

THE JEFFERSON SCHOOL	Leadership Responsible: Aurangzeb Khan, MD Medical Director
Student Wellness Program	Date of Issue: 7/14/06
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PURPOSE

To enhance the health of the students by assisting them in developing lifelong wellness practices: The Jefferson School abides by child Nutrition and WIC Reauthorization Act of 2004 and is engaged in the continued development of wellness oriented activities

Definitions

1. Comprehensive School Health Education – A planned sequential curriculum that addresses the physical, emotional and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to the developmental level of children.
2. Curriculum – The prescribed elements of the programs and courses which state clearly and specifically what students are expected to know and be able to do, how well they will be able to do it, how they will meet the learning objectives and by what means they will be assessed.
3. Extracurricular Activities – Activities available to students beyond regular school day, which are voluntary and not required for satisfactory completion of a particular class.
4. Health Services – Preventive services, education, emergency care, referral, and management of acute and chronic health conditions. Designed to promote the health of students, identify and prevent health problems and injuries and ensure care for students.
5. Interscholastic Athletics – Approved athletic competition between or among two or more high schools.
6. Intramural Program – An extracurricular activity within the school that provides students the opportunity to participate in activities that are an extension of the physical education program.
7. Nutrition Education – A component of comprehensive school health education curriculum that teaches knowledge and skills related to nutrition and physical activity in order to achieve positive changes in dietary and physical activity as part of the health Class and will be to the curriculum.
8. Physical Activity – Any bodily movement produced by skeletal muscles that result in an expenditure of energy.
9. Physical Education Program – A planned sequential curriculum that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.
10. School Counseling Services – Activities that focus on cognitive, emotional, behavioral and social needs of individuals, groups and families. Designed to prevent and address problems, facilitate positive learning and health behavior and enhance development.

I. Nutritional Education

Goal: Provide classroom health education that compliments lifelong wellness practices.

- A. The primary responsibility belongs to teachers and health professionals.
- B. Academic curriculum
 1. “Fitness for Life” is taught during the school year to the high school students toward health credits to assist the student in healthy decision making toward food and activity.

2. "CONNECT" is a program that allows the student to buy, prepare, and evaluate the nutritional value of menus. To be implemented January 2016.
- C. Health Professional staff
1. Nurses and Occupational Therapists have the nutrition materials available so they can support these educational efforts after school hours.
 2. Dietician to provide educational displays in the cafeteria.
 3. Dietician and Primary Care Nurses are responsible to educate the students on healthy lifestyle/choices.

II. Physical Education

Goal: Students will have 30 minutes of scheduled daily physical activity.

- A. The primary responsibility belongs to the physical education teacher and program staff for physical activity after school hours.
1. Physical Education teacher is responsible to increase the amount of physical activity time during the class periods as part of the promotion for "Fitness for Life".
 2. Physical Education teacher is responsible to emphasize walking, biking, dancing with dedicated times for these activities.
 3. Physical Education teacher organizes an annual "field day" as a reflection of the importance of physical activity.
 4. Physical Education teacher provides co-ed sports activities, basketball, volleyball, and softball, each for a 10 week session.
 5. Physical Education teacher organizes co-ed cheerleaders for the sport's teams.
 6. Summer school will provide opportunity for students to choose a class in cardio-fitness, weight training, or flexibility through Yoga, dance or similar modality as available.

III. Nutritional Guidelines

Goal: The food & beverages served are in keeping with the U.S. Department of Agriculture for Child Nutrition Programs and take into account the percentage of total calories from fat and saturated fat. The menus and availability of food is in keeping with the Management and Operations Memorandum (MOM), number 12. Food and beverages served to students will meet the nutritional recommendations of the U. S. Dietary Guidelines for Americans.

*No vending machines are available to students at any time.

- A. The responsibility primarily belongs to the food service supervisor and dietician. Menus are reviewed tri-annually to provide oversight and continued improvement.
- B. Food purchase and preparation by staff:
1. Increasing the menu selections of poultry and fish rather than red meat.
 2. Decreasing sodium and sugar of food served.
 3. Providing natural form of cheese rather than soft cheese products.
 4. Providing whole grain breads and rolls and cereals.
 5. Serving fruit at every meal with fruit available in the house.
 6. Serving vegetables at every meal.
 7. Abstaining from deep fat fried foods.
 8. Using only low fat or fat free dressing.
 9. Using only light or reduced calorie mayonnaise in food preparation.
 10. Serving traditional sweet desserts occasionally not exceeding two times per week.
 11. Serving only single servings of 100% juice, milk (fat free, 1%, or flavored), and water with meals.

- C. Foods that are consumed outside of meal times:
 1. Healthy snack options are available
 2. Ongoing education provided to encourage better choices and promote a healthy lifestyle.
- D. All foods made available on school campus or through school-sponsored activities shall comply with state and local food safety and sanitation regulations.
- E. Provide students the opportunity to wash their hands before and after eating meals or snacks.
- F. Nutritional Assessment of each resident
 1. Nutritional assessment to be completed upon admission by nursing.
 2. Dietician to review all admission nutrition assessments and consult with student as indicated.
- G. Food use for Incentive Activities
 1. Consider wellness issues and student allergies when planning incentive activities
 2. Healthy food choices will be promoted in school activities involving staff, students and community.

IV. Health Promotional Activities

Goal: To implement at least one activity each year that fosters the development or supports the continuation of life long health and wellness habits.

- A. The responsibility belongs to the entire Wellness Committee to plan and implement an annual event for students and staff that may include Thanksgiving, Winter Holiday, Nutrition Month, Back to School, Summer Picnic, Staff/Student Football Challenge, and Field Day
- B. Each student receives "Medication Education" that reviews diagnosis, medication, side effects, and how to live within the parameters of both provided by nursing and physicians.
- C. Employees will be encouraged to maintain optimal health and well being to serve as role models for students and families and ensure effectiveness in their job setting to include:
 1. CPR training
 2. Influenza vaccinations
 3. Annual TB testing
 4. Annual Competency Training

V. Physiological Monitoring

Goal: To monitor physiological markers that are precursors of health risks to potential illnesses.

- A. This responsibility belongs to nursing and the Dietician.
- B. Body Mass Index (BMI), monthly weights, tri-annual heights, and monthly vitals are performed by nursing and monitored by nursing and the Dietician.
 1. Data utilized by the Dietician as an education tool with students and as a tool in monitoring health, reviewed with physicians as necessary.
- C. Blood work is drawn and monitored quarterly.

VI. Wellness Committee

Goal: To monitor the Student Wellness Program

- A. Consists of Medical Director, Nursing Director, Clinical Director, Dietician, Food Services Manager, Finance Operations Supervisor, and Dietician.
- B. Will meet, at minimum, every three months.
- C. Responsible to monitor and evaluate existing program and continue to develop/implement creative on-going wellness initiatives.

- D. All employees of The Jefferson School and family members/guardians are encouraged to support the implementation efforts of the Wellness Program.
- E. Community Feedback is welcome

VII. Wellness Program Guidelines

Goal: To review and update guidelines as needed.

- A. New guidelines added to the pre-existing program will be posted for the public view on an annual basis.
- B. Current guidelines will be reviewed and updated every three years.
- C. Anyone with questions or concerns regarding these guidelines are encouraged to call The Jefferson School, 240-315-0200.