

# POLICY: WELLNESS

J PAUL TAYLOR ACADEMY

www.jaultayloracademy.org

Adoption date: February 20, 2019

## I. PURPOSE

J. Paul Taylor Academy (JPTA) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. JPTA is committed to providing a healthy school environment that promotes student wellness, by providing nutritious foods and beverages, physical education, nutrition education, and regular physical activity as part of the total learning experience. JPTA is committed to keeping children more active to improve their health, reduce the likeliness of childhood obesity, and improve their thought processes.

## II. FAMILY, SCHOOL & COMMUNITY INVOLVEMENT

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students. The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools, and communities support the development and the maintenance of this comprehensive learning environment.

To ensure Family, School, & Community Involvement, JPTA has established a School Health Advisory Council ("SHAC") that has the responsibility to make recommendations to the Governance Council (GC) in the development, revision, implementation, and evaluation of the Wellness Policy. Generally, the SHAC shall include parent(s), school food authorities, GC member(s), school administrator(s), school staff, student(s), community member(s), and a representative from each of the components of the coordinated school health program.

The SHAC shall meet for this purpose a minimum of two times annually, and report to the GC a minimum of once per year.

## III. NUTRITION EDUCATION

JPTA nutrition education includes teaching, encouraging, and supporting healthy lifelong eating habits of our students. Nutrition education and healthy eating support proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

A. Nutrition Guidelines. JPTA will adhere to or exceed the nutrition guidelines set forth in 6.12.5.8. NMAC, to include:

- i. If and when JPTA provides school sponsored fund raisers during the normal school hours, JPTA will meet or exceed the minimum guidelines set forth in 6.12.5.8 (1)(C) NMAC.
- ii. Guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent (50%) of the offerings shall be healthy choices in accordance with the requirements set forth in 6.12.5.8 (2)(C) NMAC.

B. Nutrition Education: JPTA will provide nutrition education activities that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC. JPTA employs individuals with experience in nutritious meal planning to include introduction of unfamiliar healthy foods regularly. Meals are prepared

on sight using select, non-bulk food items for lunch and breakfast preparation; e.g. salads, fruits, whole grains and milk.

#### IV. PHYSICAL EDUCATION AND OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

JPTA emphasizes and encourages physical activity before, during and after the school day. JPTA has an extended school day to ensure adequate time for students to engage in physical activity. To encourage movement, our dress code for all students and staff emphasizes comfortable clothes conducive to activity. JPTA's daily school dress code for both staff and students requires athletic or tennis shoes, polo or t-shirts, and khakis or jeans.

Students at JPTA shall be provided with a minimum of 140 minutes per week of physical education with a certified teacher. JPTA students are encouraged to move their bodies, develop basic physical skills, and adopt an active lifestyle. The program is based on the New Mexico Physical Education Standards and Benchmarks set forth in 6.30.2.19 NMAC.

JPTA physical activity opportunities are diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature. JPTA also incorporates physical education as a component of the regular curriculum learning projects.

#### V. SUN PROTECTION

JPTA is committed to sun-safety. Teachers and staff encourage student use of sun protection.

#### VI. STAFF WELLNESS

JPTA encourages staff wellness because it is essential to providing the best program for students.

Legal Reference: 6.12.6 NMAC