

Yeshiva Derech Hatorah Wellness Policy

Purpose

The purpose of this policy is to promote and protect the health, well-being, and academic success of all students by fostering healthy eating habits, physical activity, mental health, and overall wellness.

Section 1: Nutrition Education and Healthy Eating

- **Nutrition Curriculum:**
The school will integrate age-appropriate and culturally sensitive nutrition education into the general curriculum to teach students the importance of balanced diets and healthy choices.
 - **Food Service:**
 - Meals will comply with USDA nutritional guidelines to ensure students receive balanced and wholesome meals.
 - Foods high in sugar, trans fats, and artificial ingredients will be minimized in school lunches and snacks.
 - Nut-free zones or policies will be implemented if required for students with severe allergies.
 - **Healthy Snack Policy:**
 - Parents are encouraged to send nutritious snacks, such as fruits, vegetables, or whole-grain products, for breaks or classroom events.
 - Soda and candy are reserved for special occasions.
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Section 2: Physical Activity

- **Elementary School:**
Students will participate in at least 30 minutes of physical activity daily, including structured physical education classes and outdoor recess.
 - **High School:**
 - Physical education classes will be part of the weekly curriculum.
 - Students are encouraged to engage in extracurricular physical activities such as sports teams or clubs.
 - **Movement Breaks:**
Teachers are encouraged to incorporate short movement or brain breaks during extended periods of classroom instruction.
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Section 3: Mental and Emotional Health

- **Access to Support:**
School psychologists (e.g., Mrs. Michelle Roberts and Mrs. Fraidy Lowenthal) will provide support to students dealing with academic, emotional, or social challenges.
- **Anti-Bullying Programs:**
The school will implement evidence-based programs to prevent bullying and promote inclusivity.
- **Stress Management:**
Workshops and activities will teach students strategies to manage stress and anxiety effectively.

Section 4: Health and Safety Environment

- **Hydration:**
Students will have access to water throughout the day.
 - Students are encouraged to bring reusable water bottles.
- **Clean Facilities:**
Regular cleaning and maintenance of facilities will be ensured to provide a healthy and safe learning environment.
- **Illness Policies:**
Students showing symptoms of contagious illnesses should remain home. The school will notify parents about outbreaks or necessary health precautions.

Section 5: Staff Wellness

- Staff members are encouraged to model healthy behaviors, including good nutrition and physical activity.
- Periodic professional development will provide training on wellness-related topics to equip staff with tools to support students effectively.

Section 7: Monitoring and Evaluation

The school's administration will evaluate the effectiveness of this wellness policy annually. Feedback will be gathered from students, staff, and families to refine programs and initiatives.