

**Larc School
Wellness Policy
2017 – 2018**

I Nutrition Policy

A. Specific Goals for Nutrition Promotion:

1. Age appropriate posters will be posted on walls of cafeteria and classrooms highlighting good nutrition.
 - a. Signage will be monitored as a component of educational environment during teacher observations.
2. Food service staff, in consultation with Administration will coordinate input from teachers and students on menu planning when new foods are introduced.
 - a. Survey will be provided to teachers and therapeutic staff annually to provide feedback and offer suggestions.
3. Students are encouraged to try more fruits and vegetables during meal times.
 - a. As defined on specific students' Individualized Educational Plan (IEP).

B. Goals for Nutrition Education:

1. The Administration will ensure each student receives at least one presentation per school year that promotes good nutrition and nutrition education. A variety of presentation manners are acceptable.
 - a. Lessons defined in teacher Lesson Plan and resources cited.
2. All parents are provided with information regarding the nutritional requirements and policies. They are encouraged to assist children in making healthy choices.
 - a. Wellness policy available to parents on Larc School website.

C. Goals for Physical Activity:

1. All students shall receive health / physical education under the supervision of a properly certified teaching staff member as required by the NJ Department of Education.
 - a. Adaptive Physical Education (APE) sessions are noted on Teacher Schedules and Lesson Plans. APE Teacher submits Lesson Plans weekly. APE Teacher certification in employee file.

2. The Administration will ensure there is appropriate equipment and supplies available for students to participate in physical activities.
 - a. Equipment to meet students needs are written in IEP (Section: Equipment Checklist and Goals and Objectives).
3. The Administration will encourage classroom teachers to incorporate appropriate movement activities into each school day.
 - a. Movement opportunities described in Lesson Plans. Additional movement may be cited on Individualized Sensory Plans as needed.
4. The Administration will coordinate special events which highlight physical activity to include field days and walk / run. Parents, community members and students are involved in the planning of these events.
 - a. Committee notes available for review.

D. Goals for Other School-Based Activities:

1. Larc School will establish a Wellness Committee comprised of School Administrator, APE Teacher, School Nurse, Food Service Staff and Parent.
 - a. Opportunities for collaboration and feedback will be made available.
2. Larc School will celebrate School Wellness Week with special activities to promote nutrition and physical activity.
 - a. School Wellness Week will be defined on Parent Calendar and detailed in Lesson Plans annually.

E. Annual School Progress Report:

1. The goals for nutrition promotion, nutrition education, physical activity and other school-based activities that promote student wellness shall be evaluated annually by the Administration and the school's Wellness Committee in an Annual School Progress Report before June 30.
2. The Annual School Progress Report shall address compliance, any recommended changes, and action plan for the following year.

F. Annual District Summary Progress Report:

1. Larc Executive Director will compile report to be presented to the Larc Board of Directors for review and comment.

II Nutrition Guidelines for all Foods and Beverages

A. Nutrition

Larc School will comply with the Federal School Meal Nutrition Standards and smart snacks in accordance with the requirements HHFKA. This includes beverage requirements.

B. Coordinator

The Executive Director shall be responsible to ensure school is in compliance with the requirements as outlined in this policy.

C. Publication / Dissemination

This policy will be made available to staff members and parents by being posted on the school website.

Additional Information

Students will participate in hand washing instruction / activities. These skills will be reinforced throughout the day when necessary. For example: prior to mealtime and snacks and upon return from outside playground use or arts and crafts activities.

Students will also participate in tooth brushing lessons. These skills will be practiced daily for mealtimes.

Both health and hygiene tasks will be shared with parents / guardians in the hope that these skills can transition to all areas of the students lives.