

# ***Watson Institute Friendship Academy Wellness Policy***

## **Table of Contents**

<u>Preamble</u> .....	2
<u>School Wellness Committee</u> .....	3
<u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u> .....	5
<u>Nutrition</u> .....	7
<u>Physical Activity</u> .....	11
<u>Other Activities that Promote Student Wellness</u> .....	14
<u>Addendum</u> .....	16

**THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY**  
*Updated 12/10/2018 to include School Health Index Assessment Results*

## **Preamble**

The Watson Institute Friendship Academy (hereto referred to as Friendship Academy) is committed to the optimal development of every student. The Friendship Academy 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. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. 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. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines the Friendship Academy's 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 in the Friendship Academy have access to healthy foods throughout the school day both through reimbursable school meals and other foods available throughout the school campus in accordance with Federal and state nutrition standards;
- Students are provided a comprehensive nutrition program consistent with federal and state requirements that is prohibited from discriminating on the basis of race, national origin, sex, age, or disability
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during school;
- Friendship Academy 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 Friendship Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Friendship Academy 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 in the Friendship Academy. Specific measurable goals and outcomes are identified within each section below.

- *NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.]*

**I. School Wellness Committee**

***Committee Role and Membership***

The Friendship Academy will convene a representative Friendship Academy wellness committee (hereto referred to as the FAWC) that meets at least 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 this Friendship Academy Wellness Policy (heretofore referred as “wellness policy”).

The FAWC membership will represent all school levels (elementary and secondary) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teacher; health education teachers; school nurses and mental health and social services staff [e.g. school counselor, psychologist, therapeutic social workers, or psychiatrists]; school administrators (e.g. education director, clinical director, program supervisor); and the general public.

***Leadership***

The Education Director or designee(s) will convene the FAWC and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy.

The designated official for oversight is:

Samantha Generalovich, M.Ed.

Education Director

Friendship Academy 255 S. Negley Ave., Pittsburgh, PA 15206

412-365-3800

**THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY**

*Updated 12/10/2018 to include School Health Index Assessment Results*

<b>Name</b>	<b>Title / Relationship to the School or Friendship Academy</b>	<b>Email address</b>	<b>Role on Committee</b>
Michael Dobos	Parent	mpdobosjr@yahoo.com	Assists in development and the evaluation of the wellness policy
Marilyn Bell	Family Consumer Sciences Teacher	mbell@thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Sean Densmore	Crisis Program Supervisor	sdensmore@thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Dainen Holler	Physical Education Teacher	dholler@thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Donna Parks	School Nutrition Program Representative	dparks@thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Michelle Ligonis	School Nurse	mligonis@ @thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Brenna Lynam	School Nurse	blynam@thewatsoninstitute-fa.org	Assists in development, implementation and evaluation of the wellness policy
Samantha Generalovich, M.Ed.	Education Director	sgeneralovich@thewatsoninstitute-fa.org	Coordinate the development, implementation and evaluation of the wellness policy

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

### ***Implementation Plan***

The Friendship Academy 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 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 foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The school will use the School Health Index (SHI) to complete a school-level assessment, create an action plan that fosters implementation and generate an annual progress report.

The Friendship Academy School Health Index (SHI) results can be found in the Addendum starting on page 16.

This wellness policy and the progress reports can be found at:  
<https://www.thewatsoninstitute.org/schools/friendship-academy/>

### ***Recordkeeping***

The Friendship Academy will retain records to document compliance with the requirements of the wellness policy at Friendship Academy's administrative offices and/or on Friendship Academy's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the Friendship Academy uses to make stakeholders aware of their ability to participate on the FAWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### ***Annual Notification of Policy***

The Friendship Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The Friendship Academy will make this information available via the Friendship Academy website and/or Friendship Academy-wide communications. The Friendship Academy will provide as much information as possible about the school nutrition environment. This will include a summary of the Friendship Academy's events or activities related to wellness policy implementation. Annually, the Friendship Academy will also publicize the name and contact information of the Friendship Academy/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

### ***Triennial Progress Assessments***

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

- The extent to which the Friendship Academy is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the Friendship Academy's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

Samantha Generalovich, M.Ed.

Education Director

Friendship Academy 255 S. Negley Ave., Pittsburgh, PA 15206

412-365-3800

The Friendship Academy will actively notify households/families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The FAWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Friendship Academy 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 Friendship Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. The Friendship Academy will actively communicate ways in which representatives of FAWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that Friendship Academy.

The Friendship Academy 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. The Friendship Academy will use electronic mechanisms, such as email or displaying notices on the Friendship Academy'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 Friendship Academy will ensure that communications are culturally and linguistically appropriate to the community, and

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

accomplished through means similar to other ways that the Friendship Academy and individual schools are communicating important school information with parents.

The Friendship Academy will actively notify the public and Friendship Academy Staff about the content of or any updates to the wellness policy annually, at a minimum. The Friendship Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

### **III. Nutrition**

#### ***School Meals***

Our school Friendship Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting 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 special dietary needs.

The Friendship Academy participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The Friendship Academy also operates additional nutrition-related programs and activities including, *Breakfast in the Classroom* and *Mobile Breakfast carts*, *Grab 'n' Go Breakfast*. The Friendship Academy is committed to offering school meals through the NSLP and 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 statutes and regulations. (The Friendship Academy offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices 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.
  - All available vegetable options have been given creative or descriptive names.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
  - *Menus will be sent home and posted on the Friendship Academy website and posted in the classrooms*

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *The Friendship Academy child nutrition program will accommodate students with special dietary needs.*
- *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 (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *Lunch will follow the recess period to better support learning and healthy eating.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*
- *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
- *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 including where school meals are served during mealtimes.

### **Competitive Foods and Beverages**

The Friendship Academy is committed to ensuring that all foods and beverages available to students on the school campus support healthy eating. No foods or beverages are sold outside the reimbursable school meal programs e.g. a la carte or vending machines. Only bottled water is sold outside of the school meal programs in the school market.

### **Celebrations and Rewards**

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

1. Celebrations and parties. The Friendship Academy will provide a list of healthy party ideas to teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks may not be brought by parents.
3. Rewards and incentives. The Friendship Academy 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, or withheld as punishment for any reason, such as for performance or behavior unless included in a student's Individualized Educational Plan.



### ***Fundraising***

Foods and beverages will not be sold through fundraisers.

### ***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 schools, 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 school staff, teachers, parents, students and the community.

The Friendship Academy will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through: implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#).

### ***Nutrition Education***

The Friendship Academy will teach, model, encourage and support healthy eating by all students. Friendship Academy 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 part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- In elementary and middle school Friendship Academy provides nutrition education at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards (meets Healthy Schools Program Silver/Gold-level criteria).
- In high school, Friendship Academy offers nutrition education in two courses required for graduation. The nutrition education is structured, systematic unit of instruction with Dietary Guidelines for Americans and MyPlate.

### ***Essential Healthy Eating Topics in Health Education***

The Friendship Academy will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact 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 Friendship Academy 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 Friendship Academy 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 Friendship Academy property that contains messages inconsistent with the health information the Friendship Academy is imparting through nutrition education and health promotion efforts. It is the intent of the Friendship Academy 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 school campus, consistent with the Friendship Academy's wellness policy.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes 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.<sup>1</sup> This term includes, but is not limited to the following:

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

- 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 school equipment, such as marquees, message boards, scoreboards or backboards.
- 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 by the Friendship Academy.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the Friendship Academy is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment. This does not include participation on sports teams that have specific academic requirements. This does not include limited recess if included in a student's Individualized Educational Plan. The Friendship Academy will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the Friendship Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The Friendship Academy will conduct necessary inspections and repairs. A Concussion Policy/Safety Protocol is developed and implement. Friendship Academy cooperates with local public safety agencies to develop and maintain safe routines for arrival, dismissal, and emergency evacuations.

### ***Physical Education***

The Friendship 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). The curriculum will support the essential components of physical education.

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

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

All Friendship Academy **secondary students** (high school) are required to take the equivalent of **one or more academic** year of physical education.

The Friendship Academy physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student. In addition:

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets Healthy Schools Program Silver-level criteria).
- The physical education teacher will be required to participate in at least a once a year professional development in education (meets Healthy Schools Program Silver-level criteria).
- All physical education classes in Friendship Academy are taught by licensed teachers who are certified or endorsed to teach physical education (meets Healthy Schools Program Gold-level criteria).
- Waivers, exemptions, or substitutions for physical education classes are not granted unless ordered by a physician e.g. concussion protocol.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all grades (elementary and middle) and the Friendship Academy will require high school students to take and pass at least one health education course. The Friendship Academy will include in the health education curriculum a minimum of 12 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

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

- 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 schools will offer at least **20 minutes of recess** in the school gym on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, Friendship provides appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

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. Recess kits have been developed and will be implemented daily to provide varied motivating physical activities.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The Friendship 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. The Friendship Academy recommends teachers provide short (3-5-minute) physical activity breaks to students during and between instructional time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The Friendship Academy will provide resources and links to resources, tools, and technology with ideas for classroom 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.

The Friendship 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.

**THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY**  
*Updated 12/10/2018 to include School Health Index Assessment Results*

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

Friendship Academy will offer middle and high school students the opportunity to participate in interscholastic sports.

***Before and After School Activities***

The Friendship Academy serves Twenty-five different school districts from different counties. Many of these students' live large distances from school. We will work to share available inside and outside physical activities in their local communities e.g. home school districts.

**V. Other Activities that Promote Student Wellness**

The Friendship Academy will integrate wellness activities across the entire school setting, not just in the cafeteria and physical activity facilities. The Friendship 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 e.g. Be There Campaign, Walking Challenge

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

***Community Partnerships***

The Friendship Academy will develop new relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) and continue relationship with Open Up PGH Side Project Inc. and Attack Theater in support of this wellness policy's implementation. 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 Family Engagement***

The Friendship Academy 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 Friendship Academy will use electronic mechanisms (e.g., email or displaying notices on the Friendship Academy's website), as well as non-electronic mechanisms, (e.g., 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.

## THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY

*Updated 12/10/2018 to include School Health Index Assessment Results*

### **Staff Wellness and Health Promotion**

The FAWC will identify and disseminate wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

The Friendship Academy will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies are monthly nutrition tips email, workout room available to staff before and after school.

### **Professional Learning**

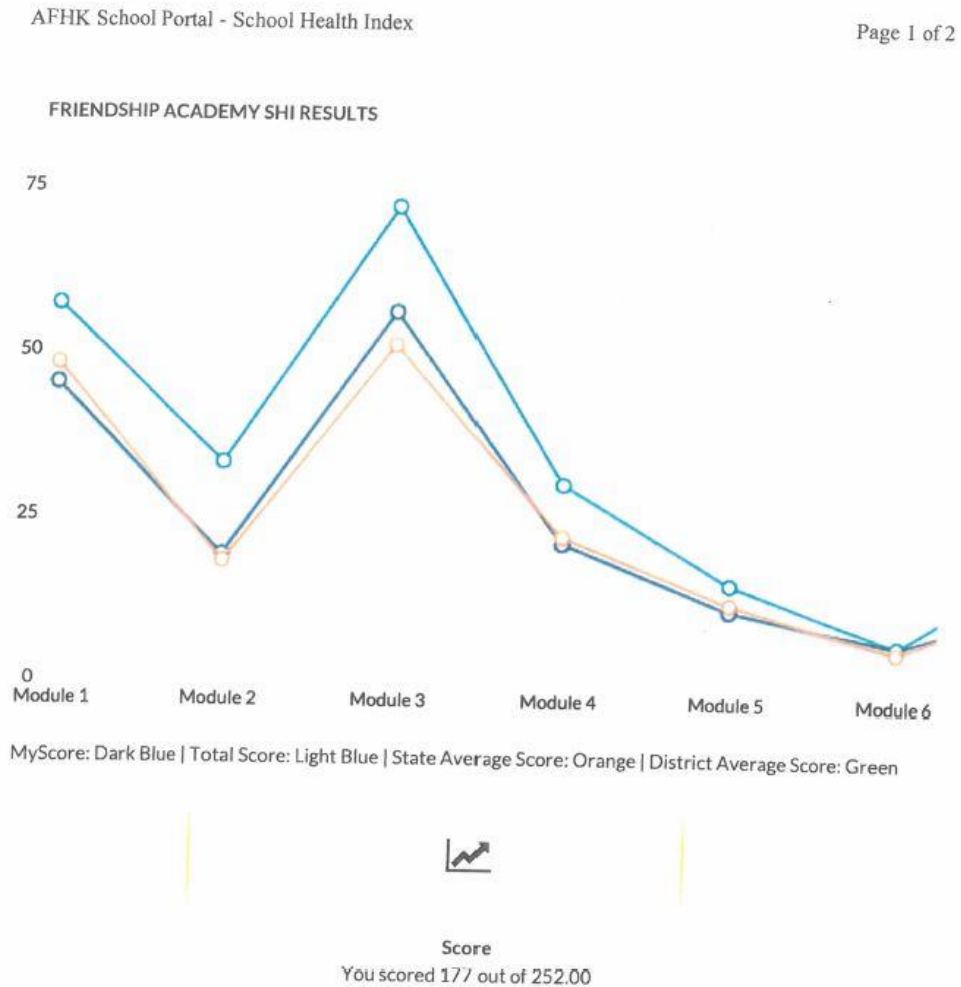
The Friendship Academy will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., food safety, increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons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

### **Healthy Environment**

The Friendship Academy is a smoke free zone as well as zero tolerance for weapons, drugs, and alcohol.

## VI. Addendum

The Friendship Academy School Health Index (SHI) results:



### School Health Index Module Results

Thank you for completing the SHI. Above are graphical representations of your school's responses across the modules. On these graphs, you can note areas that you are making progress and areas that need attention. On the graph, the Y axis is your selected response, 3-Fully in Place, 2-Partially in Place, 1-Under Development or 0-Not in Place. This graph also shows the average scores across your district and state, as well as the maximum score possible.



**THE WATSON INSTITUTE FRIENDSHIP ACADEMY WELLNESS POLICY**  
*Updated 12/10/2018 to include School Health Index Assessment Results*

AFHK School Portal - School Health Index

Page 2 of 2

<b>Module</b>	<b>Score</b>
Module 1: School Health and Safety Policies and Environment	45/57
Module 2: Health Education	19/33
Module 3: Physical Education and Other Physical Activity Programs	56/72
Module 4: Nutrition Services	21/30
Module 5: School Health Services	11/15
Module 6: School Counseling, Psychological, and Social Services	6/6
Module 7: Health Promotion for Staff	13/21
Module 8: Family and Community Involvement	6/18

[https://afhkschoolportal.force.com/afhk\\_shi\\_total\\_results?aid=001E000000VQu4CIAT](https://afhkschoolportal.force.com/afhk_shi_total_results?aid=001E000000VQu4CIAT)

6/28/2017