

The Methodist Home Wellness Policy

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The Methodist Home Wellness Policy

The Methodist Home has modified the Alliance For A Healthier Generation Model Wellness Policy to align with the unique circumstances that are reflected in a child care institution (definition located in the Glossary) that serves children 24/7. This policy applies to USDA reimbursable meals only. Flexibility is given to all other meals served at this organization.

Preamble

The Methodist Home is committed to the optimal development of every student. The Methodist Home believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

This policy outlines The Methodist Home's approach, where feasible, to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at The Methodist Home have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the site—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- The Methodist Home staff at Price Academy engages in nutrition and physical activity promotion and other activities that promote student wellness;
- The Methodist Home staff at Price Academy are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of The Methodist Home in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Methodist Home establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to the appropriate students and staff at The Methodist Home only on days where USDA reimbursable meals are offered.

I. Site Wellness Committee

Committee Role and Membership

The Methodist Home will convene a representative wellness committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee site health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy.

The DWC membership will represent all site levels and include (to the extent possible), but not be limited to: directors, staff, caseworkers, students, representatives of the school nutrition program, health professionals, and mental health and social services staff. To the extent possible, the DWC will reflect the diversity of The Methodist Home.

Leadership

The Vice President of Facilities will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each site's compliance with the policy.

The name(s), title(s), and contact information of this/these individual(s) is:

Name	Title	Email address	Role
Lonnie Bivins	VP of Facilities	Lonnie.Bivins@themethodisthome.org	VP of Facilities
Michelle Clark	Support Services Manager	Michelle.Clark@themethodisthome.org	School Nutrition Program Manager
Madison Hobbs	Marketing and Public Relations Coordinator	Madison.Hobbs@themethodisthome.org	Marketing Coordinator
Sterling Royster	Director of Campus Life	Sterling.Royster@themethodisthome.org	Child Wellness Manager

Each site will have a designated wellness policy coordinator, who will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The Methodist Home will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each site, and includes information about who will be

responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all USDA reimbursable foods and beverages available on site, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other site-based activities that promote student wellness. It is recommended that the site uses the Healthy Schools Program online tool to complete a site level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports will be discussed during bi-monthly PQI meetings, which is open to all staff within the organization, and can be found at:

www.themethodisthome.org.

Recordkeeping

The Methodist Home will retain records to document compliance with the requirements of the wellness policy in the School Nutrition Director's office and/or on shared computer networks.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each site under its jurisdiction; and
- Documentation of the triennial assessment* of the policy for each site under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify caseworkers and the appropriate staff about the availability of the wellness policy.

Annual Progress Reports

The Methodist Home will compile and publish an annual report to share basic information about the wellness policy and report on the progress of The Methodist Home meeting wellness goals. This annual report will be published around the same time each year in March, and will include information from each site within The Methodist Home. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the appropriate staff can receive/access a copy of the wellness policy;
- A description of each site's progress in meeting the wellness policy goals;
- A summary of each site's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated policy leader(s) identified in Section I; and
- Information on how the appropriate people can get involved with the DWC or SWC.

The annual report will be available in English.

The Methodist Home will discuss the annual progress report during bi-monthly PQI meetings, which are open to all staff within the organization, as well as actively notify caseworkers and the appropriate staff of the availability of the annual report.

The DWC will establish and monitor goals and objectives for The Methodist Home's sites, specific and appropriate for each instructional unit, for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, The Methodist Home will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which The Methodist Home is in compliance with the wellness policy;
- The extent to which The Methodist Home'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 Methodist Home's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Michelle Clark, School Nutrition Program Manager, Michelle.Clark@themethodisthome.org.

The DWC will monitor compliance with this wellness policy.

The Methodist Home will actively notify caseworkers, the appropriate staff, and the public of the availability of the triennial progress report.

Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as The Methodist Home's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and 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

The Methodist Home is committed to being responsive to community input, where feasible, which begins with awareness of the wellness policy. The Methodist Home will actively communicate ways in which representatives of the DWC and others, where appropriate, can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for The Methodist Home. The Methodist Home will also inform caseworkers and the appropriate staff of the improvements that have been made to school meals and compliance with school meal standards, and a description of and compliance with Smart Snacks in School nutrition standards. The Methodist Home will use electronic mechanisms, such as email, as well as non-electronic mechanisms, such as paper flyers, to ensure that all appropriate individuals 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 Methodist Home will ensure that communications are culturally and linguistically appropriate, and accomplished

through means similar to other ways that The Methodist Home is communicating other important site information.

The Methodist Home will actively notify the appropriate staff about the content of or any updates to the wellness policy annually, at a minimum.

II. Nutrition

School Meals

The Methodist Home is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of children at The Methodist Home within their calorie requirements when USDA reimbursable meals are offered. The Methodist Home's meal program aims to improve the diet and health of The Methodist Home children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Methodist Home participates in one USDA child nutrition program called Seamless Summer Option. The Methodist Home is committed to offering school meals through the SSO program that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meets or exceeds current nutrition requirements established by local, state, and Federal statutes and regulations. (The Methodist Home offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promotes healthy food and beverage choices for USDA reimbursable school meals using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - For traditional service models, offer fruits/vegetables at least twice in each service line
 - Review correct portion sizes with kitchen staff
 - Ensure service and eating areas are clean, orderly, and inviting
 - White milk is placed in front of other beverages in all coolers
 - Cafeteria staff smile and greet students upon entering the service line and throughout meal service
 - A reimbursable meal can be created in any service area available to students
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day *and throughout every campus* (“campus” and “school day” are defined in the glossary). The Methodist Home will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The Methodist Home is committed to ensuring that all foods and beverages available to students on the site *during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-school-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable meal program that are sold to students on the campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, site stores, and snack or food carts.

Celebrations and Rewards

All USDA reimbursable foods offered on the campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties: Price Academy will provide a list of healthy party ideas to teachers including non-food celebration ideas. Healthy party ideas can be found from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks: Price Academy will provide teachers a list of foods and beverages that meet Smart Snacks nutrition standards.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through school based fundraisers on the campus* during the school day*, where applicable. ~~Price Academy will make available to teachers a list of healthy fundraising ideas.~~

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Students and staff will receive consistent nutrition messages throughout the campus, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by site staff and teachers.

The Methodist Home will promote healthy food and beverage choices for all students throughout the campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Promoting foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards, where applicable. Additional possible promotion techniques that The Methodist Home may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

The Methodist Home aims to teach, model, encourage, and support healthy eating by students. The Methodist Home will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is integrated into classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects at Price Academy;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and site gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The Methodist Home will include the following essential topics on healthy eating in the cottages, at Price Academy, and in Health Services:

- The relationship between healthy eating and personal health and disease prevention
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices

- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Sites

The Methodist Home is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The Methodist Home strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on The Methodist Home property that contains messages inconsistent with the health information The Methodist Home is imparting through nutrition education and health promotion efforts. It is the intent of The Methodist Home to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the campus, consistent with The Methodist Home's wellness policy.

Any foods and beverages marketed or promoted to students on the campus *during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined¹⁵ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, The Methodist Homes will consider replacing or updating scoreboards or

other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)

- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by The Methodist Home.
- Advertisements in site publications or site mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

III. Physical Activity at Price Academy

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walking to school, and out-of-school time activities, and Price Academy is committed to providing these opportunities. Price Academy will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). Price Academy will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. Price Academy will provide teachers and other appropriate staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, The Methodist Home will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Methodist Home will conduct necessary inspections and repairs.

Physical Education at Price Academy

Price Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All students will be provided equal opportunity to participate in physical education activities. Price Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Price Academy **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All Price Academy **students** (middle and high school) are required to take the equivalent of one academic year of physical education.

Essential Physical Activity Topics in Health Education

Price Academy will include in the health education curriculum the following essential topics on physical activity when health education is taught:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary sites will offer at least **20 minutes of recess** on all or most days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, sites will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that Price Academy must conduct **indoor recess**, teachers and the appropriate staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

Price Academy recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a

typical school week. Price Academy recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Price Academy will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

Price Academy will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Price Academy offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The Methodist Home will encourage students to be physically active before and after school by: physical activity in aftercare, clubs, and other extracurricular activities.

Active Transport

Price Academy will support active transport to and from school, such as walking. Price Academy will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to site
- Promotional activities such as participation in International Walk to Site Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking safety provided to students
- Crosswalks exist on streets leading to sites
- Creation and distribution of maps of site environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

IV. Other Activities that Promote Student Wellness at Price Academy

Price Academy will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Price Academy will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Price Academy is encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All Price Academy school-sponsored events will adhere to the wellness policy. All Price Academy school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The Methodist Home will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation, when feasible. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The Methodist Home will promote to caseworkers and the appropriate staff the benefits of and approaches for healthy eating and physical activity throughout the school year.

As described in the "Community Involvement, Outreach, and Communications" subsection, The Methodist Home will use electronic mechanisms (such as email), as well as non-electronic mechanisms, (such as paper flyers), to ensure that all appropriate individuals are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Michelle Clark.

The Methodist Home will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies The Methodist Home will use, as well as specific actions staff members can take, include: reminding staff of the Wellness Center located on the Macon campus, reminding staff about provided lunches that meet/exceed the USDA Smart Snacks in School nutrition standards, and encourage walking to be one of the five steps located on staff member's Safety Plan.

Professional Learning

When feasible, The Methodist Home will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and site (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help The Methodist Home staff understand the connections between academics and health and the ways in which health and wellness integrate into on-going reform or academic improvement plans/efforts at The Methodist Home.

Glossary:

Extended School Day - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

Campus - areas that are owned or leased by the site and used at any time for site-related activities such as the site building or on the site campus, including on the outside of the site building, site buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Child Care Institution – an organization who cares for children 24/7, 365 days per year

Appendix A: Site Level Contacts

Site	Name	Title	Email Address	Role
Price Academy	Laura Mimbs	Principal	Laura.Mimbs@themethodisthome.org	Principal
Price Academy	Caprice Brooks	Teacher	Caprice.Brooks@themethodisthome.org	Teacher
Price Academy	Roger Moxley	Teacher	Roger.Moxley@themethodisthome.org	Teacher
Price Academy	Ashley Fritz	Teacher	Ashley.Fritz@themethodisthome.org	Teacher
Price Academy	John Davidson	Teacher's Assistant	John.Davison@themethodisthome.org	Teacher's Assistant
Price Academy	Dieynaba Sy	Paraprofessional	Dieynaba.Sy@themethodisthome.org	Paraprofessional
Price Academy	Latonia Tucker	Administration Assistant	Latonia.Tucker@themethodisthome.org	Administration Assistant

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

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⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

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⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

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- ¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.
- ¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.
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