our lunch program is designed to be nutritional, low sodium and stresses quantity sizes that work for this cause. Therefore, we:

- Ensure the quantity of the High School lunch is for High School students.

Transparency is provided to the public about our school nutrition environment by communicating to parents:

- Communication to staff and students regarding proper diet and exercise within the Physical Education Curriculum is given.
- Stress is placed on diet and exercise to stay healthy.

Physical activity is accomplished through:

- Our Physical Education program works with students to help them comprehend proper quantity and quality of foods they eat.

Reducing childhood obesity could help child care because it can become easier to take care of a child. Therefore, we encourage:

- Parents to walk their student to school when possible.

## **PAEC Adapted Physical Education Mission**

Adapted Physical Education is based upon the acquisition of knowledge and skills as a foundation for engaging in physical activity. However, the acquisition of knowledge and skills is not enough. The mission of Adapted Physical Education is to enable all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive, and fulfilling life.

Adapted Physical Education is a sequential educational program based on physical activities undertaken in an active, caring, supportive, and non-threatening atmosphere in which every student is challenged and successful. Students with disabilities are provided with a learning environment that is modified, when necessary, to allow for maximum participation and understanding. As the result of a quality physical education experience, students will:

1. Acquire the knowledge and skill necessary to perform basic motor and manipulative skills and attain competency in a variety of physical activities and proficiency in a few select complex motor and sport activities.
2. Design personal fitness programs to achieve and maintain physical fitness.
3. Know the benefits of engaging in regular physical activity.
4. Demonstrate responsible personal and social behavior while engaged in physical activity.
5. Understand that participation in physical activity promotes inclusion of diverse people and understanding of differences among people.
6. Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication.
7. Participate regularly in health-enhancing physical activities.

PAEC Adapted Physical Education curriculum uses a variety of assessments to measure student growth throughout the school year. Those are, but not limited to, the \*\*Brockport Physical Fitness Test, The Fitness Gram, Quizzes/Tests demonstrating student understanding, Sport Specific Skills Test, Checklist and Rubrics. Keeping our students engaged, motivated and moving in a safe learning environment is the ultimate goal. \*Adapted from the Illinois Association for Health, Physical Education Recreation and Dance. \*\*Group Scores Available!

## **Good reasons to have regular activity in your life:**

- It's good for your heart
- Exercise promotes weight loss
- Exercise lowers high blood pressure
- Exercise builds strong bones
- Exercise is an excellent de-stressor
- Exercise prevents colds
- Exercise reduces the severity of asthma
- Exercise reduces diabetic complications
- Exercise has anti-aging effects
- Exercise plays a role in preventing cancer
- Exercise promotes brain health
- Exercise improves sleeping patterns
- Exercise helps prevent stroke
- Exercise is good for your mental health and emotional well-being
- Exercise improves oxygen and nutrient supply to all cells of the body
- Exercise improves muscle strength, joint structure & joint function
- Exercise helps to manage weight and maintain a healthy body weight

\*Health Article - Mayo Clinic, [mayoclinic.org](http://mayoclinic.org)

## **6 Keys Elements of a Workout:**

1. **Have a Proper Warm-up:** Prepare your body, including your central nervous system by doing some stretching and cardio warm-ups, along with heel walks, lunges, squats, arm circles and butt kicks. This will also raise your core body temperature and lubricate joints.
2. **Get to the Core:** Just back-breaking workout is not enough to get you to your maximum fit potential. You must make sure to do movements such as planks and bridges right at the start of your workout in order to activate your core and insures good posture.
3. **Go for Multi-Joint Movement Exercises:** While breaking a sweat, it is essential that you concentrate not just on a single joint, but a number of them together. Do upper and lower body exercises that work multiple joints, so that you save time, as well as keep your body more functional.
4. **Do more Pulling than Pushing:** Our bodies need more strengthening in the back. This is achievable if we do a 2:1 ratio of exercises that require you to pull rather than to push, as this can improve posture, create a perfectly balanced body and reduce injuries too.
5. **Alternate Heavy, Light and Medium:** alternating the intensity of your workout is important for training different muscles and optimizing your muscular fitness. One day try heavier exercises involving fewer reps (8 or less). The next day, try moderate-weight exercises with (8-12) reps and another day try lightweight exercises with higher reps (12-20).
6. **Cool-Down:** Cool down by gradually bringing your heart rate to normal to prevent dizziness. Also reduce muscle soreness by eliminating the lactic acid from remaining in the muscles. The cool down helps to circulate blood oxygen and nutrients throughout the body. This will help the repair and growth of muscle tissue.

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