

Paradise Schools

LOCAL WELLNESS POLICY

Paradise Schools promotes a healthy school environment by supporting wellness, good nutrition, and physical activity as part of the total learning environment. Paradise Schools is committed to providing a school environment that enhances learning and development of lifelong wellness practices for students and adults alike. As a result, Paradise Schools has established the following goals:

Nutrition:

(1) Students will be provided opportunities through the curriculum to learn the effects of nutrition on their growth, development and well-being. This curriculum will be provided with all Physical Education Classes and as part of the Character Education Program.

(2) Foods sold to students during the school day will meet appropriate nutritional guidelines.

Physical Activity:

(1) Students will be provided opportunities through the curriculum to learn the effects of physical activity upon their growth, development and well-being. This will be as part of Physical Education classes as K-8 and as part of Character Education. Staff will facilitate and implement a yearly Field Day to culminate physical wellness.

(2) Students and staff will have the opportunity for regular physical activity through curricular, extra-curricular activities and our Cubs Connection. (ex- Student/Staff Competitions, Afterschool Intermural, Onsite exercise opportunities for staff after/before school hours)

Sunscreen: The goal is to emphasize skin health and promote the application of sunscreen products and to inform students that a pupil who attends school may possess and use a topical sunscreen product while on school property or at a school-sponsored event without a note or prescription from a licensed health care professional.

Other school-based activities designed to promote wellness for everyone at Paradise Schools:

(1) Staff members will promote and encourage student wellness.

(2) Educational information will be communicated to parents regarding student wellness. As part of weekly video announcements, "Wellness Wednesday" tips will be shared across K-8 campus. As part of Paradise Schools' monthly student/parent newsletters, staff will share health and wellness with our families and students.

(3) Paradise Schools will have student representatives to be on a committee to taste test and/or give feedback to Lunch Food Service Provider.

Evaluation:

(1) This committee will regularly evaluate the effectiveness of this policy in promoting good health.

(2) We will also change this policy and program as appropriate to increase its effectiveness.

(3) We will discuss the school's activities over the school year to promote wellness, good nutrition, physical and other school based activities designed to promote school wellness and give an annual report to the Governing Body.

The principals will ensure compliance with this policy for all aspects, other than for the food served through the Food Service Program. The Director of Food Service will ensure that all foods served through that program comply with this policy. The people who will sit on this committee are as follows: Site Council representatives, principal, cafeteria manager, nurse, Cub's Connection Director, Panther Connection Director, Athletic Director, and Pep Booster Liaison.