

Village School Wellness Policy

Adopted August 19 , 2015, amended June 28th 2017

The Village School is committed to supporting the health and well-being of every student, and to promoting a culture of health and wellbeing for all school employees. Our wellness program provides appropriate tools to achieve this.

We recognize that it is the school's role to model and actively practice, through policies and procedures, the promotion of nutrition education, physical activity and environmental, social and sexual health.

The policies outlined in this document are intended to create a school environment that protects and promotes the health of our students.

Nutrition Education

To help ensure the health and well-being of our community, students will receive consistent nutrition messages throughout the school

Staff will model healthful eating habits.

Nutrition education will be integrated into core curricula.

Nutrition promotion will include experience working in the school garden and grade appropriate field trips to local farms.

Families will be requested to pack lunches and snacks which provide appropriate nutrition for students to perform well at school. Parents will be provided with written guidance on how to accomplish this.

The use of food to reward or reinforce desirable behavior and academic performance and the withholding of food as punishment are prohibited.

Nutrition Standard for All Food and Beverages Sold or Served on School Grounds

All breakfast and lunch meals will meet or exceed nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

Meals will be served in a clean and pleasant setting and under appropriate adult supervision.

Students will be provided at least 20 minutes to eat breakfast and 15 minutes to eat lunch.

Students will have access to hand-washing facilities before meals and snacks and staff will remind students to make use of them.

The cafeteria will contain free, safe drinking water at all times.

The maintenance and cleaning of food preparation, service and storage facilities will be held to a high standard in accordance with Food Safety Regulations.

Information on the ingredients in all school meals will be available upon request.

Parents will have access to monthly breakfast and lunch menus on-line as well as in print form.

Food service during after school programs will meet or exceed USDA standards.

All foods and beverages sold on school grounds during the school day to students will comply with nutrition standards as outlined by the ODE and the USDA.

Students will not be involved in the sale of candy, soda, cookies and other sweets at any school-sponsored event or for any fundraising activity on campus during the school day. (The school campus is all areas of the property under school jurisdiction of the school that are accessible to students during the school day. The school day is the period of time from the midnight before through extended school hours for activities such as clubs, yearbook, band, athletic practice and drama rehearsals.)

We will make every attempt to improve the quality and nutrition of items sold or shared within our school community. A recipe booklet of healthy treats will be offered to all parents and staff.

Physical Health and Active Transportation

The Village School recognizes the positive benefits of physical activity for student health and academic achievement.

All students will have Movement class twice per week for a total of 80 minutes.

The Movement program at the Village School will provide a safe environment, free from judgment, that allows students to express themselves physically.

All students will be exposed to a variety of activities that introduce and incorporate the use of both gross motor skills and fine motor skills.

At no point will physical activities or exercises be used for punitive measures.

Sportsmanship, cooperation, accountability, and conflict resolution will be an on-going development with our students through the use of games and activities.

Students will be exposed to non-traditional activities that can be done at any age or fitness level to encourage a lifetime of fitness.

When applicable the Movement program will incorporate classroom concepts in the physical activities to tap into the kinesthetic style of learning.

All students will have two recess periods, 20 minutes each, per school day.

Students will also have regular, grade appropriate opportunities to go on outdoor class walks, participate in Games classes and work in the school garden.

The Village School supports walking, bicycling, and other forms of active transportation to and from school, and encourages families and school personnel to minimize driving. We support the inclusion of walking, bicycling, and traffic skills and safety in curriculum, and also encourages walking school buses and bicycle trains.

Our school will provide storage facilities for bicycles, scooters, and other active transportation devices, and will provide safe routes through school campuses to those facilities.

We will ensure the adequate provision of crossing guards.

We will participate in active transportation incentive events and celebrations throughout the school year. When possible, we will offer bicycle safety classes for families.

Environmental Health

The Village School strives to nurture in children the ability to understand and care for nature in developmentally appropriate ways.

We instill in students the desire to participate individually and collectively in environmental issues through appropriate classroom and school-wide activities at all levels.

We encourage teachers, in partnership with their peers, school administration and community consultants, to develop age appropriate environmental education curricula.

We invite the greater community to participate in the environmental education of pupils through field trips, guest speakers and parent involvement in The Green Team.

We promote school involvement in community-wide programs that demonstrate good environmental practices (e.g., composting, recycling, community beautification, resource conservation and habitat improvement).

We are committed to being thoughtful consumers and are active in our responsibility to reduce our impact on our natural environment.

We reduce, reuse and recycle by:

- conserving resources such as water and electricity
- reducing the amount of garbage created
- discouraging unnecessary idling of all vehicles on and around school grounds and encouraging walking and biking to and from school
- preserving and enhance the natural landscape and wildlife habitats on campus without the use of chemicals
- using environmentally safe pest control methods
- purchasing by all departments will give priority to buying recyclable, recycled-content, less toxic and locally produced products when possible
- encouraging parent and community involvement in environmental issues through ongoing communication
- composting food waste in kitchen, cafeteria, staff lounge and classrooms as well as during on-campus events that take place outside of regular school hours
- considering environmental impacts when engaging in fundraising activities

We regularly review and improve resource and energy conservation actions.

Social Health

All students and staff have the right to a safe and orderly school environment.

The Village School Code of Conduct enables students and staff to set and agree upon fair and consistent expectations while at the same time working together to create a positive and peaceful school climate. When there are clear expectations, students and staff can make responsible decisions and model appropriate behavior.

All students are expected to adhere to the following expectations for success at the Village School:

Students will show respect and courtesy to all students and adults.

Students will show respect for school and personal property.

Students will follow classroom, playground, and hallway rules.

Everyone will maintain an emotionally and physically safe learning environment.

To prevent conflict, we will incorporate conflict resolution education and problem solving techniques into the curriculum. This is an important step in promoting respect and acceptance, developing new ways of communicating, understanding, and accepting differing values and cultures within the school community and helps ensure a safe and healthy learning environment.

Students are to resolve their disputes without resorting to violence.

Students, especially those trained in conflict resolution and peer mediation, are encouraged to help fellow students resolve problems peaceably.

Students needing help in resolving a disagreement, or students observing conflict may seek staff support.

Students involved in a dispute will be referred to a trained adult.

Conflict resolution procedures shall not supplant the authority of staff to act to prevent violence, ensure campus safety, maintain order, and discipline students.

Sexual Health

The Village School provides students with comprehensive sexuality education that is developmentally appropriate and medically accurate. *The Our Whole Lives (OWL) program* asserts the belief that “sexuality is intrinsic to our humanness from before we are born until our final days on this Earth. It energizes our bodies, brings us to learn about ourselves, draws us to others, suffuses our spirits, and informs our actions. Our knowledge, comfort and understanding about sexuality evolve throughout the many phases of our lives, as we grow, learn, and change with time.”

The Village School teachers are trained to facilitate this comprehensive sexuality education program in three modules: Grades 1 & 2, Grades 4-6 and Grade 8. These three modules coincide with three of the six peak transitions in physical development, sexual awareness, and life experience we encounter as human beings.

The OWL program follows the [Guidelines for Comprehensive Sexuality Education](#) produced by the National Guidelines Task Force, a group of leading health, education and sexuality professionals assembled by [the Sexuality Information and Education Council of the United States](#).

The Goals of the OWL Program:

- To provide medically accurate, developmentally appropriate information.
- To increase self-esteem and understand relationships with and responsibilities toward others
- To include and value people of all ages, genders, races, backgrounds, income levels, physical and mental abilities, and sexual orientations
- To develop interpersonal skills including communication, decision-making, and problem solving
- To engage families with the *Our Whole Lives* programs in open communication about all life questions
- To strengthen parents' role as their children's most important sexuality educators
- To teach responsibility for personal health and safety
- To help children develop interpersonal skills that will keep them safe and healthy
- To help children learn to make decisions that respect themselves and others, and that anticipate possible consequences

The OWL program . . .

- promotes a wholesome and comprehensive understanding of the emotional, psychological, physiological, hygienic and social responsibility aspects of sexuality and family life.
- complies with State law enacted to address the need for students to receive comprehensive health education. <http://www.ode.state.or.us/search/page/?=1452>
- emphasizes that parents/guardians are the primary sexual health educators for their child(ren).
- offers parents/guardians information on comprehensive sexual health education provided to Students.
- offers parents/guardians the opportunity to opt their child(ren) out of comprehensive sexual health education lessons in accordance with State law.

The Our Whole Lives program values are: Self Worth, Sexual Health, Responsibility, and Justice and Inclusivity.

Evaluation and Enforcement

This wellness policy was developed by a committee comprised of individuals from the following groups: parents, teachers, school administration, food service staff, physical education staff, school counselor and certified nutrition professionals. This group will meet twice per school year to evaluate and revise, if needed, policy content.

The principal will ensure compliance within the school and will report on compliance to the Board annually. The following information will be included in the annual report: (1) the extent to which the school is in compliance with the wellness policy, (2) the progress made in attaining the goals of the policy, (3) any recommended changes to the policy and (4) any additional information required by the USDA. The annual report will be available to the school community.