



Polaris Tech

CHARTER SCHOOL



**Polaris Tech Charter School
Health and Wellness Plan**

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Health Wellness Plan

Our Beliefs and Approach

Polaris Tech approach incorporates a structured learning health and wellness program beyond “nutrition” to address wellness first as preventive care specifically directed at the causes of obesity and, second, by identifying those at-risk students who require management of already established pre-diabetes and beyond, principally by lifestyle change. We believe that by addressing the cultural and lifestyle factors impacting student and family success will further promote healthy family living, staff morale, good nutritional diets, and physical activity.

These guidelines apply to all students, and staff at Polaris Tech Charter School.

I. School Wellness Committee

Committee Role and Membership

Polaris Tech Charter School will convene a representative school wellness committee (School Health Advisory Council) that meets at least 4 times a year to establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of the schools plan and policy.

The “*membership*” will represent the school level and include, but not limited to: parents, and caregivers; students representatives of the school nutrition program (ex., Director of Programs); physical education teachers, health education teachers, school and/or community health professionals (ex., school health services staff) Nurses, physicians, dentists, personal wellness fitness trainers, health education, and other allied health personnel who provide school health services. Mental health and social services staff. For an example; Dietitians, doctors, nurses and the general public. Polaris Tech Charter School will reflect the diversity of the community.

Leadership

The Director of Finance and Operations will facilitate development of and updates to the wellness guidelines, and will ensure the school’s compliance with the document.

Committee Members 2019-2020

Name	Title	Email Address	Role
Angela Jackson	Director of Finance and Operations	angelajackson@polaristech.org	School Representative
Sonya Bryant	Director of Programs	sonyabryant@polaristech.org	School Representative
Tiffany Lott	Cafeteria Manager	melissacrosby@polaristech.org	School Representative
Dr. Melissa Crosby	Executive Director	melissacrosby@polaristech.org	School Representative
Cathy Smith	Ed Plan Committee Chair	cathysmith@polaristech.org	Planning Committee Member

William Reasonover	School Nurse	williamreasonover@polaristech.org	School Representative
Dr. Daisy White		daisynelsonwhite@gmail.com	Community Stakeholder
Rebekah Hannah	Student		Student

II. Wellness Plan Implementation, Monitoring, Accountability, and Community Community Engagement

Implementation Plan

Polaris Tech Charter School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness document. The plan delineates roles, responsibilities and actions related to implementation.

This wellness document can be found on Polaris Tech Charter School’s website at www.polaristech.org

Recordkeeping

Polaris Tech Charter School will retain records to document compliance with the requirements of the wellness guidelines. Documentation maintained in this location will include but will not be limited to:

- The Polaris Tech Wellness Plan
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit membership from the required stakeholders group; (2) These groups’ participation in the development, implementation, and periodic review and update of the wellness policy
- Documentation of progress reports for the campus related to the plan
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness plan and triennial assessments are made available to the public and (2) Efforts to actively notify families about the availability of the wellness policy

Annual Progress Reports

Polaris Tech Charter School will compile and publish an annual report to share at the School Board meetings. This document will include, but is not limited to:

- The website address for the wellness guidelines and/or how the public can access a copy of the wellness document
- A description of the school's progress in meeting the wellness goals in accordance with the school's wellness plan.
- A summary of the school's events or activities related to wellness policy implementation
- The name, position title, and contact information of the designated school leader identified in Section I
- Information on how stakeholders can get involved with Polaris Tech Charter School
- The school will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes such as: absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs, or BMI, or psychosocial measures such as self-reported "connectedness" or other school climate measures. The school is encouraged to collaborate with local research institutions and universities.
- The school will also track and annually report other related information such as: findings from food safety inspections, aggregate participation in school meal programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.

Assessments

At least every three years, or according to the Charter Public School District mandates, Polaris Tech Charter School will evaluate compliance with the wellness guidelines to assess the implementation of the document and include:

- The extent to which Polaris Tech Charter School is in compliance with wellness guidelines
- A description of the progress made in attaining the goals of the school's wellness document

Polaris Tech Charter School, in conjunction with SCPSCD will monitor compliance with this wellness plan.

Revisions and Updating the Document

Polaris Tech Charter School will update or modify the wellness document based on the results of the annual progress reports and triennial assessments, and/or as SCPSCD priorities change, community needs change, wellness goals are met, new health sciences, information, and technology emerges, and new Federal or state charter or standards are issued. The wellness guidelines will be assessed and updated as needed but at a minimum, once per year.

Community Involvement , Outreach and Communications

Polaris Tech Charter School is committed to being responsive to community input, which begins with awareness of the wellness document. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with school nutrition standards. PTCS will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the SCPSCD and individual charter schools are communicating other important school information with parents. PTCS will actively notify the public about the content of or any updates to the wellness document annually, at a minimum.

III. Nutrition

School Meals

Polaris Tech Charter School is committed to serving healthy meals to children that are in compliance with federal regulations. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The PTCS establishes the following goals to create an environment conducive to healthy eating and to express a consistent wellness message through other school - based activities:

- Sufficient time will be allowed for students to eat meals in lunchroom facilities that are clean, safe, and comfortable. A pleasant cafeteria environment will be maintained that is conducive to students eating, while allowing for socialization

Nutrition Guidelines

Polaris Tech Charter School shall ensure that nutrition guidelines for reimbursable school meals shall be at least as restrictive as federal regulations and guidance and that all foods sold on the campus during the school day to meet the Smart Snack Guidelines. These standards apply in all locations and through all services where foods and beverages are sold, which include but are not limited to options in cafeterias, vending machines, school stores and fundraising sales.

In addition to legal requirements, the PTCS shall:

- Provide teachers with education and guidelines on the use of food as a reward or punishment in the classroom and cafeteria
- Student food choices in the school cafeteria shall not be limited by school staff as a punishment
- Non-food rewards are to be encouraged whenever possible
- Recommend that healthy food and beverage options be included at concessions at school-related events outside of the school day
- Student food allergies shall also be considered when providing food in the classroom
- Non-food fundraisers will be encouraged, including those that promote physical activity such as walk-a-thons, jump rope for heart, fun runs, etc. Food fundraisers outside of school hours should include healthy options

Wellness Goals - Nutrition Education

PTCS shall implement, in accordance with law, a coordinated health program with a nutrition education component and shall ensure that the health course curriculum and nutrition is taught.

Students shall receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Staff responsible for nutrition education shall be adequately prepared and shall participate in professional development activities to effectively deliver the program as planned.

The food service staff and other personnel shall coordinate the promotion of nutrition messages in the cafeteria, classroom, and other appropriate settings.

- The school's child nutrition program will accommodate students with special dietary needs with a signed note from their physician.

IV. Physical Activity and Physical Education

Polaris Tech Charter School shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

The school will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts. The curriculum will support the essential components of physical education. All students will be provided equal opportunities to participate in physical education classes. The school will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

In addition, the school will encourage teachers to integrate physical activity into the academic curriculum where appropriate. The school establishes the following goals to create an environment conducive to physical activity and to express a consistent wellness message through other school-project based activities:

- Every morning the students should begin with a 15 minute walk
- Students will begin walking the inside track as soon as they arrive in the morning
- A substantial percentage of students' physical activity can be provided through a comprehensive, project-based physical activity program that includes these

components: physical education, social time, classroom-based physical activity, walk and bicycle to school, and out of school time activities

Physical activity during the school day (including but not limited to physical activity breaks, or physical education) will not be withheld as punishment for any reason (This does not include participation on sports teams that have specific academic requirements). The school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

Physical Activity Breaks (Middle & High)

Polaris Tech Charter School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students should be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The school will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas will be provided by the school via school website, classroom flyers or public announcements.

Active Academics

Teachers are encouraged to incorporate movement and project-based learning approaches into “core” subject instruction when possible (e.g. , science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Active Transport

Polaris Tech Charter School encourages active transport to and from school, such as walking or biking. The school will support this behavior by engaging in the following activities:

- Designation of safe or preferred routes to school
Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage for bicycles and helmet
Instruction on walking/bicycling safety provided to student
- Promotion of safe routes program to students, staff, and parents via newsletters, Websites, local newspaper

- Crossing guards are used
- Crosswalks exist on streets leading to school

V. Health Education

To complement the promotion of health and wellness in the school, the PTCS will teach students at all school levels about the negative health consequences related to tobacco use, drug use, alcohol use, and the use of performance - enhancing drugs. The district will support all mandates from the state such as: asthma education for second graders, CPR for graduating seniors, and fitness grams for grades 6-12.

PTCS will include in the health education curriculum the following essential topics:

- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the learning process
- How an inactive lifestyle contributes to chronic disease
- Five components of health- related fitness - cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session-warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
Monitoring progress toward reaching goals in an individualized physical activity plan
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
How to resist peer pressure that discourages physical activity
- The physical, psychological, or social benefits of physical activity

VI. Parent and Community Involvement

PTCS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. PTCS will use electronic mechanisms (e.g., email or displaying notices on the website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts

VII. Staff Wellness

When feasible, PTCS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help PTCS staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

