

ROCKY MOUNT PREP

Educate. Equip. Empower. Excel!



I. Introduction

A. Purpose of the Wellness Policy

B. Importance of Promoting Health and Wellness in Schools

C. Legal Basis and Mandates (State and Federal laws, such as the Child Nutrition and WIC Reauthorization Act)

II. Goals and Objectives

A. Overall Wellness Goals (e.g., promoting healthy eating habits, increasing physical activity, reducing sedentary behaviors)

B. Specific Objectives (e.g., increasing access to nutritious foods, improving nutrition education, enhancing physical education programs)

III. Nutrition Standards

A. Guidelines for School Meals

1. Compliance with USDA meal pattern requirements
2. Emphasis on whole grains, fruits, vegetables, and lean proteins
3. Restrictions on unhealthy fats, sodium, and added sugars

B. Competitive Foods and Beverages

1. Regulations for foods and beverages sold outside of school meals (e.g., vending machines, fundraisers)
2. Promotion of healthier options and limitations on unhealthy choices

C. Celebrations and Rewards

1. Policies regarding food and beverage offerings during school events and celebrations
2. Encouragement of non-food rewards and celebrations

IV. Physical Activity and Physical Education

A. Requirements for Physical Education (PE) Curriculum

1. Minimum weekly minutes of PE instruction
2. Curriculum standards aligned with state guidelines

B. Opportunities for Physical Activity

1. Integration of physical activity breaks into the school day
2. Promotion of active transportation (walking or biking to school)

C. Recess Policies

1. Minimum duration and frequency of recess periods
2. Provision of safe and accessible outdoor play areas

V. Nutrition Education and Promotion

A. Incorporation of Nutrition Education

1. Integration of nutrition education into core curriculum subjects
2. Opportunities for hands-on learning experiences (e.g., school gardens)
- B. School-wide Nutrition Promotion
 1. Implementation of marketing strategies to promote healthy food choices
 2. Collaboration with community partners to support nutrition education initiatives

VI. Staff Wellness

A. Support for Staff Wellness Programs

1. Access to resources and programs promoting physical activity and healthy eating for staff members
2. Professional development opportunities related to wellness promotion

B. Role Modeling

1. Encouragement of staff to model healthy behaviors for students
2. Recognition of staff wellness efforts and achievements

VII. Evaluation and Monitoring

A. Methods for Monitoring Policy Implementation

1. Regular assessments of compliance with nutrition and physical activity standards
2. Data collection on student health outcomes and behaviors

B. Evaluation of Policy Effectiveness

1. Analysis of progress toward wellness goals and objectives
2. Adjustment of policy strategies based on evaluation findings

VIII. Community Engagement and Partnerships

A. Collaboration with Parents and Families

1. Opportunities for parent involvement in wellness initiatives
2. Communication strategies for sharing wellness information with families

B. Engagement with Community Organizations

1. Partnerships with local health departments, non-profits, and businesses to support wellness efforts
2. Utilization of community resources to enhance school wellness programming

IX. Policy Implementation and Compliance

A. Responsibility Assignment

1. Designation of individuals or committees responsible for overseeing policy implementation
2. Allocation of resources to support implementation efforts

B. Compliance Monitoring and Enforcement

1. Establishment of procedures for monitoring compliance with policy provisions

2. Consequences for non-compliance and mechanisms for enforcement

X. Policy Review and Revision

A. Regular Review Cycle

1. Schedule for reviewing and revising the wellness policy on a periodic basis

2. Consideration of emerging research, best practices, and stakeholder feedback during review processes

B. Transparency and Stakeholder Involvement

1. Opportunities for input and feedback from stakeholders during policy review

2. Public disclosure of revised policy documents and rationale for changes

XI. Conclusion

A. Reiteration of Commitment to Wellness

B. Acknowledgment of Stakeholder Collaboration

C. Call to Action for Implementation and Continuous Improvement

I. Introduction

A. Purpose of the Wellness Policy

The wellness policy at Rocky Mount Preparatory School aims to foster a culture of health and well-being among students, staff, and the wider school community. By prioritizing nutrition, physical activity, and overall wellness, we seek to create an environment that supports optimal learning, growth, and development.

B. Importance of Promoting Health and Wellness in Schools

At Rocky Mount Preparatory School, we recognize that healthy students are better equipped to succeed academically, socially, and emotionally. By promoting health and wellness, we not only enhance student outcomes but also cultivate lifelong habits that contribute to overall well-being.

C. Legal Basis and Mandates

Our wellness policy is grounded in state and federal laws, including the Child Nutrition and WIC Reauthorization Act, which mandates the development and implementation of comprehensive school wellness policies. By adhering to these regulations, we ensure compliance while prioritizing the health of our school community.

II. Goals and Objectives

A. Overall Wellness Goals

1. **Promote Healthy Eating Habits:** Encourage students to make nutritious food choices both at school and beyond.
2. **Increase Physical Activity:** Provide opportunities for regular physical activity to promote overall fitness and well-being.
3. **Reduce Sedentary Behaviors:** Limit screen time and promote active lifestyles among students and staff.

B. Specific Objectives

1. Enhance Access to Nutritious Foods: Ensure that healthy food options are readily available and affordable for all students.
 2. Improve Nutrition Education: Integrate comprehensive nutrition education into the curriculum to empower students to make informed choices.
 3. Enhance Physical Education Programs: Strengthen physical education offerings to promote skill development, fitness, and enjoyment of physical activity.
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III. Nutrition Standards

A. Guidelines for School Meals

1. Compliance with USDA Meal Pattern Requirements: Ensure that all school meals meet or exceed USDA nutrition standards.
2. Emphasis on Whole Grains, Fruits, Vegetables, and Lean Proteins: Prioritize the inclusion of nutrient-dense foods in school meal offerings.
3. Restrictions on Unhealthy Fats, Sodium, and Added Sugars: Limit the presence of unhealthy ingredients in school meals to promote overall health and wellness.

B. Competitive Foods and Beverages

1. Regulations for Foods and Beverages Sold Outside of School Meals: Establish guidelines for foods and beverages available in vending machines, à la carte lines, and fundraisers.
2. Promotion of Healthier Options: Encourage the availability and promotion of nutritious snacks and beverages throughout the school.
3. Limitations on Unhealthy Choices: Restrict the sale and promotion of foods high in sugar, sodium, and unhealthy fats.

C. Celebrations and Rewards

1. Policies Regarding Food and Beverage Offerings: Encourage the use of healthier alternatives for school celebrations and events.
 2. Encouragement of Non-Food Rewards: Promote non-food rewards and incentives to recognize student achievements and milestones.
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IV. Physical Activity and Physical Education

A. Requirements for Physical Education (PE) Curriculum

1. Minimum Weekly Minutes of PE Instruction: Ensure that students receive adequate physical education by adhering to state guidelines for minimum weekly minutes of PE instruction.

2. Curriculum Standards Aligned with State Guidelines: Align PE curriculum with state standards to promote the development of motor skills, physical fitness, and social-emotional learning.

B. Opportunities for Physical Activity

1. Integration of Physical Activity Breaks: Incorporate regular physical activity breaks throughout the school day to help students stay active and engaged.
2. Promotion of Active Transportation: Encourage students and staff to walk or bike to school whenever feasible, promoting daily physical activity and reducing reliance on motor vehicles.

C. Recess Policies

1. Minimum Duration and Frequency of Recess Periods: Establish guidelines for the duration and frequency of recess periods to ensure that students have ample opportunities for unstructured physical activity.
 2. Provision of Safe and Accessible Outdoor Play Areas: Maintain outdoor play areas that are safe, inclusive, and conducive to physical activity, allowing students of all abilities to participate in active play.
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V. Nutrition Education and Promotion

A. Incorporation of Nutrition Education

1. Integration into Core Curriculum Subjects: Embed nutrition education into core subjects such as science, health, and mathematics, fostering interdisciplinary learning opportunities.
2. Hands-on Learning Experiences: Provide hands-on learning experiences, such as school gardens and cooking classes, to engage students in exploring and understanding the connection between food and health.

B. School-wide Nutrition Promotion

1. Marketing Strategies for Healthy Food Choices: Utilize signage, menu labeling, and promotional materials to highlight healthy food choices and encourage students to make nutritious selections.
2. Collaboration with Community Partners: Partner with local organizations, farmers markets, and food vendors to promote access to fresh, locally sourced foods and support community-wide wellness initiatives

VI. Staff Wellness

A. Support for Staff Wellness Programs

1. Access to Resources and Programs: Provide staff members with access to wellness resources, such as fitness facilities, health screenings, and wellness workshops, to support their physical and mental well-being.
2. Professional Development Opportunities: Offer professional development opportunities related to wellness promotion, including training sessions on stress management, nutrition, and physical activity.

B. Role Modeling

1. Encouragement of Healthy Behaviors: Encourage staff members to model healthy behaviors for students by prioritizing their own well-being and demonstrating positive lifestyle choices.
2. Recognition of Wellness Efforts: Recognize and celebrate staff members who actively participate in wellness initiatives and serve as positive role models for the school community.

VII. Evaluation and Monitoring

A. Methods for Monitoring Policy Implementation

1. Regular Assessments of Compliance: Conduct regular assessments to monitor compliance with nutrition and physical activity standards outlined in the wellness policy.
2. Data Collection on Student Health Outcomes: Collect and analyze data on student health outcomes, behaviors, and attitudes toward nutrition and physical activity to assess the impact of wellness initiatives.

B. Evaluation of Policy Effectiveness

1. Analysis of Progress Toward Wellness Goals: Evaluate progress toward achieving wellness goals and objectives outlined in the policy, identifying areas of success and opportunities for improvement.
2. Adjustment of Policy Strategies: Use evaluation findings to inform adjustments to policy strategies, interventions, and implementation approaches, ensuring continuous improvement and effectiveness.

VIII. Community Engagement and Partnerships

A. Collaboration with Parents and Families

1. Opportunities for Parent Involvement: Engage parents and families in wellness initiatives through open communication, parent workshops, and involvement in school-based activities.

2. Communication Strategies: Develop communication strategies to share wellness information, resources, and updates with parents and families, fostering a collaborative approach to supporting student health.

B. Engagement with Community Organizations

1. Partnerships with Local Health Departments and Non-profits: Collaborate with local health departments, non-profit organizations, and community agencies to leverage resources and expertise in promoting wellness initiatives.
 2. Utilization of Community Resources: Tap into community resources, such as parks, recreational facilities, and health clinics, to expand opportunities for physical activity and access to nutritious foods outside of the school setting.
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IX. Policy Implementation and Compliance

A. Responsibility Assignment

1. Designation of Individuals or Committees: Assign specific individuals or committees responsible for overseeing the implementation of the wellness policy, including monitoring compliance and coordinating wellness-related activities.
2. Resource Allocation: Allocate necessary resources, including staffing, funding, and materials, to support the successful implementation of wellness initiatives and policy provisions.

B. Compliance Monitoring and Enforcement

1. Establishment of Procedures: Develop clear procedures for monitoring compliance with policy provisions, including regular audits, assessments, and reporting mechanisms.
 2. Consequences for Non-Compliance: Outline consequences for non-compliance with policy guidelines, which may include corrective actions, training requirements, or other disciplinary measures as appropriate.
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X. Policy Review and Revision

A. Regular Review Cycle

1. Schedule for Review and Revision: Establish a regular review cycle for the wellness policy, outlining specific timelines and milestones for conducting comprehensive reviews and updates.
2. Consideration of Emerging Research and Stakeholder Feedback: Incorporate findings from emerging research, best practices, and stakeholder feedback into

the review process to ensure that the policy remains responsive to evolving needs and priorities.

B. Transparency and Stakeholder Involvement

1. Opportunities for Input and Feedback: Solicit input and feedback from stakeholders, including students, parents, staff, and community members, throughout the policy review and revision process.
2. Public Disclosure of Revised Policy Documents: Transparently communicate revised policy documents, along with the rationale for changes, to the school community and relevant stakeholders to promote understanding and support.

XI. Conclusion

A. Reiteration of Commitment to Wellness

Rocky Mount Preparatory School reaffirms its commitment to promoting health and wellness as integral components of the educational experience, ensuring that every student has the opportunity to thrive physically, academically, and emotionally.

B. Acknowledgment of Stakeholder Collaboration

We extend our gratitude to all stakeholders who have contributed to the development, implementation, and ongoing refinement of the school wellness policy, recognizing that collective efforts are essential for creating a culture of wellness within our school community.

C. Call to Action for Implementation and Continuous Improvement

As we move forward, we call upon all members of the Rocky Mount Preparatory School community to actively participate in the implementation of the wellness policy and to collaborate in its continuous improvement, working together to support the health and well-being of our students, staff, and families.

Rocky Mount Preparatory School's Local Wellness Policy

Vision and Cause Statement

Vision: At Rocky Mount Preparatory School, we envision a healthy and vibrant learning environment where every student has access to nutritious meals and opportunities for physical activity. We are committed to fostering lifelong healthy habits and promoting overall wellness to support the academic and personal success of our students.

Cause: We believe that healthy students are better learners. Our mission is to implement a comprehensive wellness program that integrates nutrition education, physical activity, and a supportive school environment. By prioritizing wellness, we aim to enhance the well-being of our students, staff, and community, ensuring that all members have the knowledge and resources to make informed health choices.

Goals for Rocky Mount Preparatory School's Local Wellness Policy

1. Enhance Implementation and Evaluation of the Local School Wellness Policy (LSWP)

- **Objective:** To ensure the effective implementation and continuous evaluation of the LSWP.
- **Strategies:**
 - Provide ongoing professional development and training for staff on LSWP guidelines and best practices.
 - Develop and utilize evaluation tools to monitor the effectiveness of LSWP initiatives.
 - Engage stakeholders, including students, parents, and community members, in the review and improvement of the LSWP.

2. Support Compliance with USDA Requirements

- **Objective:** To assist in meeting or exceeding USDA requirements for school nutrition programs.
- **Strategies:**
 - Offer capacity-building workshops and technical assistance to staff and administrators.
 - Develop and distribute resources and toolkits to support USDA compliance.
 - Conduct regular audits and assessments to ensure adherence to USDA standards.

3. Promote and Protect Access to Nutrition and Food Security

- **Objective:** To create and maintain a healthy school nutrition environment and ensure access to nutritious food for all students.
- **Strategies:**
 - Implement programs that provide nutritious meals during and outside of the school day, such as breakfast and after-school snack programs.
 - Collaborate with local food banks and community organizations to support food security initiatives.
 - Educate students and families about the importance of nutrition and healthy eating habits.

4. Whole School, Whole Community, Whole Child (WSCC) Framework

- **Objective:** To integrate the WSCC Framework into school wellness initiatives for a comprehensive approach to student health and well-being.
- **Strategies:**
 - Increase awareness and understanding of the WSCC Framework among staff, students, and the community.
 - Develop and implement programs that address all components of the WSCC model, including physical education, health education, and social-emotional learning.
 - Foster partnerships with local health agencies and community organizations to support holistic wellness efforts.

5. Foster a Supportive Wellness Culture

- **Objective:** To create a school culture that prioritizes health and wellness for students and staff.
- **Strategies:**
 - Establish wellness committees at the school and district levels to guide and support wellness initiatives.
 - Celebrate and promote wellness activities through school events, newsletters, and social media.
 - Provide opportunities for staff wellness programs to encourage a healthy work environment.

6. Continuous Improvement and Community Engagement

- **Objective:** To ensure the LSWP remains dynamic and responsive to the needs of the school community.
- **Strategies:**
 - Regularly review and update the LSWP based on feedback and emerging best practices.
 - Engage families and community members in wellness activities and decision-making processes.
 - Conduct surveys and gather data to assess the impact of wellness initiatives and identify areas for improvement.