Eman School Health and Wellness Policy

Approved by: Dr. Shaker Rashid, Superintendent
Date: April 8, 2025

Introduction

Eman School is committed to promoting the health and well-being of all students through a comprehensive Health and Wellness Policy. We believe that healthy students are better learners and that good nutrition and regular physical activity are critical to academic success. This policy outlines our commitment to fostering a school environment that supports lifelong wellness through balanced meals, nutrition education, physical activity, and community involvement.

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1. Nutritional Standards for Meals

Our lunch program is designed to provide nutritious, balanced meals that meet the dietary needs of students and promote lifelong healthy eating habits. The following standards apply:

- **Fruits and Vegetables:** A variety of fresh, seasonal, and locally sourced fruits and vegetables will be served daily.
- **Whole Grains:** At least 50% of grains offered will be whole grains, such as whole wheat, brown rice, and oats.
- **Lean Proteins:** Meals will include lean protein sources like chicken, turkey, legumes, eggs, and plant-based options.
- **Dairy:** Low-fat or non-fat dairy options (e.g., milk, yogurt, cheese) will be available to all students.
- **Limiting Added Sugars:** Added sugars will be minimized in meals and snacks; sweetened desserts and beverages will be offered only occasionally.
- **Healthy Fats:** Meals will include healthy fats from nuts, seeds, avocados, and olive oil, while minimizing trans fats and saturated fats.

- **Portion Control:** Appropriate portion sizes will be provided based on students' age groups to support healthy development and prevent overeating.

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2. Food and Beverage Choices

Eman School ensures that all food and drink offerings reflect our commitment to good nutrition:

- **Water Availability:** Clean, fresh water will be accessible to students at all times during lunch.

- **Limiting Junk Food:** Highly processed snacks high in fat, sugar, and sodium (e.g., chips, candy, sugary drinks) will be limited and only available during special events.

- **Dietary Accommodations:** The school accommodates students with special dietary needs, including halal, vegetarian, kosher, gluten-free, and medically required diets.

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3. Nutrition Education and Awareness

Eman School is committed to helping students understand the importance of nutrition and wellness:

- **Nutrition Education:** Lessons, workshops, and hands-on activities will be integrated into the curriculum to teach students about healthy eating and the benefits of physical activity.

- **Family Engagement:** Parents and families will be encouraged to participate in wellness initiatives by sharing healthy recipes, supporting school nutrition efforts, and reinforcing healthy habits at home.

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4. Physical Activity and Movement

We believe that daily physical activity is essential to student health, focus, and overall well-being:

- **Active Recess and Lunchtime Play:** Students will be encouraged to engage in active play during lunch and recess to develop lifelong fitness habits.

- **Physical Education Integration:** The wellness policy supports and complements the school's physical education program, reinforcing the importance of movement and fitness.

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5. Monitoring, Feedback, and Evaluation

Ongoing review and improvement of our wellness efforts are key to our success:

- **Feedback Collection:** Feedback from students, parents, and staff will be used to assess the effectiveness of the lunch program and overall wellness initiatives.

- **Program Monitoring:** Meals and activities will be evaluated for nutritional quality and alignment with current health guidelines.

- **Annual Review:** The Health and Wellness Policy will be reviewed each year and updated as needed to reflect student needs and emerging best practices.

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6. Conclusion

Eman School is proud to support the academic and personal success of our students by promoting a culture of wellness. By providing nutritious meals, encouraging physical activity, and involving families in wellness education, we aim to empower students to make informed, healthy choices that will benefit them for life.