
Overbrook School for the Blind Wellness Policy

2020-2021 School Year

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Overbrook School for the Blind Wellness Policy

Preamble

Overbrook School for the Blind is committed to the optimal development of every student. The school believes that in order for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at Overbrook have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the school. Specific measureable goals and outcomes are identified within each section below.

- *The school will coordinate the wellness policy with other aspects of school management, including the school improvement plan, when appropriate.*

I. School Wellness Committee

Committee Role and Membership

The school has a wellness committee referred to as the F2T/Wellness Committee that meets monthly to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of its school wide wellness policy.

The F2T/Wellness membership represents all school levels (early childhood, elementary and secondary schools) and includes (to the extent possible), but not be limited to: parents and caregivers; students; student nutrition committee representatives, representatives of the school nutrition program, administrators, School Foodservice director, Horticultural Therapist, Farm to Table representative, Art teacher, Physical Education teachers; School Health Professionals (e.g., health education teachers, school health services staff, Registered Dietitian, Therapy Department Director and other allied health personnel from the Therapy Department-Speech Pathologists, Occupational Therapists, and Physical Therapists. A member of the Informational Technology Department, the Parent Liaison Representative, Human Resource Manager, Development Director, Maintenance Director, school alumni and stakeholders from the general public are also members of the Wellness Committee. Program Coordinators identify representatives from their program for Wellness Committee participation and meeting announcements are posted in the Daily Grapevine. To the extent possible, the F2T/Wellness Committee will include representatives from each school building and reflect the diversity of the community.

Leadership

The School Wellness Committee is led by the Director of Health and Safety, the School CEO, and the school Registered Dietitian who will facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The designated officials for oversight are Angie Williams, RN, Director of Health and Safety Department and Cathy D'Orazio, MS, RD, LDN, Consultant Registered Dietitian.

Name	Title / Relationship to the School	Email address	Role on Committee
Angie Williams	Directory of Health and Safety Registered Nurse	awilliams@obs.org	Assists in the development, implementation and evaluation of the wellness policy.
Cathy D'Orazio	Registered Dietitian	cdorazio@obs.org	Assists in the development, implementation and evaluation of the

			wellness policy

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

Implementation Plan

Overbrook School for the Blind maintains a development and maintenance plan to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus. Other areas involved in policy maintenance include: food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities such as the Horticultural Therapy Program, the Farm to Table Program and the Growability Program that promote student wellness. The school plans to use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention’s School Health Index, create an action plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found on the schools website: www.obs.org and community and public comments regarding wellness can be emailed to wellness@obs.org

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy in the Health and Safety Department and in the Food and Nutrition Department and a copy of the policy is available on the school’s website. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the School Wellness Policy; including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate in the policy updates;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating that the most recent assessment on the implementation of the School Wellness Policy has been made available to the public.

Annual Notification of Policy

The school will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will make this information available via the school website and/or school communications. The

school will provide as much information as possible about the school nutrition environment. This will include a summary of school events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- The extent to which the school's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy and the Well Sat 2.0 guidelines for Wellness Policy.
- A description of the progress made in attaining the goals of the school's wellness policy will be made utilizing the PA PDE Wellness Policy Assessment Tool and Report Template.

The position/person responsible for managing the triennial assessment and contact information is ____ Cathy D'Orazio, MS, RDN, LDN- Registered Dietitian Contact: cdorazio@obs.org

The School Wellness Leadership and the F2T and Wellness Committee will monitor the schools compliance with this wellness policy. The committee will conduct an annual review of the wellness policy during the month of June on an annual basis.

The school will actively notify households/families of the availability of the triennial progress report on the school website, in the parent quarterly newsletter, and in the food service back to school letter every September.

Revisions and Updating the Policy

The school will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as school priorities change; community needs change; wellness goals are met, new health science information emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The school is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will actively communicate ways in which representatives of F2T Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the school. These means include the school daily Grapevine email publication, the Overbrook School for the Blind intranet and the school website. 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 Smart Snacks in School nutrition standards. The school will use electronic mechanisms, such as email or displaying notices on the schools website, as well as non-electronic mechanisms, such as newsletters, presentations to parents on Parent's Day, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The school will ensure

that communications are culturally, visually and linguistically appropriate to the community, and accomplished through means similar to ways that the school communicates important school information with parents.

The school will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The school will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of our 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 and textures.

The school participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The school also operates additional nutrition-related programs and activities including a Farm to Table Program, The Harvest of the Month Program, a state of the art fully accessible Horticultural Center, School Gardens, and an orchard. The school is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students and are cashless;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (the school offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - Vegetable options are bundled into all grab-and-go meals available to students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in coolers in the serving area
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are offered monthly to inform menu development, dining space decor and promotional ideas.
 - Student Nutrition artwork is displayed in the service and/or dining areas.(part of Art curriculum)

- Announcements made by Student Nutrition Committee Members are used to promote healthy menu options
- *Menus are posted on the school website and will include nutrient content and ingredients.*
 - *Menus are created/reviewed by the Food Service Director and a Registered Dietitian*
 - *School meals are administered by a team of child nutrition professionals.*
 - *The school child nutrition program will accommodate students with special dietary needs.*
 - *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated. Lunch times are scheduled to accommodate the individual needs of the students.*
 - *Students are served lunch at a reasonable and appropriate time of day.*
 - *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school. Applications for free/reduced price meals are sent home to families prior to the beginning of each school year in the Back to School packet;*
 - *The school implements the following Wellness/Farm to School activities:*
 - *The school policy indicates that no student may leave campus at lunch;*
 - *Local and/or regional products are incorporated into the school meal program;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School campus has a Horticultural Center, School Gardens, Orchard and these areas are utilized as learning labs.*
 - *School hosts field trips to local farms such as Lankenau Hospital Deaver Wellness Farm and Elwyn School Farm.*
 - *School utilizes promotions or special events, such as tastings, that highlight school grown and local/ regional products.*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). The School Food Service Director and Registered Dietitian will refer the school nutrition personnel to [USDA's Professional Standards for School Nutrition Standards website](#) assist in coordinating the training that meets their department's learning needs. School wide staff are instructed on the wellness policy annually and contribute ways to integrate nutrition education into curriculum that is aligned with Pennsylvania standards and federal learning objectives.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout the school campus* ("school campus" and "school day" are defined in the glossary). The school will make drinking water available where school meals are served during mealtimes and in the classroom (during Fall 2020 when COVID mitigation efforts in place.

- *Water cups/jugs are available in the cafeteria (in classroom for Fall 2020).*
- *All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards.*
- *Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.*

Competitive Foods and Beverages

The school is committed to ensuring that all foods and beverages available to students on the school campus before, during and after the *school day* and on weekends, support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards that Overbrook uses as a Guide to Smart Snacks in Schools is available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation also provides a set of tools that Overbrook School for the Blind uses to assist with implementation of Smart Snacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in the school snack shops – Cody’s Café and the school Snack Bar and all snacks are reviewed by the school registered dietitian annually. Cody’s Café and the Snack Bar will not be open in 2020-2021 due to COVID-19 mitigation efforts.

Celebrations and Rewards

All foods offered to students on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties: Due to increasing numbers of food allergies and food intolerances and an updated 2020 Food Allergy Policy only non-food celebrations are permitted at Overbrook School for the Blind. Teachers will provide parents a list of alternate non-food celebration ideas. Classroom celebrations focus on activities, not food.
2. Rewards and incentives: The School will provide teachers and other relevant school staff a list of alternative ways to reward children. Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

- *School will use only non-food fundraisers such as the Farm to Table Sale (sale of produce and plant items from the Overbrook Gardens, Orchid and Horticultural Center), and the annual Overbrook Plant Sale held in May.*
- *Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include the sale of school grown produce and donation nights at restaurants.*

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff receive consistent nutrition messages throughout school, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising

nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The school will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the school may use are available at <http://www.foodplanner.healthiergeneration.org/>.

Nutrition Education

The school will teach, model, encourage and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Skill based nutrition education is integrated into curriculum and other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects and Farm to Table provides enrichment activities.
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens; reading of nutrition/health books, articles during lunch in cafeteria
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, horticultural center preschool gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

For the school year 2020-2021 The school will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks

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- Risks of unhealthy weight control practices
 - Accepting body size differences
 - Food safety
 - Importance of water consumption
 - Importance of eating breakfast
 - Making healthy choices when eating at restaurants
 - Reducing sodium intake
 - Social influences on healthy eating, including media, family, peers and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The school is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The school strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on school property that contains messages inconsistent with the health information the school is imparting through nutrition education and health promotion efforts. It is the intent of the school to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted on campus, consistent with the school's wellness policy. This year, 2020-2021 as active participants in the Harvest of the Month Program, the school will be introducing the beautiful posters that coordinate with the featured monthly food item.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards and all advertising and social media must be approved by the superintendent.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.¹⁵ This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, the school will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book

covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the school.

- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the school wellness policy.

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP), adapted for a students physical capabilities. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the school is committed to providing these opportunities. The school will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). The school will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, swimming at the aquatic center, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. The school will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students. The Physical Education Department provides exercises on playing cards for use in the classroom.

To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.

**, Indoor and outdoor physical activity facilities, and spaces will be open to students, their families on special event days. These special event days that help promote movement help students learn the relationship between movement and health.*

**The PE Department at the school monitors inventories of physical activity supplies and equipment.*

Physical Education

The school will provide students with physical education, using an age and developmentally 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, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. The school utilizes the Achilles Program (walk, drop and run program for non-ambulatory students).

Students will be provided the opportunity 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.

All school **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All school **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The school physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. The school is evaluating the Brockport Fitness Test for implementation at the school.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions as per their ability.*
- *All physical education teachers in will be required to participate in at least a once a year professional development in education.*
- *All physical education classes in are taught by licensed teachers who are certified or endorsed to teach physical education.*

Essential Physical Activity Topics in Health Education

Health education is available for all high school students and is available for middle school students at teacher request. High school students are required to take and pass at least one health education course. Overbrook follows the state and national standards for Health and Physical Education. The following topics make up the Health Education Curriculum for high school students at Overbrook School for the Blind:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, 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
- Dangers of using performance-enhancing drugs, such as steroids
- 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.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess when weather is feasible for outdoor activity or at the discretion of the program coordinators** on all days during the school year

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

In the event that the school must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The 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 will be offered **periodic opportunities** to be active or to stretch throughout the day as developmentally appropriate on all or most days during a typical school week. The school recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The school will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA, Achilles Kids-Achilles International and Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic 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.

The school will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects as physically appropriate by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before, During and After School Activities

The school offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The school will encourage students to be physically active before and after school

The school will support movement at school. The school will encourage this behavior by engaging in *the following every year*:

- Promote activities such as participation in International Walk at School Week, National Walk at School Week celebrated at Overbrook as “Walk at School Day” held every May in conjunction with staff Move it Your Way Day.
- Encourage walking on our indoor and outdoor track on daily basis with assistance of the Mobility and Physical Therapy Specialists on campus.
- Encouraging movement and healthy eating activities at Overbrook’s Annual Earth Day Celebration help every April.
- Encouraging movement and healthy eating at Overbrook’s Annual Hoopla for Hearts Day held every on the last Friday in February.
- Encouraging movement, sustainability and healthy eating at Tree Decorating Day held every December.
- Encouraging walking on campus and on the orchard trail during National Nutrition Month

V. Kappen Aquatic Center

The Kappen Aquatic Center (KAC) is the first LEED Platinum Certified Green Natatorium in the country. Throughout the day the staff at the Kappen Aquatic Center carries out many different programs reaching out to all students and staff on Overbrook’s campus. During the calendar year swim class is offered to each department: Early Childhood, Elementary, Middle School, High School, and School to Work. After school hours the KAC is home for the swim team, staff water aerobics and lap swimming. Each student in the school has swimming for the semester or for the entire school year. Each student receives either instructional swimming or adapted aquatics instruction. In addition to regular programming KAC offers to students and staff the February Fitness Challenge and the March Madness Challenge. The February Fitness Challenge is a competitive lap swimming or water walking event between school departments. This serves to help students goal set to improve their own fitness and motivates departments to work on their fitness. The March Madness Challenge exposes students to different types of water sport activities such as water volleyball, water basketball, zomba and water rafting.

VI. Other Activities that Promote Student Wellness

The school will integrate wellness activities across the entire school setting. The Cafeteria, the Horticultural Center and the School Gardens as learning environments to promote health and wellness as well as other food and beverage venues and physical activity facilities. The school will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

To promote physical fitness, students have the opportunity to participate in competitive team sports such as: swim team, cheerleading, wrestling, goal ball and track.

The school has a Student Nutrition Committee that meets monthly to discuss and plan health and wellness activities on campus. Taste tests, Hoopla for Hearts, Farm and produce store visits are just some of the activities that student committee members plan.

Teachers are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school qualified health professionals and curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and the Development Department including, but not limited to, ensuring the involvement of the school wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The school has developed community partnerships with the following organizations: The Philadelphia Orchard Project; Pennsylvania Horticultural Society; Pennsylvania State Master Gardeners of Philadelphia; The Free Library of Philadelphia's Culinary Literacy Institute; Elwyn; Overbrook School for the Blind Alumna and gardening group(Hands on Gardeners of Associated Services for the Blind and Visually Impaired); and Greener Partners. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The school 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 via the website and social media. Families will be informed and invited to participate in school-sponsored activities, such as Parents Day, Earth Day and the PERC committee luncheon and will receive information about Overbrook School for the Blind's health promotion efforts in the parent quarterly newsletter. The registered dietitian will work with the school's parent liaison to provide wellness policy updates and nutrition articles in the parent newsletter. The parent liaison has started to coordinate events with a family health and wellness theme. During the 2019-2020 School Year the following events were held: Friday, October 11, 2019 a Meet and Greet was held on Parent's Day – Registered Dietitian provided Wellness update, nutrition information was shared, produce from gardens was offered as well as a tour of the Horticultural Center, The 2018 year featured a Spring Walk and Roll in the Woods with a healthy fruit snack and water and a Funky Friday Family BBQ and Swim Party which featured a BBQ with healthy pasta salad and green salad and swimming in the Kappen Aquatic Center. The student nutrition committee created a healthy video in early 2020 with healthy behavior messaging which was shared on the Grapevine.

The school will use electronic mechanisms on website, social media, presentations to parents on annual parent's day, parent quarterly newsletter and monthly nutrition information sent home with the student menu in an effort to ensure that all families are notified about school health promotion efforts.

Staff Wellness and Health Promotion

The school will have a staff wellness subcommittee that focuses on student and staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The wellness coordinators are

Director of Health and Safety Angie Williams, RN and Registered Dietitian Cathy D’Orazio, MS, RDN, LDN.

The School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Current strategies include nutrition presentations on staff development day, healthy local food menus in staff cafeteria, campus grown food on menus, and staff taste tests of Overbrook garden produce and healthy local foods. This year the school is participating in the Harvest of the Month Program which will offer a systematic way to offer a new healthy locally sourced or campus grown menu every month. The terrific program resources will be shared with staff on social media and in the grapevine. Staff can walk the indoor or outdoor track as well the orchard trail on campus. The Kappen Aquatic offers lap swimming and water exercise classes to all staff from November through December. The school promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost. Examples include campus individual nutrition counseling sessions with the school’s Registered Dietitian and individual nutrition counseling sessions provided by Family Food LLC. During National Nutrition Month every March staff are encouraged to increase physical activity by documenting exercise efforts and then entered into a raffle to win a healthy food basket. The school hosts a “Move it Your Way at Overbrook Day” every May and prize incentives are offered to encourage healthy movement. Overbrook staff also participate in the annual campus wide Hoopla for Hearts Day which is planned and run by the Student Nutrition Committee and offers movement in the gym and use of the indoor and outdoor track for all levels of ability. Healthy snacks options and taste tests are part of the event. The wellness committee informational technology representative uses social media and the Grapevine news to publicize and share news of photos of wellness events.

Plans to increase website wellness resources are being planned for 2020-2021.

- *The school will use a healthy meeting policy for all staff events and the Director of Health and Safety and Registered Dietitian will review food service meeting requests which include food on a monthly basis.*

Professional Learning

When feasible, the school will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about nutrition and health as well as resources for promoting healthy behaviors in the classroom and school appropriate for our school population. Professional learning will help school staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts. Staff have the ability to be connected to registered dietitians (campus dietitian and Family Food, LLC) for private nutrition counseling, can take advantage of staff swim hours at the campus aquatic center, and are offered after school yoga, line and aerobic dance. Some examples of professional learning for staff include: 8/21/18 Feeding Training on Modified Diets and Texture Modifications, 3/18/19 Plant Based Meals by Forward Food of US Humane Society, 11/11/19 Feeding training on new IDDSI standards, 3/16/20 Introduction of Overbrook Food Allergy Policy(postponed due to COVID -19).

Glossary:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, sports, choir practice, music rehearsals.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

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