

COLONIAL ACADEMY
STUDENT WELLNESS REPORT
2014-15

The Colonial Academy clearly recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Colonial Academy continues to be committed to providing a school environment that promotes student wellness, proper nutrition, nutritional educations, and regular physical activity as part of a students learning experience. By providing this environment, Colonial Academy provides students the opportunity to participate in dietary and lifestyle practices that can not only improve student achievement, but increase that student's quality of life in general.

The Student Wellness Policy, originally adopted in 2006, was developed and reviewed by teachers, administration, the school nurse, physical education teachers, a community member, and a school board representative as the policy requires. Colonial Academy has continued to implement the policy as required by law. The Colonial Academy has meet the 2008-2009 the "Better" standards and requirements as stated in the 2007-2008 Student Wellness Report. In addition, the Colonial Academy is taking further steps to comply where possible with the optional "Best" Practice within the nutrition standards provided for Pennsylvania schools.

The Colonial Academy Wellness policy addresses various standards such as; nutrition education, physical education, food services and nutritional guidelines. The balance of this report will address each of the above mentioned areas, if state standards have been met, and any recommendations that will be implemented to maintain policy requirements.

Nutritional Education

At the start of the 2014-15 school year Colonial Academy gained a Food Service Director to oversee the National School Lunch Program and to offer subject matter expertise to the Health education teachers and other staff throughout the building. The addition of this staff member fulfilled the 2014-2015 school year goal for maintaining the integrity of the NSLP and CEP standards.

During the 2014-2015 school year, nutrition education was provided within our health education curriculum as our health/physical education teachers discuss nutrition related topics, and prevention and awareness strategies related to mental health of the whole child. All students assigned to Colonial Academy were provided quality education to promote healthful living.

The nutrition education component of the Wellness Policy requests that the academy promote student health and nutrition. At the academy, the Culinary Arts curriculum in combination with our Health Education program continues to provide nutrition education.

Physical Activity

The Physical Activity component of the Wellness Policy suggests that students get opportunities for developmentally appropriate physical activity during the school day for all students. The Academy will continue to allow all students the opportunity to use the Fitness Room at the academy during first period every day. We will continue to utilize a developed schedule that has students participating in both, individual and group, exercises. In addition, many teachers role model a healthy physically life style for our students. Efforts will continue to schedule daily walks for our Autistic Support, Life Skills, and Partial Hospitalization classes. All students are involved in our Physical Training program on a regular schedule.

Physical Education

The Physical Education component of the Wellness Policy requests that students receive quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation. To meet this requirement, the Academy provides each student with physical education programming twice a week. These activities are to be modeled to the state standards. Activities such as developing and improving body control, improved awareness of the importance of physical fitness and cardio-vascular endurance, acquiring basic physically related skills, appropriate social behavior, and a fundamental knowledge of the rules that enable him/her to participate in various leisure-time activities and life-long sports, to maintaining physical fitness, social contact, and provide a better quality of life.

At the Academy, we will continue to teach students the proper methods for warming up for an activity, the proper methods of running with a ball, kicking a ball, throwing a ball, catching and hitting a ball, as well as various other skills used in other sports. Students are taught the rules of various sports and are expected to abide by those rules, and good sportsmanship is emphasized. Leisure time activities continue to be discussed, and students become aware of what leisure time activities are suitable and appropriate for them to continue to live a healthy lifestyle.

Food Services

New to 2014-2015 school year is the addition of a food service board on our Colonial Academy website. All menus and additional information, as needed, are provided for students, parents and staff awareness. The planned nutritional menus are placed on the website each month.

The Food Services component of the Wellness Policy requests that students be supplied adequate space for eating lunch, a clean and safe eating environment, adequate time to eat, meal periods supplied during appropriate hours, students have access to hand washing or sanitizing, and that nutritional professionals administer the school meals program. Colonial Academy provides students with the cleansing soap or sanitizer to properly prepare them for eating. Colonial Academy also provides appropriate space and time for safe eating habits.

Nutritional Guidelines

In an effort to comply with the adopted Wellness Policy, the foods provided at the Academy shall be offered to students with the intent of promoting student health and reducing childhood obesity.

In an effort to continue to improve and provide for a safe and healthy environment within the Academy, the principal will continue to meet with the Student Advisory Committee and the Student Assistance Team. These committees assist the school in that they look at current practices and make suggestions on how we can improve the health and safety of our school.

The Colonial Academy will continue to partner with the Pen Argyl School District who will provide our school lunches for the 2015-2016 school year. We are fortunate that the lunches are prepared only two miles from our location which allows the food to arrive at proper temperature and ready for consumption. The Academy continues to assume responsibility for our breakfast items that we offer for our students through our breakfast program.

In summary, we at the Colonial Academy feel we are successful in providing our students with a well-planned nutritional menu and continued nutritional education that meets state requirements. We will continue to examine our policy and practices to look for opportunities to improve when and where available.

Wellness Goals 2015-2016

Colonial Academy will establish the following Wellness goals for the 2015-2016 school year.

- Prepare an article for the district newsletter outlining the new requirements and benefits of fruits and vegetables
- Update and enhance information available via the Food Services link on district web page; ensure menus and nutritional information are accessible for students and parents
- Schedule periodic monitoring of student consumption of fruits and vegetables
- Increase awareness of teen suicide and provide strategies for students to cope with stressors
- Continue to schedule student activities that promote physical fitness and wellness

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