



Wellness Policy

Document Name: Wasatch Waldorf Wellness Policy
First Approved Date: 2016
Latest Approved Date: October 22, 2018
Version Number: 2

Table of Contents

Vision 4 Mission 4

School Wellness Committee 4 Committee Role and Membership 4 Leadership 5

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement 5

Implementation Plan 5 Annual Notification of Policy 5 Triennial Progress Assessments 6
Revisions and Updating the Policy 6 Community Involvement, Outreach and
Communications 6

**Food Philosophy 7 Food Guidelines 7 Safe and Healthy School Environment 8 Special
Dietary Needs 8 Gardening and Ecological Awareness 8 Birthday Policy 9 Festivals &
Ceremonies 9 Integrating Physical Activity into the Classroom Setting 9**

Page: 2

Recess at Wasatch Waldorf Charter School 10

Recess Guidelines 10 Inclusion 10 Accepting Change 11 Sharing Resources 11 Physical Well
Being 11

After School Activities 11

School and Family Partnership 11 Parent Enrichment 11 Family Rhythms 11

MEDIA POLICY 12 DRESS 13

Wellness Goals 14 Nutrition and Nutrition Education 14 Physical Activity 14 Health Education
14 Assessment and Monitoring of Goals 14

Vision

Wasatch Waldorf Charter School is an educational community committed to the healthy growth and development of the whole child, including the physical, emotional, intellectual and social realms. Through a curriculum guided by the principles of Waldorf education, our teachers nurture the imagination in the early years, build a foundation for abstract thinking, and gradually and appropriately challenge the intellect as children move through the grades. This philosophy places equal emphasis on a solid academic program, artistic expression, social development and attention to the inner life and natural rhythms of the child. Our School is committed to creating a healthy community which reflects and supports our common values.

We believe that children develop social responsibility and feel a greater sense of significance in a small supportive environment which promotes close long-term relationships with classmates and teachers. In an atmosphere of respect, clear communication, cooperation, and parent participation, we believe children flourish and grow to be healthy, capable, contributing human beings. We believe that teaching children to care for and respect the earth encourages global responsibility and promotes environmentally conscious living. The celebration of seasonal festivals is an integral piece, as children joyously experience the earth's natural cycles. By reducing or eliminating exposure to electronic media and encouraging a cooperative rather than a competitive environment, a child's inherent creative and intellectual abilities will naturally unfold. At the heart of this approach is the recognition that content must be presented to children in a way which fills both teacher and student with wonder, reverence and enthusiasm.

Mission

Wasatch Waldorf Charter School is a community of families and educators dedicated to the

conscious evolution of the whole child that utilizes developmentally appropriate holistic education that nurtures body, mind and spirit. Our aim is to bring forth healthy, confident, free-thinking, self-directed children who are passionately engaged with their education and empowered to contribute positively to the world.

School Wellness Committee

Committee Role and Membership

Wasatch Waldorf Charter School will convene a representative wellness committee, that meets at least four times per year. The wellness committee shall establish goals and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

The wellness committee membership may represent all grade levels and include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program and lunch program, physical education teachers, health education teachers, health professionals, mental health and social services staff, school administrators, and governing

Page: 4

board members. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators. (SNAP-EDEDSNAP-Ed)

Leadership

The Executive Director or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy.

The designated official for oversight is Erin Arrigo, Food Services Director.

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Wasatch Waldorf Charter School will develop and maintain a plan for the execution, implementation, management of this policy. The plan shall delineate roles, responsibilities, actions and timelines, including guidelines for making changes to the plan. The plan will set forth specific goals and objectives for:

- nutrition standards for all foods and beverages available on campus,
- food and beverage marketing,
- nutrition promotion and education,
- physical activity,
- physical education, and

- other school-based activities that promote student wellness.

This wellness policy can be found on the school website.

Annual Notification of Policy

Wasatch Waldorf Charter School will actively inform families and the public each year of basic information about this policy, including:

1. its content,
2. any updates to the policy, and
3. implementation status.

The school will make this information available via the school's website and/or school-wide communications. The school will provide as much information as possible about the school nutrition environment, including a summary of the school's events or activities related to wellness policy implementation. Annually, the school will also publicize the name and contact information of the school officials leading and coordinating the wellness committee, as well as information on how the public can get involved with the school wellness committee.

Page: 5

Triennial Progress Assessments

At least once every three years, Wasatch Waldorf Charter School will evaluate compliance with the wellness policy to assess the implementation of the policy and include: ● The extent to which the school is in compliance with the wellness policy; ● The extent to which the school's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and

- A description of the progress made in attaining the goals of the school's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Executive Director in conjunction with the Wellness Committee. The wellness committee will monitor compliance with this wellness policy. Wasatch Waldorf Charter School will actively notify families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based upon: 1. the results of the annual School Health Index and triennial assessments, 2. as school priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and

3. when new Federal or state guidance or standards are issued.

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

Wasatch Waldorf Charter School is committed to being responsive to community input, which begins with awareness of the wellness policy. Wasatch Waldorf Charter School will actively communicate ways in which representatives of the wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy.

Wasatch Waldorf Charter School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. Wasatch Waldorf Charter School will use electronic mechanisms, such as email or displaying notices on the school website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of content, implementation, and updates of the wellness policy, as well as how to get involved. Wasatch Waldorf Charter School will ensure that communications are culturally and linguistically appropriate to the community.

Wasatch Waldorf Charter School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Wasatch Waldorf Charter School will

Page: 6

also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Food Philosophy

The Wasatch Waldorf Charter School food philosophy is dedicated to the health of students, parents, staff and surrounding community. We (teachers, staff, parents and families) are here because we care about each and every student. Our approach to food consumption and education is holistic in nature. Our food philosophy considers the nutritional content of the food, how the food is produced, and its impact on our environment and economy.

Sticking to our school's roots, we have drawn on the wisdom of Rudolf Steiner when it comes to what and how we eat at Wasatch Waldorf Charter School. One of Steiner's observations on food and children was, that when children are connected to nature and the plants they eat, they become "in tune" with their bodies and what they need nutritionally. Taking from Steiner's wisdom, our approach is not to tell students what to eat (it's not about right and wrong); rather we offer healthy, nutrient-dense foods and trust the children will know what they need! We have great trust in the children's intuition concerning food, but still recognize the difficulty that children can have in trying new and "strange" foods. Bearing that in mind, every food item eaten or tasted by our students is of their own volition. We also take into account individual food experiences found in different cultures, ethnicities, and lifestyles.

We recognize that food can be very personal and can take on weighted judgements of "right" and

“wrong,” so we consider it essential to remain non-judgmental. While we encourage and require certain food behaviors at Wasatch Waldorf Charter School, we are open to discussion and will be patient with all who are new to these food philosophies and standards. We believe food is a tool that connects us; it is not about judgment or discrimination.

Food Guidelines

Nurturing our bodies as well as our minds and spirits is important at Wasatch Waldorf Charter School.

- Wasatch Waldorf Charter School will provide healthy school lunch for those who choose to take school lunch. Those who apply and qualify can receive free or reduced school lunch.
- We ensure all foods and beverages sold on campus during the day are consistent with the school meal nutrition standards. Standards exist for all foods and beverages provided but not sold to students during the school day.
- Wasatch Waldorf Charter School will serve nutrient-dense, whole foods for lunch and snack time.
- To the extent possible, all food served to students will be free of artificial additives, such as monosodium glutamate (MSG), corn syrup, high fructose corn syrup, and trans fat.

Page: 7

- Wasatch Waldorf Charter School will not provide candy or conventional sweets, except as a part of a community festival or celebration. (Sweets are defined as product in which conventional sugar is one of the first 4 ingredients.) Students are strongly discouraged from bringing candy or conventional sweets in lunches or for birthday celebrations (see Birthday celebration policy following). There are many traditional alternatives, which we will use to honor students on birthdays and for holiday celebrations.
- Parents who send lunches and/or snacks with their children are asked to follow the Wasatch Waldorf Charter School Food Guidelines. Healthy, well-balanced meals provide essential nutrition for your children’s brains and bodies to perform optimally. Candy, soda pop, desserts and other foods high in sugar or caffeine are highly discouraged in school lunches or snacks.
- To support healthy eating habits, food rewards or punishment are not to be used for academic or behavioral performance.

Safe and Healthy School Environment

Wasatch Waldorf Charter School recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of its students and staff.

- Wasatch Waldorf Charter School will provide a clean and safe space for students to enjoy their meals.

- Meals will be served in a pleasant environment that provides sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners and respect for others.
- Staff will educate the importance of cleanliness and hand washing. Convenient access to hand washing facilities and restrooms will be provided.
- Safe drinking water sources will be available for students to get water at meals and throughout the day.

Special Dietary Needs

If a child has special dietary issues, parents are asked to make these known to the office, the Food Services Director, and the class teacher. Any severe allergies or other dietary concerns that may need to be accounted for in the classroom or broader school community will be addressed through consultation between the administration, teachers, and parents.

Gardening and Ecological Awareness

The children will be involved in planting, tending and harvesting. The school strives to teach children love and respect for the earth. Children come to realize that we are part of a much larger macrocosm that needs to be kept in balance, while they learn about life cycles and the seasons through planting and composting in our school garden. We promote recycling, reusing, repairing and sustainability with the students. As this philosophy is respected at home, the awe and wonder

Page: 8

evoked in our children will serve to promote a desire for wholesome living, and the development of ecological awareness. Through the gardening program we will:

- Increase the student connection to food sources through growing and harvesting foods in our gardens.
- Increase the consumption of nutritious food by teaching children how to make healthy food choices.
- Increase student awareness and value of locally grown food and enlist the support of parents to help increase children's consumption of fresh local products.

Birthday Policy

Wasatch Waldorf Charter School recognizes the importance of acknowledging and celebrating student birthdays. Furthermore, the School would like to actively share in the joy and wonder of each child's life and individuality by learning about the events in his/her life, including family members, friendships, and favorite activities, rather than focusing on foods or trinkets that a child may bring into school for a party. Participation in any such classroom birthday recognition or any related celebration activities are completely optional choices for each student.

To protect the health and safety of students, to eliminate the financial burden on families, to protect the educational learning time in classrooms, and to respect the rights of parents in choosing what their children consume while at school, birthday recognition timing and any

related activities are at the discretion of each Teacher. Social and personal growth is encouraged via the sharing of student life/histories/timelines, favorite books and/or hobbies.

Festivals & Ceremonies

Festivals serve as an opportunity for the entire school community to join together in seasonal celebrations. Planning and working together in anticipation of the festival and celebrating during the festival creates bonds among the entire community. The festivals serve as an important bridge between home life and school life. In planning festivals and other celebrations, Wasatch Waldorf Charter School will seek to promote the same standards of healthy living.

Integrating Physical Activity into the Classroom Setting

At Wasatch Waldorf Charter School physical activity and movement are a normal part of our curriculum. We fully embrace regular physical activity as a personal behavior; students need opportunities for physical activity throughout the day, combined with learning. Physical activity is combined with subject lessons and in between lessons. Movement is used as a regular part of academic instruction to promote deeper learning and memory.

Part of this process includes regular classes in movement, games, eurythmy and dance. Page: 9

Recess at Wasatch Waldorf Charter School

Recess is a magical time when children get a chance to experience the world and express themselves on their own. It is usually a joy to observe their play and we try to interfere as little as possible, only doing so when necessary for their safety and wellbeing. To know when that might be, we need to be aware of what is going on with each of the various groups, even as they form, disperse, and reform. Kind, respectful and compassionate behavior is expected of everyone on the playground at all times.

At recess the children have the freedom to play energetically or quietly. They tend to have a yearning for what it is they need and will seek it out. This is what we want, but of course we also want to minimize dangers and prevent mishaps.

When we need to redirect an activity we try to state the positive choice first. For instance, they may hop on the stumps but not if going fast with long poles in their hands. They may run as long as they want, but may not climb the fence. They may dig mines, but may not make clouds of dust for others to breathe. They may carry rocks but not shatter them. They may build snow forts but not throw snowballs – or any other objects, unless supervised.

The children need to converse with their peers, make rules and changes rules, test agreements and even break them sometimes. They are learning to get along and natural consequences are

great teachers! But as with physical safety, we like to have a sense of the general nature of their play so we can nudge the direction a bit if we see a problem coming. Occasionally we need to intervene and make changes abruptly. Always, the intent is to move away from coercion and back toward cooperation, away from stalemates and back towards sharing and listening.

The most important work of the teachers on the playground is the ability to observe. While staying aware of the overall activity, we are watchful for any escalating disagreements, for any behavior that seems unusual or inappropriate, and for any children who seem unhappy or anxious.

Recess Guidelines

Inclusion

Everyone is always welcome to join another group at play, as long as they are within one grade range from their own. A supervised class-specific game or activity would be off limits to others. Generally we encourage children not to rely on grownups for company at recess, though we can certainly comfort them for a moment or do things like twirl the jump rope to get things going or even to keep them going. We can encourage a lone child to find another lone child to play with, giving the child suggestions like “you could ask ____ how they are feeling, or what is their favorite thing to do at recess, or if they’d like to build something with you.” We do this gently and let it go if they resist.

Page: 10

Accepting Change

Children are encouraged to problem solve on their own unless it becomes a question of safety. We encourage them to accept changes in the direction of play in a group and to be easy going enough to find something else to do if they no longer like the game, rather than demanding their own way. Similarly, one child should not be allowed to insist on a change in play for all the others.

Sharing Resources

Materials and forts on the playground are not “owned” from one recess to the next, though the children are encouraged to be respectful of things like others’ miniature fairy house creations. Children need to practice courteous manners with each other when working out how to share things. They often need some assistance with this. Perhaps an item in short supply should be kept for only half the given recess and then be passed along.

Physical Well Being

Children should always be free to move. If they play horses, the reins must be loose; if in jail they must be able to flee easily! The only contact allowed is a light tap on the shoulder, back or hip when playing tag. Tackling or wrestling of any kind is not allowed. There is no violent play allowed, including imaginary.

After School Activities

In order to promote healthy, active lifestyles, Wasatch Waldorf Charter School will encourage a variety of afterschool activities for students including sports and clubs.

School and Family Partnership

Family involvement is essential to the success and vitality of Wasatch Waldorf Charter School. Studies have shown that the success of schools is directly tied to the level of volunteerism and involvement of parents and guardians. The following are elements of our school that allow for parents and families to be a vibrant part of our school community.

Parent Enrichment

Through class parent evenings and occasional workshops, parents at Wasatch Waldorf Charter School have the opportunity to deepen their understanding of the underpinnings of their child's education at Wasatch Waldorf Charter School.

Family Rhythms

Families can enhance the educational experience of their children by understanding the rhythms of the day. Children flourish in environments that are loving, orderly, and predictable. With an external sense of order and routine, children feel comfortable living in the moment. Just knowing what is expected at different intervals in the day can help children feel secure in the world. As an example, a bedtime ritual can help to calm and

Page: 11

soothe children and prepare them for restful sleep. Once this routine is established, the ritual may become parents' most treasured time with their children. These other home activities support the work of the school:

- Regular bedtime that allows 10-12 hours of sleep
- Eating a healthy protein rich breakfast consisting of whole foods and minimal sugar
- Reading to your child daily
- Household or yard chores
- Outdoor play
- Gardening
- Indoor creative play
- Hobbies
- Artistic and musical endeavors
- Cooking
- Nature hikes and walks
- Picnics, Community or spiritual/religious activities
- Volunteer or community projects
- Providing a quiet, uncluttered space and time set aside for homework, when

necessary

MEDIA POLICY

The educational philosophy of Wasatch Waldorf Charter School is based upon a deep understanding of child development. Waldorf education is known for its holistic approach, instilling a love of learning, creativity, independent problem-solving and healthy social skills through a balance of academics, art and direct experience. We believe that children need to move, run and use their bodies to learn. They need to interact with others and their environments, exploring and discovering things for themselves first hand. Playing helps them learn how to handle aggression, to share and be friends, to work out differences. Children also need time to be alone and discover that quietude is sometimes a necessary condition for imaginative play and creativity to blossom.

At Wasatch Waldorf Charter School we request there will be no television and other media screen viewing (video games, iPad, etc.) from Sunday evening through Friday after school. We realize that significantly limiting or eliminating media from your child's life might feel like a tall order. However, with support and reassurance, we are confident that families will find that more free time means more quality time together, and more time for your child to develop and use inner resources to create games and creative play. We understand that while television and other screen media/activities can serve as a source of information and entertainment for adults, children are not operating in the same developmental stage as adults. Studies show that excessive

Page: 12

screen media time can be harmful to a child's developing mind and body, and can significantly shorten their attention span.

For more information, talk with your child's teacher, attend parent nights, and read the latest research on the effects of television and other technologies on brain function and imagination. The following sources provide additional information about the philosophy behind our media policy:

- *Endangered Minds: Why Our Children Don't Think* by Jane Healy
- *The Plug-In Drug and Unplugging the Plug-In Drug* by Marie Winn
- *What To Do After You Turn Off the TV* by Francis Moore Lapp
- *How Television Poisons Young Children's Minds*

DRESS

Wasatch Waldorf Charter School strives to be a model of quality and beauty in the educational process and to bring an atmosphere of care and respect to everything that concerns the children at school. Physical warmth is vital to the healthy development of children. Children need to be dressed in layers for ease of movement and comfort. Their clothes should allow them to run,

jump, raise arms above their heads, and bend over to touch their toes with complete freedom of movement and without embarrassment to themselves or others. To further these ideals, we ask all parents and caregivers to direct their children to the appropriate standards of dress and behavior.

The school environment is one where we wish to encourage and nurture reverence for what is noble, true and beautiful. In order to create a suitable environment for learning, we try to surround the students with living images rather than movie or cartoon characters.

We recognize that all students are valued individually for who they are and not what they wear. Clothing, however, can be distracting to students and teachers and can undermine the school environment. Therefore, Wasatch Waldorf Charter School has a specific dress code.

- To protect our classroom floors and carpeting, students must have a pair of indoor shoes to change into when they come into the building. These shoes must have a rubber/waterproof sole in case we must go outside quickly due to an emergency.
- Suitable clothing is required. In winter, warm jackets, gloves, and hats are required. In the warmth of the sun, hats are encouraged to protect students from harmful rays. Our students can be outside for up to 3 hours on some days, so protective clothing is very important.
- Wearing hats indoors is discouraged except when used for warmth during cold winter days.

Page: 13

Wellness Goals

Nutrition and Nutrition Education

1. Wasatch Waldorf Charter School will increase the percentage of organic foods served through our school lunch program. Our goal for 2017-18 school year is to increase to 20%, with steady increases in future years. This will also include analyzing the costs of the school lunch program and determining affordable ways of increasing organic offerings while maintaining affordability and participation.
2. Within the next five years, Wasatch Waldorf Charter School will be able to include vegetables, eggs, and other products grown on-site and as part of the gardening program in our school lunch offerings. Wasatch Waldorf Charter School will comply with necessary Health Department requirements to be able to serve locally-raised foods. Students will learn about the foods grown and directly participate in their cultivation as part of their educational program.

Physical Activity

All students will have multiple opportunities for movement and physical activity within each

school day - averaging a total of about five hours each week.

Health Education

Our fifth through eighth grade students will receive health education as a part of their instruction. This will be included in anatomy and physiology blocks and for some students it may include maturation program and/or instruction in human sexuality.

Assessment and Monitoring of Goals

Progress on these goals will be assessed by the Wellness Committee and reported to the community as part of the triennial assessment and report. Wellness Committee members will gather data that may include lunch menus, purchase orders, school schedules, and curriculum to audit the progress towards these goals.