

# Sunrise Academy Wellness Policy

Updated: 2023



# What is a school wellness policy?

Creating Safe and Supportive Learning Environments to meet the needs of the whole child.

Sunrise Academy is committed to creating a healthy and supportive environment that promotes the well-being of our students, staff, and families. In accordance with the guidelines set forth by the Ohio Department of Education, this wellness policy aims to establish a comprehensive approach to physical, emotional, and social wellness within an Islamic framework.

- ❖ Promotes students' health and safety
- ❖ Promotes students' well being
- ❖ Promotes students' ability to learn



# Goals for Promoting School Wellness

Sunrise Academy Board and staff shall work together to achieve the following goals for our school:

- ❖ To ensure that our students learn and grow as Muslim-American role models who contribute positively to their communities.
- ❖ To provide a culture of learning environments in which all students can learn and grow.
- ❖ To provide an environment where students can grow into responsible and upstanding citizens.
- ❖ To tailor learning opportunities in order to provide appropriately for each student as we recognize their specific capabilities, backgrounds and learning styles.
- ❖ Manage stress levels.



# Nutrition Guidelines

- ❖ Guidelines for foods and beverages sold to students:
  - Food must contain a vegetable, fruit and grain.
  - Milk is always offered with breakfast and lunch.
  - Cafeteria person serving food must be dressed appropriately with hair net and gloves.
- ❖ Policy for food and beverage marketing
  - Program outreach at the beginning of the school year. The school sends out emails to families informing them of the school breakfast and lunch programs.
  - Lunch menus are posted on the school website.

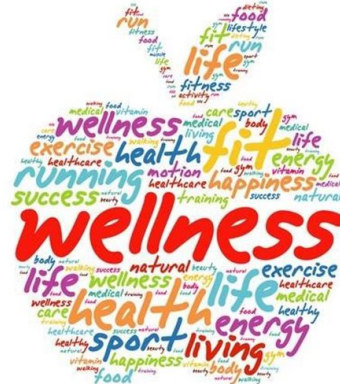


# Physical and Mental Wellness

- ❖ Physical Activity Opportunities: The school will provide opportunities for physical activity during and after school hours, such as sports clubs, intramural activities, and outdoor playtime.
- ❖ Screen Time Limitation: Limitation of screen time will be encouraged, promoting outdoor play and other non-screen-based activities.
- ❖ Social and Emotional Wellness: This is outlined in a later slide.
- ❖ Mental Health Support: Sunrise Academy will provide access to counseling services and support for students facing mental health challenges, in line with Islamic principles of compassion and empathy.
- ❖ Bullying Prevention: The school will implement anti-bullying programs and provide a safe space for students, fostering respectful and inclusive relationships based on Islamic values of kindness and tolerance.
- ❖ Parent and Community Engagement: Sunrise Academy will actively engage parents and the community in promoting the well-being of students, organizing workshops, seminars, and events on topics related to health, nutrition, and mental well-being.

# Equal Educational Opportunities

- ❖ All students at Sunrise Academy have equal educational opportunities.
- ❖ Students have the right to be free from discrimination on the basis of race, ethnicity, national origin, citizenship status, religion, gender, economic status, age, or disability in all decisions affecting admissions.



# Compulsory Attendance Ages

Under law, children between the ages of six and 18 are of compulsory school age. Every person of compulsory school age must attend a school, which conforms to the Minimum Standards prescribed by the State Board of Education (SBOE) until one of the following occurs.

1. The person receives a diploma or certificate of high school equivalence granted by the Board or other governing authority indicating such student has successfully completed all state and local requirements.
2. The person receives an age and schooling certificate (work permit) and is enrolled in an educational program meeting the requirements of State law.
3. The person is excused from school under standards adopted by the SBOE pursuant to Ohio law.

The parent(s) of any person that is of compulsory school age must send such person to school unless he/she is exempt as listed above.



# Student Involvement in Decision Making

- ❖ Student voice and choice is important at Sunrise Academy
- ❖ Students share responsibility for developing a climate in the school that is conducive to learning. Through participation in the decision-making process, students are an important resource for the improvement of the school, the educational system and the community.



# Dress Code

- ❖ Students at Sunrise Academy abide by a dress code.
  - Dress code requires all students in kindergarten through high school to wear a school uniform.



# Student Conduct

- ❖ Students are expected to conduct themselves in a way that exhibits respect and consideration for the rights of others. Students of Sunrise Academy must conform with school regulations and accept directions from authorized school personnel. The administration has zero tolerance of violent, disruptive, harassing, intimidating, bullying or any other inappropriate behavior by its students.
- ❖ A student who fails to comply with established school rules or with any reasonable request made by school personnel on school property and/or at school-related events is subject to approved student discipline regulations. Students are also subject to discipline, as outlined in the Student Discipline Handbook for misbehavior that occurs on school property as well as off school property when the misbehavior affects the health, learning process, and safety of students within Sunrise Academy.



# Positive Behavioral Interventions and Supports (PBIS)

- ❖ PBIS is a multi-tiered school-wide, behavioral framework developed and implemented for the purpose of improving academic and social outcomes and increasing learning for all students.
- ❖ Sunrise Academy administration and personnel develop a PBIS system/framework consistent with the components set forth in the State Board of Education's (SBOE) policy, State law and this policy.
- ❖ Sunrise Academy implements PBIS in an effort to promote positive interactions and solutions with students and families. Sunrise Academy encourages family involvement as a part of its PBIS system.
- ❖ Appropriate training has been, and continues to be provided to the Sunrise Academy staff.



# Social/Emotional Learning and Mental Health

- ❖ Staff are training on how to deal with SEL and mental health situations if they arise with students.
- ❖ Middle/High School principal received her certification as a Mental Health First Aider in September of 2023.



# Communication

- ❖ All information in this document is shared with families and staff members via the school website, schoolreach messages (email and text messages) at the beginning of every school year.
- ❖ Information is provided in our school handbooks on the school website as well.