



## **Nelson Mandela Elementary Health and Wellness Policy**

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### **Preamble**

Nelson Mandela Elementary is taking a holistic approach in our educational model to promote healthy lifestyles to aid academic success and lifelong healthy habits. Our commitment to each scholar's health and wellness will be evident in their daily school routine. Nelson Mandela Elementary believes that creating a positive, safe, and health-promoting learning environment will foster personal, academic, developmental, and social success. In addition to promoting healthy habits during the school day, Nelson Mandela Elementary will extend their mission to the scholar's families through family wellness events and educational opportunities to encompass healthful habits that will nourish a child's mind and body to allow them the opportunity for optimal growth.

Research shows that good nutrition and physical activity, before, during, and after the school day are strongly correlated with positive student outcomes. This policy outlines Nelson Mandela Elementary's approach to ensuring an environment for scholars and their families opportunities to practice healthy habits that will aid in the overall success of each scholar.

This policy will establish that:

- Scholars will have access to healthy foods throughout the day in accordance with state and federal nutritional guidelines.
- Scholars will receive quality nutrition and physical education that helps them develop lifelong healthy eating and active lifestyle behaviors.
- Scholars will have opportunities to be physically active before, during, and after school.
- Scholars will engage in nutrition and physical activity promotion activities to promote wellness.
- School staff will be encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- Scholars and staff will have the opportunity to engage in wellness activities to address emotional and physical health needs.
- Nelson Mandela Elementary community will be engaged in supporting the work of Nelson Mandela Elementary in creating continuity to practice lifelong healthy habits in the community.
- Nelson Mandela Elementary will establish and maintain a Health and Wellness Committee for the management, oversight, implementation, communication, and monitoring of the health and wellness policies and established goals.



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### I. School Wellness Committee

#### A. Committee Role

1. The Health and Wellness Committee (HWC) will meet quarterly to:
  - a) Establish school related and familial goals for our scholars.
  - b) Oversee the implementation of the school's health and safety policies.
  - c) Review and update the school's health and wellness policy annually.
2. The HWC will disseminate the Health and Wellness Policies and committee meeting minutes through the school's website:  
<http://nelsonmandelaelementary.org/>

#### B. Committee Membership

- |                     |                                          |
|---------------------|------------------------------------------|
| 1. Kwin Kunkle      | Teacher and certified yoga instructor    |
| 2. Riannon Bell     | Nutrition Manager                        |
| 3. Elton Foster     | Parent                                   |
| 4. Linda Hoven      | College of St. Mary's Nursing Instructor |
| 5. Monica Wells     | Family and Scholar Support               |
| 6. Brandon Williams | PE and Health instructor                 |
| 7. Trisha Humphrey  | Parent                                   |

### II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

#### A. Monitoring

1. The Head of School will facilitate development of, and updates to, the wellness policy, and will ensure the school's compliance with the policy.
2. Nelson Mandela Elementary will retain all HWC record

#### B. Accountability

1. Nelson Mandela Elementary Health and Wellness Committee will retain records to document compliance with requirements of the wellness policy in the office of the Head of School and in a Google Document that is available to Nelson Mandela Elementary staff members.
2. Documentation maintained in these locations will include but is not limited to:
  - A. The written health and wellness policy
  - B. Meeting Minutes
  - C. Documentation demonstrating compliance with community compliance involvement requirements.



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- D. Community partners participation in the development, implementation, and periodic review of the wellness policy.
- E. Documentation of annual policy progress reports.

3. Annual Progress Report will be published annually in August including:

1. The Website address for the wellness policy
2. A description of the school's progress toward meeting its goals.
3. A summary of each school health and wellness event.
4. The name, position, title, and contact information of the school's designated Health and Wellness Policy Coordinator.
5. Information on how parent(s)/guardian(s) and community members can be involved in the Health and Wellness Committee.
6. ii) Nelson Mandela Elementary will make the report available in English.

4. The Health and Wellness Committee will modify or update the health and wellness policy based on the results of the annual progress, progress assessments, and or as Nelson Mandela Elementary's priorities/needs change, goals are met, new health information and research is conducted, new technology emerges, or new state and/or federal guidelines are issued.

### **D. Community Engagement, Outreach, and Communications**

1. Nelson Mandela Elementary is committed to being responsive to input from community members and encourage the participation of relevant community members involvement in the development, implementation, and review of the school's Health and Wellness policy.

2. Nelson Mandela Elementary will inform parent(s)/guardian(s) of any improvements that have been made to the school meals and provide a description of and maintain compliance with Smart Snacks in the School nutrition standards.

- Nelson Mandela will utilize the school website, newsletters, presentations to parents, or send home information to disseminate information and ensure all families are notified of the content of the Health and Wellness policy, as well as, provide families the opportunity to get involved and support the policy.



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### III. Nutrition

#### A. School Meals - Follow all USDA Nutrition Standards

1. Offer options instead serve all elements
2. Breakfast
  - a) Offer up to ONE cup of fruit
3. Lunch
  - a) Offer 3/4 cup of veggie or ½ cup of fruit.

B. School Snacks - All snacks (including birthday treats/holiday parties/school wide celebrations) will meet the **Smart Snacks in School Guidelines** during school and during extended school day.

1. Be a “whole grain-rich” grain product; or
  - a. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - b. Be a combination food that contains at least ¼ cup of fruit and/or vegetable
2. The use of food as a reward is prohibited.
  - a. Students may not earn food/snacks/candy for work completed.
  - b. All students will be offered a snack at designated times.

C. Hand Hygiene - Hand washing is the single most important means of reducing the risks of transmitting microorganisms from one person to another or from one site to another

1. Students will be instructed in proper hand hygiene techniques using
  - a. soap and water; and
  - b. hand sanitizer
2. All students are required to wash their hands prior to breakfast, snack, and lunch.
3. Hand sanitizers are located in the cafeteria and each classroom for use at all times.



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### **B. Water**

1. To promote hydration, free, safe unflavored drinking water will be available to all students throughout the school day. Drinking water will be available where school meals and snacks are served during meal and snack times. In addition, students will be allowed to bring and carry a water bottle filled with only water with them throughout the day. Students also have access to safe drinking water from water fountains and from a water jug/cups in the classroom.
  - a) All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations.

### **C. Nutrition Promotion**

1. Nelson Mandela Elementary will create food environments that encourage healthy nutrition choices and encourage participation in the school meal program.
2. Breakfast, Lunch, and 1 snack per day will be available for every student at Nelson Mandela Elementary free of charge.
3. Students and Staff will receive consistent messages throughout the school to promote nutritious foods and beverages.
4. Nelson Mandela Elementary's Health and Wellness Committee will work with school staff, parents, scholars, and community members to encourage a multi-channel approach of promotion of health foods, choices, and lifestyles.

### **D. Nutrition Education**

1. Nelson Mandela Elementary aims to teach, model, encourage, and support healthy eating by students through:
  - a) Providing students with the knowledge and skills necessary to promote and protect their health through developmentally appropriate instruction.
  - b) Integration of health education instruction in a variety of subjects including science, math, physical education, and health class.
  - c) Allow students to participate in healthy lifestyles life skills such as, but not limited to, gardening and cooking activities, including healthy preparation methods.
  - d) Exposing students to a variety of fruits and vegetables, whole-grain products, low fat, and fat-free dairy products and encouraging students to taste a variety of foods.
  - e) Educating children on how the body uses food for fuel using a developmentally appropriate curriculum at each grade level.



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- f) Partnering with community partners to provide enrichment activities that promote healthy nutrition, including but not limited a Community Garden
  - g) Essential Healthy Eating Topic in Education
2. Nelson Mandela will include in the health education curriculum the following essential topics on healthy eating, hygiene, and wellness
- a) Relationship between healthy eating and personal health and disease prevention
  - b) Food Guidance from MyPlate
  - c) Eating a variety of foods daily
  - d) Balancing food intake with physical activity
  - e) Eating more fruits, vegetables, and whole grain products.
  - f) Choosing foods healthy foods
  - g) Importance of drinking water
  - h) Importance of eating breakfast
  - i) Puberty education in grades four and five
  - j) Importance of being safe physically, socially and emotionally through specific curriculum and lessons provided by the counselor.

### E. Food and Beverage Marketing

- 1. Nelson Mandela Elementary is committed to the nutritional health of our students and is committed to ensuring the opportunity for all students to practice healthy eating and physical activity behaviors before, during, and after school. Advertisements with messages that are inconsistent with the health and wellness goals of Nelson Mandela Elementary will be prohibited.
- 2. **All food available to students at Nelson Mandela Elementary will be in compliance with the state and federal Smart Snack and Healthy meals initiative.**
- 3. Promotion of healthy food and beverage choices are encouraged through the following practices:
  - a) Sliced or cut fruit is available daily
  - b) All vegetables are given a creative or descriptive name
  - c) All staff members have been trained to politely prompt students to select and consume the daily vegetable option.
  - d) Unflavored milk is placed in front all other options in all coolers.

## IV. Physical Activity

### A. Physical Education

- 1. PE 45 minutes per week.
- 2. Physical Education program integrates the components of the Presidential Youth Fitness Program (<http://www.pyfp.org/> )



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- a) Fitness assessment using Fitnessgram  
<http://www.fitnessgram.net/>
  - b) Professional development for physical education teachers on proper use and integration of fitness education, fitness assessment, and recognition.
  - c) Recognition of students meeting Healthy Fitness Zones or their physical activity goals.
3. All Physical Health Education teachers participate at least once a year in professional development in health education.
  4. A written physical education curriculum is utilized
- B. Recess
1. Recess every 90 minutes.
    - a) 20 minute lunch recess
    - b) 15-20 minute recess 2x per day
- C. Physical Activity Breaks
1. Nelson Mandela Elementary recognizes that students are more attentive and ready to learn when provided with the opportunity to be physically active or stretch periodically throughout the day in the classroom.
  2. These breaks will be 3-5 minutes in length and will compliment recess and PE, and will not serve as a substitute.
  3. USDA and Alliance for a Healthier Generation
- D. Active Academics
1. Teachers will incorporate movement and kinesthetic learning approaches into 'core' subject instruction to reduce sedentary behavior during the school day.
- V. Health and Wellness Promotion
- A. Healthy Habits at Nelson Mandela Elementary
1. All school snacks will meet the "Smart Snack" guidelines (**see III Nutrition for details**).
  2. Birthday and Holiday celebrations will encourage an active game and a healthy snack.
  3. Treats for celebrations must meet the "Smart Snack" guidelines and must be store bought.
  4. Teachers will provide notification to parents if there is a food prohibited in a classroom secondary to a student with a food allergy in the classroom. The student's identity will remain confidential.
  5. The playground, basketball court, Gaga Pit, and soccer field are open for public use during non-school hours.
  6. The gym is available for use for group exercise on a limited basis with permission from the Health and Wellness Committee and Head of School.
  - 7.



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8. Promote prosocial behaviors, such as cooperation, conflict resolution, and helping others.
9. A school climate will be established to prevent harassment and bullying. Use of a school-wide Social Emotional Learning curriculum has been adopted and used daily by all teachers. The content specifically addresses harassment, bullying, kindness, and many more social skills.
  - a) Students are encouraged to report bullying
  - b) Staff members and students treat each other with respect and courtesy
  - c) Staff members actively supervise students
    - (1) Model positive and respectful interactions
    - (2) Provide support for victims of harassment or bullying
    - (3) Respond immediately to harassment or bullying
    - (4) Use effective classroom management techniques to reduce the bullying and negative behaviors.
10. Parenting University will be used to educate and encourage families on the use of effective parenting strategies to help prepare their students for a successful school day. Information addressed will be evidenced based and presented by professionals. The topics are not limited to, but will include:
  - a) Praising and rewarding DESIRABLE behavior
  - b) Staying actively involved with children in fun activities
  - c) Making time to listen and talk with their children
  - d) Setting expectations for appropriate behavior and academic performance
  - e) Sharing parental values
  - f) Communicating with children about health-related risks and behaviors
  - g) Making a small number of clear, understandable rules designed to increase the student's level of self-management (routine chores, homework, screen time).
  - h) Monitoring children's activities (knowing whereabouts and friends)
  - i) Modeling nonviolent responses to conflict
  - j) Modeling healthy behaviors
  - k) Emphasizing the importance of children getting enough sleep
  - l) Providing a supportive learning environment in the home.
  - m) Positive peer interactions and cooperative play.

### **B. Community Partnerships**

1. Nelson Mandela Elementary will foster relationships with community partners to seek support of their Health and Wellness program.



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2. New community partners will be evaluated to ensure that they are consistent with the Health and Wellness policy and mission of Nelson Mandela Elementary.
  3. Current Community Partners:
    - a) College of Saint Mary's
    - b) UNO
    - c) First Tee Golf of Omaha
    - d) The Big Garden
    - e) Charles Drew Health Center
    - f) Project Harmony Connections Program
    - g) Creighton School of Dentistry
    - h) VisionMobile
    - i) Football for the World
    - j) PAL athletic league (soccer and basketball)
- C. Community Health Promotion and Engagement
1. The Health and Wellness Committee at Nelson Mandela Elementary will promote healthy eating habits and an active lifestyle to parents/caregivers, families, and the general community throughout the school year.
    - a) Promotion will take form in the following ways:
      - (1) Healthy Tips provided in the Meerkat Monday and on the Website
      - (2) 3 annual Family Fun activities to be decided by the Health and Wellness Committee.
      - (3) Promotion of healthy activities to meet physical, emotional, psychological needs for our students in developmentally appropriate ways.
  2. Promotion of Farm to School activities:
    - a) Local and/or regional products are incorporated into the school breakfast program
    - b) Messages about agriculture and nutrition are reinforced throughout the learning environment.
    - c) School hosts a school garden.
    - d) School hosts an annual field trip to a local farm or agricultural business.



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### **D. Health and Wellness**

1. The school's health professional will collaborate with school staff members to promote student health and safety.
  - a. Identify and track students with chronic health conditions and/or emotional, behavioral, and mental health needs.
    - i. With written consent from parent/guardian, in compliance with HIPPA, additional relevant records will be obtained.
  - b. Refer students, as needed, to appropriate school or community based health services
    - i. Provide information about child health care insurance and primary care providers to those parents of children without a PCP.
    - ii. Referral information will be distributed widely (flyers, website, student handbook, health education class) so that students, staff, and families can learn about school and community services without having to contact the school.
    - iii. With written parental permission, additional information is gathered as necessary and in compliance with FERPA.
2. Food Allergy Management Plan
  - a. Identify children with a food allergies
  - b. Have log with scholar name, allergy and photo in a binder at the service line
  - c. All children with a food allergy must have an Allergy and Asthma Action Plan signed by a doctor annually.
  - d. Annual Professional Development/Training on food allergies and management of children with food allergies for all staff.
  - e. Create and maintain a safe educational environment.
    - i. Limit exposure to food allergens
    - ii. Make outside groups aware of food allergy policies to prevent unintentional contact.
    - iii. Make outside groups aware of food allergies if providing food to students.
  - f. Food Allergy Emergency Plan
    - i. Easy Access to Epinephrine auto-injectors
    - ii. Call 911 Emergency Medical Services
3. Special Diets
  - A. Scholars with special diets will be accommodated with appropriate substitute items
4. Oral Health
  - A. Partnership with Creighton School of Dentistry will provide the following to address oral health while at the school:



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- I. Toothbrushes provided quarterly to every scholar. Toothbrush racks that are labeled with each scholar's name and toothbrush labeled as well.
    - li Scholars brush their teeth in the classroom daily after breakfast
    - lii CU Dental students will do one lesson each semester addressing the importance of oral health
    - liv CU Dental will provide Oral Health Checks twice a year.
    - v CU Dental will provide fluoride treatments and sealants twice a year school grounds
  - B. Creighton Dental will work closely with the school to identify urgent or early dental needs
    - I Creighton will offer Jay Bucks to families to come into the clinic and have all oral health needs that can be done in the clinic for \$10.00 regardless of dental insurance coverage.
    - li. Urgent needs that require work to be done in a hospital setting will be coordinated with the Head of School and CU Case Managers.
5. CPR and First Aid - It is the school's policy to provide first aid support to someone if they are injured or become unwell in school.
- a. Many staff members at Nelson Mandela Elementary are CPR and First Aid certified
    - i. Standard precautions will be used by all staff members when dealing with body fluids to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection.
    - ii. Standard precautions
      1. hand hygiene
      2. use of personal protective equipment
  - b. Emergency contact information for students is located in the school database (TeacherEase)
  - c. Emergency contact information for staff is located on a Google Doc that the secretary and Head of School have access to.
  - d. All medication administered at school must be with written physician approval and instruction.
  - e. A medical log is maintained to record the scholar name, type of medicine, dose, time administered and by whom.
  - f. In the event of a serious or life threatening injury designated staff will contact Emergency Medical Services (EMS) 9-1-1



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D. Staff Wellness and Health Promotion - Nelson Mandela Elementary recognizes the benefits to both employers and employees of workplace programs that promote and support employee health and wellness to both employers and employees. Worksite wellness programs have been shown to increase productivity, reduce absenteeism and on-the-job injuries, and improve morale and the quality of life for employees. Wellness programs can also play an important role in containing healthcare costs for employers and individual employees.

1. Staff Wellness Programs to promote healthy lifestyle

- a) Access to free or low-cost physical fitness programs or on-site fitness classes/centers.
- b) Conduct challenges to increase staff participation and provide incentives
- c) Free flu shots available to staff and family members.
- d) Offers staff members free or low-cost stress management programs at least once per year.
- e) Participation in an EAP for all employees to access
- f) ZEN room on premises for all employees to use as a form of mindfulness and recharging to release stress
- g) Breastfeeding Policy - Breastfeeding mothers are allowed:
  - (1) Work schedule flexibility to provide time for expression of milk
  - (2) Private location to breastfeed or express milk
  - (3) Refrigerator for safe storage of expressed milk
  - (4) Access to nearby clean, safe water source and sink for washing hands and rinsing out any breast pumping equipment