

## **Local Wellness Policy 2018-19**

### **NUTRITION EDUCATION – Goals and Activities**

**Goal #1:** Students in kindergarten through grade 8 will receive a comprehensive program in health education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices.

**Activities:**

1. A significant portion of physical education lessons will be dedicated to nutrition and its effect on wellness.
2. Lesson plans will be designed to meet standards and be age appropriate.
3. Cultural education will include cultures' contribution to health and nutrition as well as different types of food.

**Steps Expected Outcome Monitoring** – Teachers will assess student understanding of lessons on a regular basis. Plans will be monitored by principal. Activities such as food tasting of different foods will expand student awareness.

**Goal #2:** All schools will have highly-qualified teachers who are adequately prepared and who participate in regular professional development activities to effectively deliver nutrition education in the context of comprehensive school health education.

**Activities:**

1. Physical education teachers and classroom teachers will have access to professional development in nutrition and wellness.
2. Teachers will share professional development with staff and principal.

**Steps Expected Outcome Monitoring** – Lesson plans will include outcomes from professional development. Staff will share professional development ideas. Materials will be provided to enhance professional development.

**GOAL #3:** Schools will collaborate with community agencies to enhance nutrition education efforts.

**Activities:**

1. Organizations such as the Food Bank of SJ and My Daughters Kitchen will give cooking lessons to students after school.
2. The 5<sup>th</sup> grade will participate in the Garden Project with the Center for Environmental Transformation.
3. Parents will be invited to work shops on nutrition and how to shop economically.

4. Parents and students are made aware of fresh fruit and vegetable markets in the neighborhood via flyers.

**Steps Expected Outcome Monitoring** – Students will work with agencies to prepare healthy recipes and share these with parents. Cooking classes will take place in the cafeteria through out the year. Trips to farms and the Food Bank will give student a better idea of where their food comes from.

**GOAL # 4:** Nutrition education is integrated into other subject areas besides health education.

#### **Activities**

1. The study of where food comes from and the way the body uses food will be studied in science
2. In the study of other cultures the natural resources of an area and the cultural relationships to various foods will be explored
3. Students will be encouraged to analyze the nutritional values of food. Calculation calories, protein, carbs, etc.

**Steps Expected Outcome Monitoring** – Lesson plans will be monitored to assure that these areas are being taught. Students will be assessed for understanding. Project and long term journals will provide further understanding.

## **PHYSICAL EDUCATION – Goals and Activities**

**Goal #1:** Schools will have a Physical Education (PE) program that is consistent with national and state standards.

#### **Activities:**

1. Physical education class will be provided to every class weekly following Diocesan guidelines for time periods
2. Staff, parents, and students will be informed of the elements and schedule of physical education
3. Lesson plans will be submitted weekly by phys. Ed. Teacher
4. Teacher will assess students regularly
5. Plans will be designed with differentiation in mind
6. Health and nutrition will be incorporated into lessons.

**Steps Expected Outcome Monitoring** – Attendance will be kept and logged weekly. Physical education grades will be logged into Teacher Ease program and grades will be included on quarterly report cards. Principal will monitor weekly lesson plans and check on implementation.

**Goal #2:** Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.

**Activities:**

1. Phys. Ed. Teacher will attend physical education conference every other year.
2. On line resources will be used and other publications for professional development.
3. Materials will be purchased to carry out professional development when needed.

**Steps Expected Outcome Monitoring** – Physical education will give feedback to faculty and principal concerning in-service. Resources will be noted in lesson plans that reflect professional development. Lessons will be planned around professional development.

**Goal #3:** Schools will collaborate with community agencies to enhance PE and physical education efforts.

**Activities:**

1. School will collaborate with the Heart of Camden to use their gym throughout the school year, after school, and in the summer.
2. School will encourage students to participate in local and school sports such as: CPS Athletics, Soccer for Success, track, Ed Snyder Hockey, and Fortuna Studios Ballroom Dancing.
3. The schools summer program will include swimming, physical education, and daily recess.
4. Collaboration with YMCA and Diocesan Athletic Leagues.

**Steps Expected Outcome Monitoring** – Sign up opportunities will be announced to students and parents. Funds will be made available to cover expenses for various activities. Evaluation of various activities will be made through observation, student and parent feedback.