



**Evergreen Charter School**  
605 Peninsula Blvd.  
Hempstead, NY 11550  
Phone (516) 292-2060 Fax (516) 292-0575

## **Evergreen Charter School Wellness Policy**

*Pursuant to the Child Nutrition and Women, Infants and Children Reauthorization Act of 2004 (PL 108-265 section 204), ECS has established the following Wellness Policy.*

ECS recognizes that there is an obesity crisis among today's children. Since they spend so much of their time at school, we play a vital role in the solution to this health-threatening problem. Children's health risks include obesity, eating disorders and diet-related diseases. This is a growing concern in the Hempstead community and throughout the nation. We recognize that parents have primary responsibility for the health of their children. And parents play an important role in helping the school create and carry out strong wellness policies that work. Parents have a powerful role in supporting children's health and learning. Engaged parents help guide their children successfully through school, advocate for their children and can help shape a healthy school environment.

At ECS, we are committed to providing an environment that promotes children's health, nutrition and physical activity, thus maximizing our student's ability to learn. Towards this end, we have implemented a comprehensive health council that will monitor the nutrition and physical education programs.

### **Mission:**

We seek to improve the health of our student population while impacting the community by teaching students and families ways to establish and maintain life-long healthy habits. This mission shall be accomplished through nutrition and health education, physical activity and hands on gardening experiences.

### **Evergreen Charter School Health Council:**

The primary objective of our health council is to help students attain their academic potential and optimal health. We aim to provide our students with the skills, social support and environment that will enable them to adopt lifelong healthy eating habits and daily physical activities.

Members:

Principal, Director of Finance and Operations, Nurse, Chef, Social Worker, Student Council, Teacher and Parents.

The ECS Council will:

- Implement nutrition standards with a focus on maximizing nutritional value by decreasing fat and added sugars, and moderating portion size
- Support the school chef in providing a variety of cultural, age-appropriate food and beverages to expand students' food experience
- Implement our Healthy Snack Policy and support classroom teachers in implementing and monitoring this policy
- Implement a variety of health awareness programs such as Jump Rope for Heart, fitness clubs, cooking clubs, informational parent workshops
- Enlist the support of community health advocates
- Promote all elements of wellness: a healthy body, mind and spirit
- Work with the school chef to review meal menus and alternative meal choices
- Provide opportunities for physical activities during daily recess periods
- Meet at least twice a year to review the Health and Wellness Policy
- Engage stakeholders to support the implementation, monitoring and reviewing of the schools Health and Wellness Policy
- Update the school's website to reflect commitment to health and nutrition

Goals/Objectives:

- ECS will create a school environment that is consistent with our policy. All students will be provided with adequate time to enjoy healthy food in a clean, safe environment
- Ensure that no student goes hungry
- To provide a variety of affordable, nutritious and appealing food choices that meet students' health and nutrition needs within the cultural diversity of our student body
- Promote the school's breakfast program, so that every student starts the school day by eating a healthy, balanced breakfast
- Coordinate all aspects of school nutrition and physical activity leading to the improvement of student behavior, academic performance and attendance
- To create a school environment that provides wellness messages that are conducive to healthy eating and physical activities
- Ensure that healthy and nutritious breakfast, lunch and after school snacks are available to every student so that students are prepared to learn to their fullest potential
- Encourage maximum participation in the school meal program by developing a coordinated outreach to parents
- Ensure that the nutritional value of food served meets or exceeds the New York State Child Nutrition Program and USDA Dietary Guidelines by providing nutritious, fresh foods that reflect Hempstead's cultural diversity

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- Fresh fruits and vegetables
  - Local products
  - Balanced meal
  - Minimal processed products
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- Present students with a positive dining experience with menu choices in a pleasant environment with sufficient time for eating
  - Eliminate the consumption of “junk food” within the school
  - Maximize the reduction of waste by recycling, reusing and composting
  - Schedule lunch periods near the middle of the school day
  - Promote the consumption of fresh fruits, vegetables, whole grains, and low-fat dairy products
  - Ensure ECS health and physical education program includes nutrition and physical education
  - Relate calories, food intake and energy expenditure as a means of learning nutritional values and controlling weight
  - Present lessons in nutrition education for all students grades K-8. Lessons will be developed by the classroom teacher, school chef, school nurse, physical education teacher and social worker
  - Provide educational information and encourage healthy eating and physical activity for families, both within the home and outside the home
  - Provide professional development to the teachers and staff to effectively deliver quality nutrition education
  - Partner with the Parent Association to promote health/wellness activities for the school community
  - Receive physical education that meets the New York State Department of Education mandates and aligns with New York State Standards
  - Partner with universities to provide parent/student workshops (i.e. Cornell University)
  - Provide opportunities for students to attend field trips that promote health and wellness
  - Ensure students are given opportunities, support and encouragement to be physically active on a regular basis

The ECS Wellness Policy is a living document and will be updated on a yearly basis to ensure continued improvement in all school health and welfare practices.