

Wellness Policy for RCCI's

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Wellness Policy

- Local Wellness policy requirement emerged out of a push within Congress to respond to increased rates of obesity and to improve the health of America's youth.
- Local School wellness policy is an important tool to address obesity and promote healthy eating and physical activity through changes in school programs and environments.

Wellness Policy

- Wellness policies combine education with practice to create healthy school environments and encourage healthy behavior.

Components of a Wellness Policy

- Nutrition Education
- Physical activity and Physical education
- Health Education
- Healthy and Safe environment
- Social and emotional well being

Components of a Wellness Policy (contd.)

- Health Services and Staff wellness
- Family, School and Community Involvement
- Other School based activities designed to promote wellness

Nutrition & Nutrition Education

- The *goal* of nutrition is to promote the role of nutrition in academic performance and quality of life.
- **Nutrition** means programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutritious needs of all students.

Nutrition & Nutrition Education

- **Nutrition education** aims to teach, encourage and support healthy eating by students.
- Nutrition education and healthy eating will allow for proper physical growth, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Nutrition & Nutrition Education

To attain the goal:

- Promote nutrition messages throughout schools, classrooms and cafeterias, community and media.
- School need to support the school breakfast and lunch programs.
- School need to consider scheduling recess before lunch so that children are less distracted and ready to eat a healthy diet.
- Ensure that no student will go hungry while at school.

Nutrition & Nutrition Education

To attain the goal:

- Create a plan to provide collaboration between cafeteria and the classroom to provide healthy selections and to reinforce nutrition education that is interactive and teaches skills the students need to adopt healthy eating behaviors.
- Nutrition is integrated into the health education or core curricula (e.g., math, science & lang.arts)

Nutrition & Nutrition Education

To attain the goal:

- Become a *Team Nutrition School*: will help you focus attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity.
- For more info: *visit www.fns.usda.gov/tn*

Physical activity & Physical education

- Primary goal is to maintain students physical fitness and to ensure students regular participation in physical activity.

To attain the goal:

- Provide daily recess for all the students
- Teachers & parents have to promote enjoyable lifelong physical activity and teach students the short- and long-term benefits of a physically active and healthy life style.

Physical activity & Physical education

- Physical education classes – provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to be physically fit and active for a lifetime.

Health Education

- Health education means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease and reduce health-related risk behaviors.
- It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices.

Healthy and Safe Environment

- The *goal* of healthy and safe environment at school - is to promote a climate and culture before, during and after School for students, teachers, staff and parents that supports academic achievement.
- It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

Social and Emotional well-being

- The *goal* of social and emotional well-being is to collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student mental health.

Health services and staff wellness

- The goal of health services is to provide coordinated, accessible health and mental health services for students, families and staff.
- Goal of staff wellness is to promote activities for staff that are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Family, School and Community Involvement

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.

Other school based activities to promote student wellness

- Dining environment
- Time to eat
- Food or physical activity should not be used as a reward or punishment

How to create and implement a local wellness policy

- Review state laws and guidelines
- Identify a policy development team
- Assess the school students needs
- Draft a policy
- Build awareness and support
- Adopt the policy
- Implement the policy
- Maintain, measure and evaluate the effort.

For more info: visit

www.fns.usda.gov/tn/wellness