

Wellness Policy

The goal of the 21st Prep School is to create a “Pathway to Success for All Children”. The school is committed to promoting a healthy environment by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The health of young people is directly tied to academic achievement and their potential for school success and overall quality of life. The school alone cannot solve or prevent health related problems. Recent research finding from across the U. S. strongly suggest that collaborative efforts among family, community and the schools are the most effective approaches for both prevention and intervention.

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive; therefore, it is the policy of 21st Prep School that:

1. Foods and beverages sold or served at school will meet the nutrition recommendation of the U.S. Dietary Guidelines for Schools.
2. To the maximum extent practicable, 21st Prep School will participate in available federal school meal programs (i.e. School breakfast program).
3. Support and promote proper dietary habits contributing to students’ health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school’s nutrient guidelines. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
5. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
6. We will engage students, parents, teacher, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical policies.

The committee will address the following as it relates to school health:

- Curriculum
- School environment
- Pupil services
- Student programs
- Adult programs
- Family and community connections

To achieve these goals 21st Prep School will create, strengthen, or work within existing school wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical policies.

Nutritional Guidelines

Fat Content

Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations meet USDA guidelines.

Any given food item for sale prior to the start of the school day and throughout the instructional day shall meet the nutritional guidelines.

It is recognized that there may be special occasions when the school principal may allow a school group to deviate from these guidelines.

Beverages

Milk will be promoted during all meals. Milk will be available to students bringing snack lunches. Milk shall be 1% or fat free; flavored milks will contain no more than 27 grams of sugar per 8 oz serving.

No soda will be allowed during meal time. Students bringing lunches or snacks are not permitted to bring soda.

Children who bring sack lunches from home are encouraged to bring 100% fruit juice or water with them instead sweetened juices.

Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.

Vending machine sales of soda or artificially sweetened drinks will not be accessible to students.

These standards will be phased-in over the next two school years.

These standards will be phased-in over the next two school years.

The school nutrition policy reinforces education to help students practice healthy lifestyles in a supportive school environment.

Wellness Ideas that have been implemented and ideas in action

Seal A Smile Program-Dental screening, prophylaxis(cleaning),application of topical fluoride and placement of sealants on all permanent molars.

Vision screening by Prevent Blindness and UWM-Nursing student volunteers

Vending machine sales of soda not accessible to students

CPR and First Aid Training - Project Adam: we have AED skill drill scenarios

Hand washing promotions (videos and handouts)

Diabetes In service

Dr. Chu (Orthodontist) screens for orthodontic concerns

Seizure Disorder in service

Set up a Health/Nurse table in one of our open house nights

Fuel Up To Play 60 -a program that challenges each other to make positive changes in our diet and exercise habits. We having a walking club, classroom are encouraged to have daily aerobic activities, and the last day FUTP60 challenge we participate in a school-wide dance developed by our 5th and 6th grade students.

Changes in our food service: serving more fresh fruits and vegetables, offering fresh salads to our staff and all of our students.

Staff member interested in starting up exercise program for parents and staff.

Working on setting up Wellness Bulletin Board

Working on weekly or monthly Wellness notes in our newsletter