

The Wellspring School's Wellness Policy

Nondiscrimination Policy

Notice of Non-Discrimination: The Wellspring Schools does not discriminate on the basis of race, color, religion, national origin, sex, ancestry, disability, age, genetic information, or any other characteristic protected by law, in its programs and activities. The Head of School is designated to handle inquiries regarding the non-discrimination policies.

School Vision, Mission, and Model of Education

Vision Statement

Wellspring envisions a creative society of leaders who utilize their talents and skills as ethical contributors to the global community.

Mission Statement

Through high-quality teacher professional development and reflective inquiry, students will be engaged in learning experiences that promote creativity and higher-order thinking.

Wellspring Model of Education

The Wellspring Model of Education is designed by Shakiel Humayun after spending over a decade in education. It integrates creativity and critical thinking in an enjoyable way for educators and children. The Wellspring Model implements its unique formula of creativity, personalized learning, technology, staff management, and parental involvement to create a different style of education.

The Wellspring Model of Education is a systemic model. It is designed in an engaging way to challenge old ideas and/or create new ones, foster higher/critical thinking, incorporate 21st-century skills, and cater to various styles of learning. The model also considers the socio-emotional well being of its students through school-wide positive reinforcement, no corporal punishment or public defamation, and if applicable, behavioral transformation.

The Wellspring Model of Education attempts to understand each child's unique attributes and interests and personalizes their education for them. It further attempts to infuse technology and entrepreneurship to foster global competitiveness.

Wellspring Wellness Policy (partially adopted from NYC DOE)

The Wellspring Schools is committed to working with families and the community to ensure that all students graduate knowing how to take care of their minds, bodies, and those around them in a way that is aligned to Islamic values and morals. For students to have the opportunity to achieve personal, religious, academic, developmental, and social success, they need positive, supportive, and health-promoting learning environments at every level, in every setting, throughout the school year.

Good nutrition and physical activity throughout the day are strongly correlated with positive student outcomes. Students who are physically active through physical activity breaks, high-quality physical education, and extracurricular activities perform academically and socially better.

This policy outlines The Wellspring School's approach to ensuring that students are provided with physical, nutritional, and health education instruction. Additionally, students are immersed in environments and opportunities that allow them to practice healthy behaviors throughout the day. This policy ensures that:

- Students have quality physical education that meets New York State requirements and opportunities to be physically active throughout the day;
- Students receive comprehensive health education that helps them develop the knowledge and skills to practice lifelong healthy behaviors;
- Students learn how to access health information and services available to them in and outside of school settings;
- Students have access to healthy foods during the school day (through both reimbursable school meals and other available foods) in accordance with federal and New York State nutrition standards;
- Food and beverages sold or served at school meet strict nutrition standards;
- School meals provide students with access to a variety of affordable, nutritious, and appealing foods that meet their health and nutritional needs;
- The Wellspring Schools participates in the National School Lunch Program;
- Students engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The community is engaged in supporting the work of The Wellspring Schools in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and,

- The Wellspring Schools coordinate management, oversight, implementation, communication, and monitoring of the Wellness Policy and its established goals and objectives.

Physical Education and Physical Activity

Physical Education

Physical education (PE) is an essential component of educating the whole child. In PE, students learn about their bodies, how to take care of them, and how to move, as well as the skills to engage in lifelong healthy habits. Physical Education is an academic subject that students need and deserve in order to maintain focus in school and develop healthy habits for a lifetime. All PreK- 12 students are provided with an instructional physical education program aligned to NYS learning standards. All students will receive physical education for at least 150 minutes per week.

All students are provided an equal opportunity to participate in physical education classes. The Wellspring Schools make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. Per New York State regulations, waivers, exemptions, or substitutions for physical education classes are not permissible.

Comprehensive Health Education

Health education plays a critical role in helping students develop the knowledge and skills they need to care for their bodies and make healthy decisions. Health education provides young people with the opportunity to develop essential competencies, such as goal-setting, self-advocacy, communication, decision-making, analyzing influences, accessing resources, and practicing health-enhancing behaviors that will help them succeed in school and in life.

The Wellspring Schools provide all students with comprehensive health education according to New York State Education Law 804.

Health education is culturally inclusive and is provided in a safe and supportive learning environment where all students feel valued. A skills-based approach is used in teaching comprehensive health education that addresses a variety of topics, such as tobacco, alcohol, and drug abuse; healthy eating/nutrition; mental and emotional health; personal health and wellness; physical activity; safety and injury prevention; and violence prevention. Whenever possible, nutrition promotion events and activities within and around the school.



In elementary schools

- Every student receives health education every year.

In middle schools

- Students receive the equivalent of one 54-hour comprehensive health education course.

In high schools

- Students receive the equivalent of one 54-hour, one-credit health education course.

Comprehensive health education promotes healthy lifestyle habits, healthy relationships, and health literacy for all students by developing their social-emotional learning skills and resiliency. The Wellspring Schools utilizes a research-based curriculum for all students that is aligned with National Health Education Standards. The Wellspring Schools has a PreK-12 health education scope and sequence in the skills-based and age-appropriate health education.

School Food Nutrition and Promotion

Good nutrition is paramount for a great education. When students have a healthy diet, it enhances their attention and understanding during class time. The Wellspring Schools offers nutritious, complete meals daily that provide students with the fuel their brains need to excel in school. The Wellspring Schools communicates what is being served in monthly menu announcements in emails, letters to parents, and posted on our website.

Meals served by The Wellspring Schools through the National School Lunch Program (NSLP), meet, local, state, and federal requirements for reimbursement. All meals adhere to the following:

- Restriction of fat content of meals as follows:
 - Total fat will be limited to 30 percent of the total calories over the course of the week
 - Saturated fat will be limited to 10 percent of the total calories over the course of the week
- Provide limited and targeted amounts of sodium
- Offer and promote the consumption of fresh fruit and a variety of vegetables daily
- Offer and promote the inclusion of plant-based entrees
- Incorporate seasonal and locally produced foods into menus
- Offer three varieties of milk:
 - Low-fat (1%)

- Fat-free
- Fat-free chocolate milk
- Exception: Some special populations may receive whole milk

The Wellspring Schools prohibit ingredients that are potentially harmful to developing children in the products served on our menus.

Snack Standards for Areas Accessible to School Children

The Wellspring School's goal is to encourage students to develop healthy eating habits by reducing or eliminating the total fat, saturated fat, trans fat, cholesterol, and sodium content of snack items. Many popular snack items have been reformulated to meet enhanced nutritional standards.

Snacks that are sold will contain the following:

All products will be in single-serve packages

- Products may not contain any artificial and non-nutritive sweeteners
- Products to contain no more than 200 calories per serving
- Products to contain no more than 200 mg. of sodium
- Products to contain less than 10% of total calories from saturated fat
- Products to contain no more than 35% of total calories from fat (nuts and nut butters are exempt)
- Combination products of dried fruit and nuts are exempt from the total fat standards
- Products to contain less than 0.5 grams of Trans Fat per serving
- Products to contain no more than 35% of total calories from added sugars (fruit products with no added sugars are exempt)
- Grain-based products must contain at least 2 grams of fiber per serving
- All fresh fruits and vegetables are acceptable. In addition, yogurt must contain ≤ 15 grams of sugar per 4 oz. and cannot contain artificial flavors or colors

Prohibited Items: The following items will not be offered for sale to students.

- Chewing gum
- Candy (including hard candy, jellies, gums, marshmallow candy, fondant, licorice, spun candy, and candy-coated popcorn)
- Water ices which do not contain fruit or fruit juices
- Artificial sweeteners



Nutrition Education and Promotion

The Wellspring Schools will continuously develop and maintain effective partnerships with members of the school community. The Wellspring Schools will utilize these partnerships to promote and monitor nutritional and physical activity policies and programs.

The Wellspring School's Wellness Council

Roles and Membership

The Wellspring Schools will establish a wellness council that meets at least twice per year to recommend, review, and support the implementation of the policies and practices addressing wellness-related issues that affect student health and well-being, including the development, implementation and periodic review and update of this Wellness Policy.

The Wellspring School's Wellness Council membership will be represented by parents, students, nutritionist/dietician, physical and health education teachers, health professionals/staff (e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services), mental health and social services staff (e.g., school counselors, psychologists, social workers, or psychiatrists), school administrators (e.g., Head of School, principals), and other community partners and stakeholders. The Council shall consist of members who are representative and inclusive of The Wellspring School's community.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The Wellspring Schools will ensure that nutritional and health services requirements are met. In addition, The Wellspring Schools will conduct the following services:

- Work with the local health department, community advocacy organizations, and the educational community to assess and promote student acceptance of the National School Lunch Program offerings.
- Implement a USDA-approved software to monitor compliance of cycle menus and snack programs with federal, state, and local nutritional policies and standards.
- Randomly collect, analyze, and evaluate menu items for compliance with Child Nutrition specifications.



- Continue to participate in audits and reviews by local, state, and federal agencies.
- Provide guidance, resources, and programs to support physical and health education, physical activity, and overall school wellness initiatives.

Recordkeeping

The Wellspring Schools will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include but not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) efforts to actively solicit Advisory Council members from the required stakeholder groups; and (2) these groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) methods by which the wellness policy and annual progress reports are made available; and (2) efforts to actively notify families about the availability of the wellness policy.

Annual Progress Reports

The Wellspring School's Wellness Council will compile and publish an annual report to share basic information about the wellness policy and report on the overall progress implementing wellness goals. This annual report will be published around the same time each year in August. This report will include but not be limited to:

- The website address for the wellness policy and/or how to receive/access a copy of the wellness policy;
- A narrative about the school's progress in meeting the wellness policy goals;
- Highlights of events or activities related to wellness policy implementation;
- Information on how individuals can get involved with the school wellness efforts.

Revisions and Updating the Policy

The Wellspring School's Wellness Council will update or modify the wellness policy based on the results of the annual progress reports and/or as The Wellspring School's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every year.



Community Involvement, Outreach, and Communications

The Wellspring Schools is committed to being responsive to community input, which begins with awareness of the wellness policy. The Wellspring Schools will actively communicate ways in which representatives of the Wellness Council and others can participate in the development, implementation, and periodic review and update of the wellness policy.

The Wellspring Schools will also inform parents of changes made to school meals and compliance with Child Nutrition school meal standards, and availability of child nutrition programs and how to apply.

The Wellspring Schools will use electronic mechanisms, such as email or notices displayed on The Wellspring School's website to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

The Wellspring Schools will also use these mechanisms to inform the community about the availability of the annual reports. The Wellspring Schools will ensure that communications are culturally and linguistically appropriate to the school community.