



Preparing students for life beyond the classroom

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THE PHOENIX CENTER WELLNESS POLICY

January 2016

The Phoenix Center Wellness Policy

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The Phoenix Center Wellness Policy

” The Phoenix Center Wellness policy meets the minimum Federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program and is based on recommendations from New Jersey Department of Health and Senior Services”

The Phoenix Center is committed to the optimal development of every student and recognizes that poor diet combined with the lack of physical activity negatively impacts on students' health, their ability, and motivation to learn.

The Phoenix Center 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.

This policy outlines The Phoenix Centers approach 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 Phoenix Center have access to healthy foods throughout the school day both through reimbursable school meals and other foods available throughout the school 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 during school;
- the school engages in nutrition and physical activity promotion and other activities that promote student wellness;
- school staff 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 The Phoenix Center in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;
- The Phoenix Center 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 all students and staff at The Phoenix Center. The Wellness Policy of The Phoenix Center supports the nutritional requirements set by The New Jersey Department of Agriculture, Department of Education and New Jersey Department of Health and Senior Services.

I. School Wellness Committee

Committee Role and Membership

The Phoenix Center has an established wellness committee that meets four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of The Phoenix Center’s wellness policy.

The membership represents all school levels parents/guardians, representatives of the school nutrition program, school administrators (principal and supervisor), school nurse, school physician (for policy review and approval), physical education teachers, health education teachers, education teachers, mental health and social services staff, and school board member.

Leadership

The Principal or designee(s) will convene the Wellness Committee and facilitate development of updates to the wellness policy, and will ensure school’s compliance with the policy.

The name(s) and title(s) and contact information of the committee members are listed below.

Name	Title	Email address	Role
Julie Mower	Principal/Director	jmower@thephoenixcenternj.org	WC Leader
Salvatore Tantillo	Food Service Coordinator	stantillo@thephoenixcenternj.org	Nutrition Program
Connie Andolino	School Nurse	candolino@thephoenixcenternj.org	School Nurse
Kim Wynbeek	Director/Supervisor	kwynbeek@thephoenixcenternj.org	Committee member Secondary level students
Amy Bolliger	Supervisor	abolliger@thephoenixcenternj.org	Committee member Primary level students
Nancy McDonald	Supervisor	nmcDonald@thephoenixcenternj.org	Committee member middle level students
Andrew Schuck	Physical Education instructor	aschuck@thephoenixcenternj.org	Committee member

Robert Rinaldi	Health education instructor/PE	brinaldi@thephoenixcenternj.com	Committee member
Ashley Agresti	CFL Instructor Horticulture Instructor	aagresti@thephoenixcenternj.com	Committee member
Anne Jenns	School Psychologist	ajenns@thephoenixcenternj.com	Committee member
C. Karoutsos	teacher	ckaroutsos@thephoenixcenternj.org	Committee
Kristen Cody	teacher	Kcody2thephoenixcenternj.org	Committee member
James Ball	Board member	jbautismconsult@aol.com	Committee member
Dr. John Russo	School Physician	973-736-8119	Committee member
Laurette Vida	Class parent	Lvida@prodigy.net	Committee member

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

Implementation Plan

The Phoenix Center has developed a plan for implementation to manage and coordinate the execution of this wellness policy. The Healthy Schools Program assessment tool will be used to complete a school 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 can be found at: www.thephoenixcenternj.org

Recordkeeping

The Phoenix Center will retain records to document compliance with the requirements of the wellness policy in the Principal's office room #100 and on Paradigm, The Phoenix Center computer network.

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

- the written wellness policy;
- documentation demonstrating compliance with community involvement, including (1) Wellness Committee membership (2) Minutes from Committee meetings for the development, implementation, and periodic review and update of the wellness policy; and documentation of the triennial assessment;
- written notices to parents about the availability of wellness policy, reports on compliance as well as progress and assessment reports.

Annual Progress Reports

The Phoenix Center will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the school in meeting wellness

goals at a Board of Directors' Meeting. This annual report will be published at the same time each year in June. This report will include, but is not limited to:

- the website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- a description of the school's progress in meeting the wellness policy goals;
- a summary of school's events or activities related to wellness policy implementation;
- the name, position title, and contact information of the members of the Wellness Committee and designated policy leader.

The annual report will be available in English and Spanish. The Phoenix Center will notify households/families of the availability of the annual report.

Triennial Progress Assessments

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

- the extent to which The Phoenix Center's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy;
- the extent to which the school is in compliance with the wellness policy;
- a description of the progress made in attaining the goals of the wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Julie Mower, Principal, e-mail: jmower@thephoenixcenternj.org

Revisions and Updating the Policy

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Updates will include: new health science, new technology, new Federal or state guidance or standards and new goals if necessary.

Community Involvement, Outreach, and Communications

The Phoenix Center is committed to being responsive to our parent community input, which begins with awareness of the wellness policy. The Phoenix Center will actively communicate ways in which representatives of our parent community and others can participate in the development, implementation, and periodic review and update of the wellness policy through the school web site and written notices. The Phoenix Center 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. The Phoenix Center will use electronic mechanisms, such as email or displaying notices on the school's 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 the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The Phoenix Center will ensure that communications are culturally and linguistically appropriate to the parent community, and accomplished through means similar to ways used to communicate other important school information. The Phoenix Center will also use these

mechanisms to inform the parent community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

The Phoenix Center is committed to serving healthy meals to children, with prescribed amounts 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 school children within their calorie requirements. The school meal programs aim to improve the diet and health of school 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 Phoenix Center participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The Phoenix Center also operates additional nutrition-related programs and activities including Consumer Family Life Skills program that may include cooking activities, Horticulture/Garden Program, and a Community-Based Instruction (CBI) program that focuses on opportunities for community outings in order to increase social, community and life skills development. Some CBI outings may include visits to local restaurants and food stores.

Goal 1: The Phoenix Center will offer school meals through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) programs, and other applicable Federal child nutrition programs, that:

- are accessible to all students;
- are appealing and attractive to children;
- are served in clean and pleasant settings;
- meet or exceed current nutrition requirements established by local, state, and Federal Nutritional Guidelines; (The Phoenix Center offers reimbursable school meals that meet [USDA nutrition standards](#).)
- promote healthy food and beverage choices by presenting a balanced monthly menu that meets all Federal statutes and regulations.
 - white milk is placed in front of other beverages in all coolers
 - parent/student surveys and taste testing opportunities in Consumer Family Life and CBI are used to inform menu development, dining space decor, and promotional ideas.

Goal 2: The Phoenix Center child nutrition program will accommodate students with special dietary needs.

- Menus will be posted on The Phoenix Center website and will include nutrient content and ingredients.

- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available at The Phoenix Center.
- The Phoenix Center will make allowances for foods and behavioral reinforcements outlined in students IEP
- The Phoenix Center will utilize the following five Farm to School activities:
 - local and/or regional products are incorporated into the school meal program;
 - messages about agriculture and nutrition are reinforced throughout the learning environment;
 - school hosts a school garden/Horticulture Program;
 - school hosts field trips to local farms;
 - school utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

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. Drinking water will be available where school meals are served during mealtimes as well as in each classroom. Water cups and containers will be available in the cafeteria during meal times. All water sources such as drinking fountains and containers will be maintained on a regular basis to ensure good hygiene standards.

Competitive Foods and Beverages

The Phoenix Center is committed to ensuring that all foods and beverages available to students 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.

Goal 1: The Phoenix Center will meet established Federal Nutrition standards and Healthier US Schools Criteria.

- Plan and prepare menus to comply with Federal Nutrition Standards for Restaurant Program days as well as after school activities.
- Share nutrition information about foods and beverages that will be used.

Goal 2: Increase healthy meal participation rates in the home by introducing health alternatives in Restaurant Program, CBI, and cooking classes.

- Conduct regular food tasting activities through cooking classes to introduce healthy food choices
- Provide students an opportunity to have input on choosing a healthy restaurant and healthy menu items during school activities, such as CBI.
- Provide food safety training to all students and staff (i.e. allergies, food expirations).

Goal 3: The Phoenix Center will use non-food rewards for school accomplishments unless otherwise outlined in the IEP.

- Provide training to teachers and paraprofessional aides on non-food related incentives.
- Provide The Phoenix Center staff and parents with alternatives for food rewards.
- Provide at least 10 minutes for breakfast and 20-30 minutes for lunch to enable students to eat in a pleasant and relaxed atmosphere.

Goal 4: School-based marketing will be consistent with Federal Nutrition Guidelines.

- All foods marketed by The Phoenix Center will meet the federal nutrition standards for school meals.
- Classrooms will encourage consumption of healthy foods, including fruits, vegetables, whole grains and low fat dairy products through classes such as Restaurant Program, Horticulture, cooking, CBI, and after school activities.

Celebrations and Rewards

All foods offered at The Phoenix Center will meet Federal Nutrition Guidelines in school nutrition standards, unless identified in an individual student's IEP. These include:

- celebrations and parties. The Health Office will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas will come from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
- classroom snacks brought by parents. The Health Office will provide to parents a [list of foods and beverages that meet](#) Federal Nutrition Guidelines.
- rewards and incentives. The Phoenix Center Behavior Team will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, unless identified in an individual student's IEP.

Fundraising

Foods and beverages that meet Federal Nutrition Guidelines may be sold through fundraisers during the school day. The Phoenix Center will make available to parents and

teachers a list of healthy fundraising ideas. Examples can be obtained from [Alliance for a Healthier Generation](#) and the [USDA](#).

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 classrooms, gymnasium, and cafeteria. (e.g. Through the use of *Healthy Choices* and *Choose Your Plate* posters and classroom instruction.) 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 school staff and teachers, parents, students, and the community.

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

- implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#);
- promoting foods and beverages that meet Federal Nutrition Guidelines. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.

IV. Nutrition Education

The Phoenix Center promotes the creation of consistent messages that link the *classroom-to the cafeteria-to the home* with meaningful life lessons, specifically through inclusion of lifelong wellness in health education, collaboration with all Phoenix Center departments to enhance nutrition education efforts, and curriculum integration across all subject areas.

Goal 1: The Phoenix Center will teach, model, encourage, and support healthy eating by students and will provide nutrition education and engage in nutrition promotion.

- As students learn where their food comes from, they have an opportunity to taste fresh from the garden or local farm (CBI) which enables students to incorporate healthy meal choices into their diet.
- Students in grades equivalent K-12 will receive a comprehensive program in health education focused on the skills needed to adopt healthy eating behaviors and lifelong wellness practices, designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education topics are integrated into the comprehensive health education program taught at every level.
- The nutrition education program is based on theories and methods proven by published research to improve nutrition behaviors and consistent with New Jersey's health education standards. It will

- 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;
- be developmentally appropriate, culturally relevant, and includes student participation, enjoyable nutrition promotion activities such as taste testing, farm visits, school garden;
- include an emphasis on healthy eating behaviors, physical activity, and screen time reduction;
- teach media literacy with an emphasis on food and beverage marketing;
- include nutrition education training for teachers and other staff.

Goal 2: Nutrition education will be integrated into other subject areas besides health

- Nutrition education is taught not only In health education classes, but is also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and physical education, and health-related community activities such as cooking class, horticulture class, and community based instruction (CBI).

Goal 3: The Phoenix Center will collaborate with community partners to enhance nutrition education efforts.

- Parents are included in education through Parent Association in-services and educational mailings.
- Faculty work with outside resources and other community partners to reinforce classroom lessons (taste-testing, farm tours, cooking demonstration, CBI, and restaurants).

Nutrition Education

Essential Healthy Eating Topics in Health Education

The Phoenix Center will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- 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

Food and Beverage Marketing in Schools

The Phoenix Center 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 Phoenix Center strives to teach students how to make informed choices about nutrition, health, and physical activity. In order to protect and promote student's health all foods and beverages marketed or promoted to students during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards and comply with The Phoenix Center Wellness Policy.

V. Physical Education

The Phoenix Center students participate in quality physical education (PE) programs based on state and national PE standards so that all students will develop knowledge, skills, and confidence needed to maintain a physically active lifestyle.

Goal 1: All students in *grade equivalent K-12*, will participate in a quality physical education program.

- In PE, students will be instructed and assessed in foundational motor and fitness skills.
- Students will be instructed using diverse and developmentally appropriate physical activities to meet their individual needs and interests during physical education classes.
- Increase the capacity for schools to provide an environment for physical education that is conducive to learning with respect to class size, equitable space, sufficient equipment, technology, safety, and cleanliness.

Goal 2: All students will have opportunities outside of physical education class to be physically active during the school day.

- Recess/ outside time

- School staff will assist students by providing integrated physical activity breaks in classroom instruction such as: going for a walk when needed, 5 minutes of exercise break, Courageous Pacers, “Get Ready to Learn” (yoga)
- Additional exercise programs: "Reach for Good Health", Volt Fitness and Flippin Out Gymnastics Program
- Interscholastic or intramural sports Basketball Club, Cheerleading, Bowling team

VI. Physical Activity

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
 Note: this does not include participation on sports teams that have specific behavioral requirements for safety.

Students are encouraged to work for additional walks, gym time and any other physical activity as a reinforcement. The Phoenix Center will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

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

All Phoenix Center students will receive at least 150 minutes per week of Health and Physical Educational instruction.

The Phoenix Center’s physical education program will promote student physical fitness through individualized fitness and activity goals with assessment in student progress notes.

Essential Physical Activity Topics in Health Education

The Phoenix Center will include in the health education curriculum the following essential topics on physical activity:

- 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
- 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

The Phoenix Center will offer at least **20 minutes of recess** on all or most days during the school year. If recess is offered before lunch, The Phoenix Center will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct **indoor recess**, teachers and paraprofessionals will promote physical activity for students to the extent practicable. Recess will complement, not substitute, physical education class. Teachers and paraprofessionals 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)

The Phoenix Center 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. The Phoenix Center recommends teachers start the day with 3-5 minute movement periods; 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.

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 will make every effort to limit sedentary behavior during the school day. The Phoenix Center 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 and paraprofessionals will serve as role models by being physically active alongside the students whenever feasible.

VII. Other Activities that Promote Student Wellness

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

All school-sponsored events such as Family Night Out, Family Bowling and Restaurant Night will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities where appropriate.

Community Partnerships

The Phoenix Center will continue to develop and enhance relationships with community partners in support of this wellness policy's implementation.

- Seton Hall University Doctoral Physical Therapy student's organized "Fun Fitness Finale."
- Inclusion opportunities for Basketball games with Good Shepherd Academy, Fairlawn Memorial and The Children's Institute.
- Interscholastic Bowling League with Banyan School, Abundant Life Academy.
- 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 Phoenix Center will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. As described in the "Community Involvement, Outreach, and Communications" subsection, The Phoenix Center will use electronic mechanisms (such as email or displaying notices on the school's 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 opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Family and Community Wellness

The Phoenix Center will integrate school policies and activities into a broader community.

- The Phoenix Center will have an on-site community vegetable garden where the students can garden and learn about the food they eat in horticulture class.
- The Phoenix Center will sponsor family wellness events, such as Family Night Out, to teach about making healthy family meals and to provide other interactive, fun-family oriented wellness activities.
- The Phoenix Center will offer community outreach projects encouraging physical activity in the community include: Volt Fitness, Flippin' Out Gymnastics, Swimming, Bowling, and Horseback Riding.
- Parents and students are encouraged to walk along with the staff to support Autism.
- The Phoenix Center limits non-instructional television/ screen time.

Staff Wellness and Health Promotion

The Phoenix Center Wellness committee will also focus on staff wellness issues, identify and disseminate wellness resources, and perform other functions that support staff wellness in coordination with human resources staff. This includes holding an Annual Staff Wellness Day.

Nutrition promotion and education will be included in all staff orientations to educate and support staff in actively promoting and modeling healthy eating and physical activity behaviors. The Phoenix Center promotes staff members to participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and low-cost.

Professional Learning

When feasible, The Phoenix Center will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches, enlisting the aid of outside consultants and incorporating nutrition lessons into math class). Professional learning will empower The Phoenix Center staff to understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform and/or academic improvement plans/efforts.