



Phoenix School Wellness Policy
2016-2017 School Year

In accordance with the July 29, 2016, Final Rule of the USDA Food and Nutrition Service (FNS), the Healthy, Hunger-Free Kids Act of 2010, and the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children Reauthorization Act of 2004, we, the students and staff of Phoenix School, adopt the following policy.

Definitions:

1. Infrequent: one or two times per trimester.
2. Frequent: more than two times per trimester.

NUTRITION

Phoenix School will continue to provide high-quality and nutritious foods to students, and educate students about the benefits of eating a healthy diet. In addition to removing vending machines, Phoenix will promote healthy food alternatives.

School Meals

Fruits and Vegetables

1. All grains offered for breakfast and lunch will be whole grain rich (>50% whole grain)
2. School meals will offer 1 cup of fruits and/or vegetables each breakfast and lunch
3. Lunch will include weekly offerings of legumes, dark green vegetables, red or orange vegetables, and starchy vegetables

Sodium

1. We plan to reduce sodium in breakfasts to 570 mg or less by the end of the school year
2. We plan to reduce sodium in lunches to 1,080 mg or less by the end of the school year
3. We will monitor sodium content in breakfasts and lunches with infrequent reviews of recipes and ingredients

Calories

1. We plan to restrict breakfasts to a caloric daily range of 450-600 kcal and weekly range of 2,250-3,000 kcal
2. We plan to restrict lunches to a caloric daily range of 750-850 kcal and weekly range of 3,750-4,250 kcal
3. We will monitor caloric content in breakfasts and lunches with infrequent reviews of recipes and ingredients

Fat

1. Breakfast and lunch will not contain added trans-fat
2. No more than 10% of calories for breakfast and lunch will come from saturated fat
3. Breakfast and lunch will offer 1 cup of fat-free or 1% milk
 - a. Flavored milk (e.g., chocolate) may be substituted, but must be fat-free

Water

1. Free drinking water is available in the hallways outside the cafeteria during breakfast and lunch

Smart Snacks in School

Phoenix School adheres to the USDA policy for all snack foods sold or served in school.

Advertising

1. We will not advertise or market any food or beverage product that does not conform to the above guidelines for "Foods" and "Beverages".

Exemptions from these Nutritional Standards

1. Infrequent fundraisers that sell foods and beverages to fund school programming (e.g., bake sales)
2. Infrequent classroom parties that celebrate student success
3. Infrequent use of incentives in classrooms to motivate student participation and achievement
4. Donations of healthy snacks (as defined by the Smart Snacks in School guidelines) to classrooms by parents/guardians
 - a. Primarily for students with Individual Education Plan (IEP) concerns or Pathways teacher approval

PHYSICAL ACTIVITY

Phoenix School will provide individual and team exercise opportunities for all students each school year to help students explore healthy habits for maintaining and improving their physical health.

Courses

1. We will offer at least one personal physical development class per trimester (e.g., CrossFit) to encourage students to expand their perception of self and build self-confidence
2. We will offer at least one team-based physical education class per trimester to improve student fitness, agility, and interpersonal cooperation

Special Events

1. We plan to implement an annual “Spring Field Day” that will bring all students outside for an afternoon of physical wellness and exercise
 - a. Students will be able to choose from a variety of stations during the day, such as Soccer, Basketball, Ultimate Frisbee, Yoga, Personal Development, and Hiking at Sunshine Park
 - b. We will attempt to include local athletes and sports celebrities
2. We will encourage the formation of extracurricular clubs, such as a hiking club, basketball club, or running club, that promote physical activity
 - a. Club activities would be supervised by at least one staff member

MENTAL HEALTH

Phoenix School highly values trauma-informed education, based on the student population we serve, and thus has several practices already in place. However, there are additional measures we would like to standardize to improve student learning and socioemotional support.

Pathways Classes

1. We will continue to utilize Pathways as a key component of Phoenix student education, for the supportive relationships that develop
2. We will encourage Pathways teachers to implement infrequent meditation breaks, to create mental and physical spaces for students that are non-stimulating, stressful, or chaotic
 - a. We understand that depending on numerous factors (e.g., age, stress level, peer dynamics) it may be difficult to instate periods of total silence, but we encourage teachers to pursue alternative strategies to create infrequent non-stimulating environments

Socioemotional Wellness

1. We will continue to employ a full-time counselor to manage peer conflicts promptly and effectively
2. We will encourage the use of peer mediation in resolving interpersonal conflicts, and the continued offering of a peer mediation course annually
3. We will encourage the use of frequent assemblies that seek to improve the campus climate
 - a. These may be presented by school administrators, peer mediators, teachers, or guest speakers
4. We will continue to utilize a Student Services Team (SST), composed of the counselor, principal, and executive director, to alleviate critical interpersonal issues as they arise

WELLNESS COMMITTEE

Phoenix School will convene a Wellness Committee annually to evaluate compliance with the existing wellness policy, review the progress made in attaining the policy's goals, and compare the policy to model policies and those of neighboring schools.

Committee Guidelines

1. The Committee should be composed of at least three of the following stakeholders: teachers, students, other staff (administration, food service, maintenance, AmeriCorps), parents, board members, and members of the general public
2. The Committee should collect documentation of policy assessments, updates, and a list of those involved in the process of review and revision
3. The Committee should make the wellness policy readily available to all stakeholders, as well as results from assessments and updates