



CALEB GREENWOOD
An International Baccalaureate World School

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School Wellness Policy

(Revision: 8 Components of Coordinated School Health)

Because we value the health and wellness of our students at Caleb Greenwood, a Wellness Committee was formed in November 2012 in order to create a wellness policy for our school that would establish a healthy and nurturing learning environment for all students. The work of our Wellness Committee is ongoing, and interested parents and teachers are always welcome to join. The following components of the Caleb Greenwood Wellness Policy have been developed in accordance with Sacramento City Unified Board of Education Policy on Student Wellness (BP 5030) and the Healthy, Hunger-Free Kids Act passed in 2010. Our policy has continued to be updated based on feedback from parents, students, and teachers, and now includes the eight components of Coordinated School Health required by the state of California. We welcome your input on this policy, and we thank you in supporting our school-wide efforts to promote health and wellness.

Health Education

- All 1-6 students receive Health Education as part of their Physical Education curriculum.
- Students in grades 5 and 6 receive additional instruction from community providers on personal health, puberty, and family life education.

Physical Education

- Every student will be given the opportunity for daily physical activity with at least 25 minutes of recess each day. (kindergarten will receive 15 minutes per day with physical activity incorporated throughout their day).
- Students will not lose an entire recess as a punitive consequence. If appropriate, students may be asked to take a break or a time out during part of their recess time.
- Every 1-6 grade student will receive **100 minutes of physical education per week** in alignment with the board-adopted Exemplary Physical Education Curriculum (EPEC), which encompasses the California Content Standards for Physical Education and the National Physical Education Standards.
- We will expand our after school enrichment options that encourage physical activity such as running clubs and intramural sports.

Health Services

- District nursing staff will ensure health plans are current for students requiring them and that all appropriate staff have the necessary training to implement plans.
- Caleb Greenwood staff will refer families to the Sacramento City Unified Connect Center for additional Health Services if needed.

Nutrition Services

- A salad bar with fresh fruit and vegetable options will be provided for students each day during lunch. The school lunch menu has been updated to include whole grain and low-fat menu items.
- Students will be given the option of drinking water with their lunch instead of milk if they choose. Only low-fat and non-fat white milk will be offered; no chocolate milk.

- Students will not be allowed to trade or give away food at lunch. We will empower parents to make decisions about what their children are eating, whether that is a school lunch or a lunch brought from home.

Counseling, Psychological, and Social Services

- A school psychologist is assigned to Caleb Greenwood to conduct educational assessments on students as needed, and to make additional referrals for students requiring mental health assessments and/or services.
- School staff may make a referral to the Sacramento City Unified Connect Center for counseling services or social services needed by the student and/or the family.

Healthy School Environment

- Due to the severity of unforeseen food allergies and regulations regarding food given to students during the school day, **individual student birthday celebrations are not permitted.** Students will receive special recognition on their birthdays from the principal during morning announcements and from their classroom teachers. We ask parents to support our commitment to wellness by *not bringing food (or other individual items) for other children and the class on their child's birthday, this includes after school and on field trips.* Please do not put teachers in the uncomfortable situation of not being able to distribute treats that a parent brings for the entire class. If you would like to bring something, please consider making a book donation to the classroom or school library on your child's behalf.
- School staff will not use food as reward or incentive for student accomplishment. Teachers will use alternative non-food rewards and incentives.
- School fundraisers will not promote unhealthy or high calorie food items; healthy fundraising ideas will be encouraged for both parent and school organizations.
- Nutritious and appealing foods, such as fruits, vegetables, whole grains and whole foods will be available wherever food is sold or otherwise offered at school (school events, school stores, school celebrations, etc.)
- Items not meeting the state's nutritional guidelines and the school's wellness policy will not be given or sold to children during the school day or up to 30 minutes after. Food not meeting the state's nutritional guidelines may be sold with approval, but will not be given out or used as reward or prize at school or after school events.
- Parents may provide a nutritious snack for their child to have at recess, but snacks will not be provided to students by teachers or staff.
- Classroom celebrations and parties will be communicated to parents beforehand. Nutritious and appealing foods, such as fruits, vegetables, whole grains and whole foods, will be offered along with a small event-appropriate "treat" that is determined by the teacher and meets wellness policy guidelines.
- We will be mindful of life-threatening nut allergies, and work to eliminate nuts and foods made with nuts from food offerings at school events. An "Allergy Aware" table has been established for lunch time for students with severe nut allergies.

Health Promotion for Staff

- The Wellness Committee and school leadership will explore and identify programs to bring to the staff to support wellness.

Family and Community Involvement

- The school Wellness Committee involves families and the community in wellness-related activities and programs, sending home a quarterly wellness newsletter to families and identifying events to bring on-campus. Specific Wellness Community programs and events include:
 - o Assemblies
 - o Bike Rodeo
 - o UC Davis Parents to Peers Study
 - o Cougars on the Run with LapTracker program
 - o Independent documentary screenings