

WELLNESS POLICY
Hampden DuBose Academy
September 16, 2013

This policy was drafted by the Wellness Policy Committee after conducting an assessment of the wellness needs of Hampden DuBose Academy (HDA). The committee members are:

Gail DuBose, Food Service Manager
Jim Reynolds, Assistant Principal
Hannah Little, Student and Food Service/Garden Intern
George DuBose, President of the School Board
Sandy Fitzpatrick, Parent and Nurse

The committee was assisted by Mike Jackson, Headmaster, and Susanne Love, School Secretary.

Nutrition Education:

- Nutrition education will be provided each month via printed monthly menus to all parents and students. This will include suggestions for healthy living and the benefits of healthy living.
- Food and Nutrition Services Manager and Interns will continue to teach nutrition education in the schools as part of their intern training.
- Food and nutrition education will include training for both foods and snacks.

Health Education:

- Health education class will give students the opportunity to learn the role that various nutrients have in the body in order to maintain good health and disease protection.
- Students in health education classes will be encouraged to review and discuss the foods served in their homes and conduct a survey of their nutritional value.
- The knowledge of the value of good nutrition will enable students and families to make positive choices when purchasing food items.
- The school will endeavour to provide supplemental nutrition and food for

those families that are in need.

Physical Activity:

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- The school will continue to provide outside recreational activities and physical activity during the work study to encourage physical activity by the students.
- Information will be provided to families to help them incorporate physical activity into their student's lives.

Other School Based Activities:

- Support for the health of all students will be fostered by school nurses who provide vision, and scoliosis screening at appropriate grade levels, with referral and help to obtain financial assistance for students who are determined to have a problem.
- The school will provide an agricultural program and garden to enhance the student's understanding of healthy foods and nutrition.

Food Safety:

- All food service managers will achieve the Food Service Manager Certification (FSMC).
- All food service workers will achieve the Serve Safe training from the FSMC.
- Foods prepared by the food service department will comply with the state and local food safety and sanitation regulations including Hazard Analysis Critical Control Point (HACCP) plans and guidelines that have been implemented to prevent food illness in schools.

Eating Environment:

- Food will not be used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP) and/or pre-approved by the Headmaster.