



**Dedicated to being the School with a HEALTHY Heart too  
PS 196Q Wellness Policy – Feb 2017**

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## **Dedicated to being the School with a HEALTHY Heart too PS 196Q Wellness Policy – Feb 2017**

PS196Q is The School with a Heart and we are committed to the optimal development of every student. Our school community, as a whole, strongly believes that all students have the opportunity to achieve personal, academic, and social success. To this end, we have created a positive, safe, and health-promoting learning environment.

This Wellness Policy outlines the School's approach to fostering healthy environments and opportunities for all students and staff in the School.

### **In a Nutshell**

- Ongoing Wellness Council
- Alternative NYC menu for healthier options at lunch
- Drinking fountains always available
- No candy rewards in the classroom
- Healthier celebrations – encourage: no candy, no fruit punch/juice with less than 50% fruit juice
- Healthier snacking encouraged
- Outdoor active recess offered, whenever possible
- Physical activity not to be withheld as punishment
- Physical activity breaks (at least 3-5 mins) daily (eg Move to Improve, etc.)

### **School Wellness Council**

#### ***Council Role and Membership***

The School will convene a Wellness Council that meets at least four times per year to establish goals for wellness policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

The Wellness Council membership will include, to the extent possible: parents and caregivers, interested teachers and staff, representatives of the school nutrition program (eg., school food director)

### **Nutrition**

#### ***School Meals***

Research shows that good nutrition is linked to better behavior and academic performance. Our School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk.



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Towards that end, our School offers the NYC Alternative Lunch Menu. The Alternative Menu offers more plant-based, and fewer processed food items than the classic menu

The School is committed to offering school meals that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Are nutritious and support children’s overall health

### ***Breakfast***

To ensure that all children have access to a healthy breakfast in order to meet their nutritional needs and enhance their ability to learn:

- Our School will operate the NYC DOE School Breakfast Program, which is free and open to all students
- The School will notify parents and students of the availability of the School Breakfast Program

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The School will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with water with them throughout the day.

### ***Competitive Foods and Beverages***

During the school day, no foods and beverages will be sold outside of the school meal programs (i.e., “competitive” foods and beverages.)

### ***Celebrations and Classroom Snacks***

The school supports a healthy learning environment for students and teachers – encouraging healthy choices that allow the best chance for students to be alert and be able to concentrate and learn.

As such, the school discourages goody bags, candy, and juice/punch with less than 50% juice. In addition candy shall not be distributed in as a reward. The school will be reviewing its policy on selling candy for the 5th grade end of year fundraising for the 2017-2018 school year.

The school encourages:

1. Classroom celebrations that focus on activities (e.g., giving free time, crafts, music and reading time) rather than on food
2. If classroom celebrations include food, they should strive to offer healthy options (e.g. fruit, popcorn, etc.)



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When celebrating with the children, our school encourages parents to bring in healthy snacks. Via the Wellness Council, we can provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.

### **Physical Activity**

Children should participate in physical activity every day.

Physical education will not be withheld as punishment for any reason and other physical activity during the school day (including, but not limited to recess and physical activity breaks) will not be withheld as punishment except under extenuating circumstances.

The School will offer teachers and other school staff a list of ideas for alternative ways to discipline students.

### ***Physical Education***

The School will provide students with physical education, using an age-appropriate 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.

All students will be provided equal opportunity to participate in physical education classes.

The physical education program will promote student physical fitness through individualized fitness and activity assessments. We use the NYC DOE FITNESSGRAM in conjunction with the Physical Best Curriculum.

### ***Recess***

Our School will offer at least 20 minutes of recess on all or most days during the school year. This policy may be waived on early dismissal or late arrival days.

Outdoor recess will be offered when weather is feasible for outdoor play, at the discretion of the administration.

In the event that the School must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable. Currently, the PA has contracted with E3 Sports to provide a recess enhancement program such that students are provided daily activity during recess regardless of whether recess is indoors or outdoors.

Recess will complement, not substitute for, physical education class. Recess monitors or teachers will encourage students to be active.



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***Physical Activity Breaks***

Our School recognizes that students are more attentive and ready to learn if provided with periodic breaks during which they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Our School recommends teachers provide short (3-5 minute) physical activity breaks to students during classroom time. These physical activity breaks will complement, not substitute for, physical education class, recess, and class transition periods.

Teachers already use Move To Improve and GoNoodle. Other resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

***Before and After School Activities***

Our PS196 After School Program offers opportunities for students to participate in physical activity before and after the school day.

**Other Activities that Promote Wellness**

***Professional Learning***

When feasible, our School will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., Mindfulness or incorporating nutrition lessons into math class).

*Susan Highland*  
Principal

3/6/17