

Pursuant to federal law, the following members of the Wellness Advisory Council have jointly developed this Wellness policy:

- Julia Ethier- Manager of School Nursing
- Jennifer McCullough - Principal
- Angela Carmichael - Food Service Manager
- Jim Gianvito - PE Teacher
- Wally Lederer - Child Advocate
- Family Advisory Board
- Summer Camp Students at Morgridge Academy 2016

Morgridge Academy promotes a healthy school by supporting learner wellness, good nutrition and regular physical activity as part of the total learning environment. Schools contribute to the basic health of learners through the support and promotion of overall wellness to include good nutrition and physical activity. Improved health optimizes learner performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

Morgridge Academy will establish and maintain a school-wide Nutrition and Physical Activity Advisory Council, and recruit new members as needed.

The purposes of the council shall be:

- to monitor the implementation of this policy,
- evaluate the school's progress on this policy's goals,
- serve as a resource to the school and
- recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the council's beliefs stated above the council adopts the following goals:

Goal #1. Morgridge staff will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors for K-8th grade learners.

Goal #2. Morgridge will support and promote proper dietary habits contributing to learners' health and academic performance.

Goal #3. Morgridge Academy staff will provide more opportunities for learners to engage in physical activity.

Goal #4. Morgridge Academy staff will provide opportunities for learners to attend school on a daily basis, even when not feeling well.

Goal #5. Morgridge Academy staff will provide a safe therapeutic environment for developing and practicing appropriate social skills and mental health awareness.

Goal #1. Morgridge staff will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors for K-8th grade learners.

The entire school environment, not just the classroom, shall be aligned with health related school goals to positively influence a learner's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

The goal of providing a comprehensive learning environment shall be accomplished by:

Steps	Who is Responsible	By When
Comprehensive health standard curriculum will be implemented and assessed.	School Administration and School Nurses	Implemented in May 2019
Learners in grades K-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.	School administration, nurses, and community	Ongoing
A minimum of 30 minutes each month have been set aside for teaching the effects of nutrition and physical activity on health	Classroom Teachers	Ongoing
Active promotion of healthy eating and physical activity to learners, parents, school staff and the community at parent nights, staff in-services, etc.	All Morgridge Staff	Ongoing
Nutrition education is offered in the school lunchroom as well as in the classroom, with coordination between the foodservice staff and teachers.	Morgridge Staff	Ongoing

Goal #2. Morgridge will support and promote proper dietary habits contributing to learners' health and academic performance.

All foods and beverages available on school grounds and at school sponsored activities shall meet or exceed the school's nutrition standards. By participating in the School Breakfast and/or National Lunch Program we shall comply with any state and federal rules or regulations regarding the service of foods or minimal nutritional value as defined by the USDA.

The goal of supporting and promoting proper dietary habits shall be accomplished by:

Steps	Who is Responsible	By When
A requirement that all learners have access to healthful food choices in appropriate portion sizes, including healthful meals in the school cafeteria with adequate time to eat, and healthful items for fundraisers, classroom parties and rewards in the school	Morgridge Staff	Ongoing
Meals will be served in a clean and pleasant setting.	NJH food nutrition services and environmental services employees	Ongoing
The school will ensure that we follow USDA guidelines.	NJH food nutrition services	On going
At Morgridge Academy, peanuts and tree nuts are not allowed.	Morgridge Staff & students	On going
Learners receive consistent nutrition messages from school staff throughout school, classroom, cafeteria, homes, community, and media.	Morgridge Staff	On going

Students are allowed to have their own water bottle throughout the day.	Morgridge Staff	On going
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The following will be in Morgridge Academy Policies

Sharing of Foods and Beverages: Morgridge Academy does not allow the sharing of food or beverages due to the many food allergies. If an item is brought for the entire class to share, parents must consult with the school nurse for allowed foods.

Allowed beverages are water without added caloric sweeteners, fruit or vegetable juices that contain at least 100% of the fruit or vegetable and do not contain additional caloric sweeteners.

Not allowed are soft drinks, sports drinks, and iced teas, fruit-based drinks that contain less than 100% real juice or that contain additional caloric sweeteners, unless prescribed by a licensed physician. Other foods not allowed are nuts, seeds, candy, and gum.

Goal #3. Morgridge Academy staff will provide more opportunities for learners to engage in physical activity.

For learners to receive the nationally recommended amount of daily physical activity (i.e. 60 minutes per day) and for learners to fully embrace regular physical activity as a personal behavior, learners need opportunities for physical activity beyond physical education class.

The goal of providing more opportunities for students to engage in physical activity shall be accomplished by:

Steps	Who is Responsible	By When
Seek opportunities for physical activity during the school day through daily recess periods, daily physical education classes, walking/running programs and the integration of physical activity in the academic curriculum.	Morgridge Staff	On going
Ensuring all learners have access to age-appropriate daily physical activity.	Morgridge Staff	Ongoing
A requirement that Morgridge offer lunch <i>after</i> recess to all learners.	Administration	Ongoing
Seek additional equipment for physical activity during recess.	Morgridge Staff	On going

The following will be in Morgridge Academy Policies

Physical Activity and Punishment: Morgridge staff will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity (e.g. recess or PE) as punishment.

Morgridge learners are monitored by a school nurse before participating in PE or recess due to their chronic illness. All learners will participate in PE unless the nurses determine

there is a medical reason for non-participation or if the student provides a written note from a physician excusing the student for specific dates.

All learners must have proper shoes for PE classes in the gym on Tuesday and Thursday and every other Friday. These should be tennis shoes (sneakers) that allow them to run without risk of injury.

Swimsuits are needed for swim class on Monday and Wednesday. Swimsuits are locked up at the end of each swim day. Cosmetic concerns, including hair treatment or style will not excuse a child from a swim class.

Goal #4. Morgridge Academy staff will provide opportunities for learners to attend school on a daily basis, even when not feeling well.

A quality education program is an essential component for all students to become lifelong learners.

The goal of providing opportunities for learners to attend school daily will be accomplished by:

Steps	Who is Responsible	By When
Requiring the school to have a nurse in the building when learners are present and at school sponsored activities	Administration	Ongoing
Learners are expected to attend school even when not feeling well, unless there is a fever greater than 100.1, persistent vomiting / or diarrhea or if an illness is contagious (e.g. strep throat, pink eye). Also if a learner needs to have a nebulized treatment more often than every 2 hours, their physician should assess the learner.	Morgridge Families	On going

All school staff will monitor learners throughout the school day. When necessary, learners will be treated as prescribed by their physician and according to school policy.	Morgridge Staff	Ongoing
Nurses will coordinate with staff to modify learners' activity and nutrition when necessary.	Morgridge Nurses	Ongoing
Learners will have annual health screening to include vision, hearing, height, weight, BMI, and blood pressure. Screening results will be sent home.	Morgridge Nurses	Ongoing

The following will be in Morgridge Academy Policies

Medication Policy:

All medications must be administered in the clinic by the school nurse. Learners must check-in all medications to the nurse. Learners may not carry medications, including inhalers.

The school allows the school nurse to administer Tylenol and Mylanta once a day for occasional use per standing orders from a physician.

A prescription medication requires a physician's authorization, as well as the pharmacy-labeled medication instructions. Parents are responsible for providing the prescribed medications. School nurses will notify parents when a medication is low or out and parents are expected to send a replacement as soon as possible.

Goal #5. Morgridge Academy staff will provide a safe therapeutic environment for developing and practicing appropriate social skills and mental health awareness.

The goal of providing students with opportunities for mental health and wellness will be accomplished by:

Steps	Who is Responsible	By When
There will be a clear school policy on behavior expectations. Restorative practices will be used to determine and administer consequences, with the understanding that students are unique individuals and will be treated as such.	Morgridge Administration	On going
In class whole-group instruction on appropriate ways to interact with peers and adults to include but not limited to; anger management skills, conflict resolution skills, stress management, and taking responsibility.	Morgridge counselor and teachers	On going
Individuals participating voluntarily in counseling groups that will focus on a variety of issues, as mentioned above.	Morgridge counselor	On going
Individuals can submit a request to talk to our counselor	Morgridge students	On going

Evaluation

The Morgridge Academy will evaluate and revise all Wellness Programs.

June 2007

August 2009
August 2010
December 2014
June, August 2016
April 2018
April 2019
April 2020
April 2021
April 2022
April 2023
April 2024