

Eleanor Kolitz Hebrew Language Academy

Child Nutrition and Wellness Policy

Purpose

Healthy eating patterns and a commitment to good physical health are essential for students to achieve their full physical and mental growth as well as life long health and well being. The Eleanor Kolitz Hebrew Language Academy will provide the knowledge and skills needed to make good nutrition and exercise choices for life.

Mission

Provide a school climate that encourages and nurtures the wellness of staff and students in all aspects of life to ensure that each person has the opportunity to be physically fit and have a healthy body and mind.

Goals

1. Nutritional education will be integrated into the core curriculum of language arts, math, science, and social studies in the K-5 grade levels.
2. The school space is safe, comfortable and allows adequate time and space for eating meals.
3. Avoid using food as rewards or treats.
4. Promote PTO involvement with nutrition as well as school to home communication.
5. Opportunities for physical education and activity are incorporated into the school day.
6. Avoid withholding recess or using physical activity as a disciplinary measure.

All food, including reimbursable meals, made available on campus will:

Comply with USDA Dietary Guidelines for Americans

Follow USDA portion size guidelines

Include healthy food options at any school function if it includes food or beverages

Measures

The Superintendent will be responsible for ensuring the district meets the goals of the wellness policy by including it in the CIP and reviewing and revising the policy annually.