

Sunrise Academy Wellness Policy

Updated: February 2024

What is a school wellness policy?

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

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



Exemptions

Exemptions from this policy may be granted by the School Board of Education at Sunrise Academy upon the recommendation of the School Director based upon the interests of the school.

- ❖ To ensure 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 become responsible and upstanding citizens.
- ❖ To tailor learning opportunities to provide appropriate 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.
 - The cafeteria person serving food must be dressed appropriately with a hair net and gloves.
- ❖ Policy for food and beverage marketing
 - Program outreach at the beginning of the school year. The school emails families about 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 based on race, ethnicity, national origin, citizenship status, religion, gender, economic status, age, or disability in all admissions decisions.



Compulsory Attendance Ages

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

- ❖ The person receives a diploma or certificate of high school equivalence from the Board or other governing authority indicating that the student has completed all state and local requirements.
- ❖ The person receives an age and schooling certificate (work permit) and is enrolled in an educational program meeting State law requirement.
- ❖ The person is excused from school under standards adopted by the SBOE pursuant to Ohio law. The parent(s) of any person 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 are essential 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 essential resource for improving the school, the educational system, and the community.

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 and school reach messages (email and text) at the beginning of every school year.
- ❖ Information is also provided in our school handbooks on the school website.

Goals for Promoting School Wellness

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

GENERAL STATEMENT OF POLICY

1. Sunrise Academy provides tools, strategies, techniques, and connections to develop healthy and optimistic learners.
2. The school respects each student's values, cultures, beliefs, and traditions.
3. The school recognizes the individual needs and developmental stages of students.
4. The school recognizes that good physical and mental health fosters improved student attendance, education, and learning.
5. School personnel engage in collaborative efforts between school and community services to ensure a continuum of services
6. The school environment should promote and protect student safety, well-being, and ability to learn by providing programming, curriculum, and services that address healthy behavior, skills, and knowledge.
7. School personnel seek to accommodate special needs by identifying barriers to learning.
8. The school recognizes that balanced nutrition and physical activity promote emotional well-being. Future Considerations: The Wellness Committee will make additional recommendations to the School Board of Education at Sunrise Academy.

TRAINING

Sunrise Academy will develop and implement a method of discussing this policy with students and school personnel. The school shall ensure that students and personnel receive additional training regarding behaviors promoting good health and steps to change or improve health.

❖ Physical Activity

1. Sunrise Academy will strive to continuously progress towards physical education classes that meet or exceed the National Standards.
2. Students will demonstrate an understanding of skills and techniques to achieve and maintain lifelong personal fitness.
3. Students can access physical education classes and/or fitness-oriented activities regardless of behavioral or academic status.
4. The school will refrain from using exercise due to negative behaviors.
5. The school will work to develop and coordinate physical activity opportunities before, during, and after school.
6. Students at the elementary level will participate in frequent, active recess.
7. The school will engage students in various physical activities throughout all disciplines.
8. The school will hire physical education teachers who are certified or licensed instructors.
9. The school will maintain safe and developmentally appropriate fitness equipment and activity areas.

Nutritional Quality of Foods and Beverages Sold and Served During and Outside the School Day

- ❖ Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the *US Dietary Guidelines for Americans*.
- ❖ The school will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; will accommodate the special dietary needs of students and will provide clean, safe and pleasant settings and adequate time for students to eat.
- ❖ To the maximum extent practicable, the school will participate in available federal school meals programs (including the School Breakfast Program and National School Lunch Program).
- ❖ The school will provide nutrition and physical education to foster lifelong healthy eating and physical activity habits. It will establish linkages between health education, school meal programs, and related community services.
- ❖ The school will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- ❖ The school will discourage tutoring, club or organizational meetings, or activities during mealtimes unless students may eat during such activities.
- ❖ The school will not use food or beverages as rewards for academic performance or good behavior. Rewards and incentives that do not undermine students' health or reinforce unhealthy eating habits will be used.
- ❖ The school will, to the extent possible, arrange bus schedules and schools that will utilize methods to encourage school breakfast participation.

- ❖ School meals served through the National School Lunch and Breakfast Programs will:
 - Offer a variety of fruits and vegetables;
 - Serve only low-fat (2% and 1%) and fat-free milk, except when whole milk is recommended for students with special nutritional needs; offer lactose-reduced milk when requested by students and/or parents/guardians.
 - Ensure that half of the served grains are whole grains.
- ❖ Food in the elementary school should be sold as balanced meals, given young children's limited nutritional skills.
- ❖ The school will not allow students to share their food or beverages during meals or snack times, given concerns about allergies and other restrictions on some children's diets.
- ❖ Snacks served during the school day or in after-school care or enrichment programs will positively contribute to children's diets and health. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, ages, and other considerations.
- ❖ The school will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for individual foods and beverages.

Nutrition Education and Promotion

The school aims to teach, encourage, and support healthy eating by students. Sunrise Academy will provide nutrition education and engage in nutrition promotion that:

- ❖ It is offered as a comprehensive (K.G-8TH grade) part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- ❖ Is part of health education classes and classroom instruction in

math, science, language arts, social studies, and elective subjects.

- ❖ Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, nutrition center-made taste testing, farm visits, and school gardens.
- ❖ Promotes fruit, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- ❖ Emphasizes caloric balance between food intake and energy expenditure (physical activity exercise).
- ❖ And links with school meal programs, other school foods, and nutrition-related community services.

Food Marketing

- ❖ School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to promoting foods and beverages that meet the nutrition standards for meals and food and beverages sold individually.
- ❖ School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. Promoting healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products, is encouraged.

Fundraisers

- ❖ Fundraising efforts support healthy eating by emphasizing the sale of non-food or healthy food items.

Staff Wellness

School staff serves as role models for students, which is crucial to successfully implementing student wellness programs. Therefore, Sunrise Academy should offer wellness programs. This may include workshops and presentations on health promotion, education, and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

Implementation and Monitoring

- ❖ The Wellness Committee will set forth the nutrition guidelines and procedures for selecting foods available at school.
- ❖ The school director will ensure compliance with the wellness policy and will provide an annual report to the school board, upon request, of the school's compliance with the policy.
- ❖ The school should incorporate a wellness policy implementation plan within the school's continuous improvement plans.

Communication with Families

- ❖ The school recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- ❖ The school will support parents' efforts to provide their children with a healthy diet and daily physical activity.
- ❖ The school encourages parents to pack healthy lunches and snacks and avoid including beverages and foods without nutritional value.
- ❖ The school will provide information about ways to promote healthy lifestyles.

SUNRISE ACADEMY