



Navajo Preparatory School, Inc.
Yideeskáággóó Naat'áanii
Leaders Now and Into the Future

WELLNESS POLICY
ON PHYSICAL ACTIVITY AND NUTRITION
FOR STUDENT AND STAFF WELLNESS

Adopted by the Board of Trustees
June 29, 2017

Wellness Policies on Physical Activity and Nutrition

PREAMBLE

WHEREAS, the Navajo Preparatory School (NPS) is committed to providing a safe and healthy learning environment for students and staff with a climate that nurtures learning, achievement, happiness and well-being;

WHEREAS, health and success in schools are interrelated and it is well documented that the health of school-age children is directly related to their educational success;

WHEREAS, there is an increasing number of overweight and childhood obesity in Native American children due to physical inactivity and excessive calorie intake. In New Mexico, twenty-four (24%) of high school students are overweight or at risk of overweight;

WHEREAS, Type 2 diabetes, previously considered an adult disease, has reached epidemic proportions among American Indians and Alaska Natives in children and adolescents;

WHEREAS, diabetes contributes to several of the leading causes of death in American Indian, including heart disease, stroke, pneumonia, and influenza;

WHEREAS, participation in all types of physical activity decline strikingly as age or grade in school increases, therefore, the U.S. Surgeon General recommends that most children should accumulate 60 minutes of moderate physical activity most days of the week;

WHEREAS, children's diets are high in added sugars and the most commonly sold items in school vending machines include low nutrition foods and beverages such as soda, sports drinks, imitation fruit juices, chips, candy, cookies and snack cakes; the consumption of sugar sweetened drinks among children is associated with obesity in children as measured by Body Mass Index (BMI);

WHEREAS, the nation's leading health authorities recommend that schools take an active role in preventing disabling chronic health conditions by encouraging schools to provide nutrition education from preschool through 12th grade;

Thus, the Navajo Preparatory School, a day and boarding school, is committed to taking an active role in providing a school environment that promotes and protects the health and well-being of student's health.

Therefore, it is the Policy of Navajo Preparatory School that:

- The School will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing school nutrition and physical activity policies;
- The school will support, encourage and provide opportunities for physical activities on a regular basis before, during, and after school;
- Foods and beverages sold or served will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans in accordance with Federal and State nutrition standards;
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the Native American traditional foods and will provide clean, safe and pleasant settings and adequate time for students to eat;

- Participate in the federal school meal programs, including School Breakfast Program, National School Lunch Program, Summer Food Service Program and Fruit and Vegetable Snack Program;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School will establish and maintain 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, staff and schools in Navajo Preparatory School, Inc. Specific measurable goals and outcomes are identified within each section below.

- *Navajo Preparatory School, Inc. will coordinate the wellness policy with other aspects of school management, including the Navajo Preparatory School, Inc. Improvement Plan, when appropriate.*
- *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.*

TO ACHIEVE THESE POLICY GOALS

I. School Wellness Committee

Committee Role and Membership

Navajo Preparatory School, Inc. will convene a representative School Wellness Committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least two times per semester *[or specify frequency of meetings, with a minimum of four meetings 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 administrative-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all grade levels of Navajo Preparatory School, Inc. and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals [e.g., health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g.,

school counselors, psychologists, social workers, or psychiatrist]; school administrators (e.g., Head of School, Dean of Instruction, Dean of Student Life), school board members; health professionals (e.g., dietitians, doctors, nurses, dentist); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the SWC will include representatives from each school department and reflect the diversity of the community.

Leadership

The Administrative Staff or designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

| Name | Title/Relationship to the School | Email Address: |
|-------------------|----------------------------------|--|
| Abboud, Rita | School Nurse/SBHC Coordinator | rabboud@navajoprep.com |
| Becenti, Leland | Parent | lbecenti@navajoprep.com |
| Crisp, Rainy | Athletic Director | rcrisp@navajoprep.com |
| Ian Teller | Student/Board Member | ian.teller@navajoprep.com |
| John, Delshayne | Evening Wellness Coordinator | djohn@navajoprep.com |
| Keeley, Kevin | Science Instructor | kkeeley@navajoprep.com |
| Nelson, Beverly | Health Assistant | bnelson@navajoprep.com |
| Nez, Jessica | PE Instructor/Coach | jnez@navajoprep.com |
| Mike-Bidtah, Jody | CBI Representative | j.bidtah@grantwriters.net |
| Ojaye, Betty | Head of School | bojaye@navajoprep.com |
| JoAnn Begay | Dean of Student Affairs | jbegay@navajoprep.com |
| White, Tyrone | Food Service Manager | twhite@navajoprep.com |

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

II. Wellness Policy Implementation, Accountability, and Community Engagement

Implementation Plan Navajo Preparatory School, Inc. 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 the school; 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. It is recommended that Navajo Preparatory School, Inc. use the Healthy Schools Program online tools to complete a school-level assessment based on the Center for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

The wellness policy and the progress reports can be found at: <https://navajoprep.com/>

Recordkeeping Navajo Preparatory School, Inc. will retain records to document compliance with the requirements of the wellness policy at Navajo Preparatory School, Inc. and will report on the school's compliance to the Head of School. Documentation maintain 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 Navajo Preparatory School, Inc. Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate in SWC;
- 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 School Wellness Policy has been made available to the public.

Annual Notification of Policy

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

Triennial Progress Assessments

At least once every three years, the Navajo Preparatory School, Inc. will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which Navajo Preparatory School, Inc. under the administrative staff/Head of School are in compliance with the wellness policy;

- The extent to which Navajo Preparatory School, Inc.’s wellness policy compares to the Wellsat Score; and
- A description of the progress made in attaining the goals of Navajo Preparatory School’s wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the school wellness committee leader.

The SWC, in collaboration with Navajo Preparatory School, Inc. Administrative Staff, will monitor Navajo Preparatory Schools’ compliance with this wellness policy.

Navajo Preparatory School, Inc. will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as Administrative 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.

III. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals Navajo Preparatory School, Inc. is committed to serving healthy meals to children. 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. Meals served through the National School Lunch Program and the School Breakfast Program and other applicable Federal child nutrition programs will:

- Be accessible to all students;
- Be appealing and attractive to students;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Offer a variety of fruits and vegetables through daily salad bar;
- Moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer’s specification);
- Serve only low-fat (1%) and fat-free milk, flavored milk and nutritionally – equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains should be from whole grain.
- 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).
 - Sliced or cut fruit is available daily.

- 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.
- Daily vegetable options are bundled into all grab-and-go meals available to students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
- White milk is placed in front of other beverages in all coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- Students surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- School meals are administered by a team of child nutrition professionals.
- Navajo Preparatory School, Inc. will implement at least four of the following five Farm to School activities (meets Healthy School Program Gold-level criteria):
- 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;
- School host field trips to local farms; and
- School utilized promotions or special events, such as tastings, that highlight the local/regional products.

Navajo Preparatory School will engage students, through taste-tests of new entrees, in selecting foods offered through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the school will share information about the nutritional content of meals with parents and students. Such information will be available in the cafeteria through software and PC located within the cafeteria.

Breakfast To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- The school will operate the School Breakfast Program.
- The school will notify parents and students of the availability of the School Breakfast Program.
- The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling Navajo Preparatory School:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff Qualified nutrition professionals will administer the school meals programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in school to meet or exceed education/training requirements in the USDA professional standards for child nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their level of responsibility. 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.

Food and Beverages Sold Individually (i.e., food sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.)

The Navajo Preparatory School, Inc. is committed to ensure that all foods and beverages available to students on school campus support healthy eating. At Navajo Preparatory School, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school campus. Navajo Preparatory School, Inc. will make drinking water available where school meals are served during mealtimes.

- Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.

Beverages

- Allowed any time: Water without added caloric sweeteners, fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice with no added sweetener, unflavored or flavored low-fat or fat-free fluid milk and

nutritionally- equivalent nondairy beverages (to be defined by USDA);

- Allowed after the last lunch period: Sugar free/Caffeine free soft drinks (must be both). Non-carbonated flavored water with no added sweeteners. Sport drinks.

Foods Vended (Nuts, seeds, cheese, yogurt and fruit are exempt)

- No more than 200 calories per container/package or amount served, and
- No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats and
- No more than 15 grams of sugar/package

Portion Sizes

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including low-fat ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water.

Fundraising Activities To support student's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The School Wellness Committee will make available to parents and teachers a list of ideas for acceptable fundraising ideas.

- Navajo Preparatory School, Inc. will encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.)
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Snacks Snacks served during the school day or in after-school enrichment programs will make a positive contribution to student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The School Wellness Committee will disseminate a list of healthful snack items to faculty, after-school program personnel, residential staff, and parents to meet nutrition standards.

Rewards Navajo Preparatory School will not use foods and beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, (above), as rewards for academic performance or good behavior, and will not withhold food or beverages, or assign community service within the Food Service Department as punishment.

Celebrations Navajo Preparatory School should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The School Wellness Committee will disseminate a list of healthy party ideas to parents and faculty.

School-sponsored Events (such as, but not limited to, athletic events, dances or performances) Beverages and food products sold at these events must:

- Follow guidelines set in Nutrition rule for fundraisers during normal school hours and,
- Outside of normal school hours (e.g. basketball game concession stands) at least 50% of food and beverages must be healthy choices.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition and Physical Education Promotion Navajo Preparatory School aims to teach, encourage, and support health eating by students. Navajo Prep provides nutrition education and engages in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (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 service.
- Teach media literacy with an emphasis on food and beverage marketing
- Includes nutrition education training for teachers and other staff
- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education Navajo Preparatory School, Inc. 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 no do 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
- Reducing sodium intake
- The Dietary Guidelines for Americans
- 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 at Navajo Preparatory School, Inc. Navajo Preparatory School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the campus while minimizing commercial distractions. School-based marketing will be consistent with nutrition education and health promotion. As such, NPS will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages will be limited. The promotion of health foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in school television, such as Channel One; free samples or

coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include vending machines covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisings; and coupons for discount gym memberships.

The *Guidelines* provide criteria for marketing food to students in a manner that does not undermine student's diets or harm their health.

Children are uniquely vulnerable to the marketing of low-nutrition foods. Many children lack the skills and maturity to comprehend the complexities of good nutrition or to appreciate the long-term consequences of their actions. Children of different ages face diverse challenges to healthful eating and different vulnerabilities to food marketing. Young children do not understand the persuasive intent of advertising/marketing and are easily misled. Older children, who still do not have fully developed logical thinking, have considerable spending money and opportunities to make food choices and purchases in the absence of parental guidance.

Additional Guidance for Navajo Preparatory School, Inc.

NPS is a unique setting. Parents entrust their children into our school's care for a large portion of the children's week. Also, NPS is dedicated to children's education and is supported by parent's funds and tax dollars. Companies, school clubs, concession stands and classes should support healthy eating in school and not market, sell, or give away low-nutrition foods or brands without offering that at least 50% of the items offered are what is considered a healthy choice anywhere on school campus, including through:

- Logos or tags, brand names, spokes-characters, product names, or other product marketing on/in vending machines; books, curricula, and other educational materials; school supplies; posters; textbook covers; and school property such as scoreboards, signs, athletic fields, buses and buildings
- Educational incentive programs that provide food as a reward must offer health choices.
- Incentive programs that provide schools with money or school supplies when families buy a company's food products are required that 50% of the items be healthy choices
- In-school television, such as Channel One
- Direct sale of low-nutrition food without health choices Free samples or coupons
- School fundraising activities should promote and offer healthy choices. Fifty percent of the items offered for sale should be health items.
- Banner ads or wallpaper on school computers.

As Navajo Preparatory School, Inc. nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the School Wellness Policy

Integrating Physical Activity in the Classroom For students to receive the

nutritionally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom faculty will provide short physical activity breaks between lessons or classes, as appropriate.

Many NPS teachers use actively engaging activating. Through CRISS strategies, lessons are designed for students to move around in the classroom with purpose, example group work, working in pairs, or creating written work.

Some teachers take their classes outside to nearby parks, the open field orchards or the campus areas to gather data for their assignments, ex. Creative writing, biology, chemistry, Navajo History, to name a few. They observe nature or gather information through their senses which is used as springboard exercise.

Navajo Preparatory School, Inc. 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. Teacher allows for students to leave the classroom (with permission and sign out through student planner) to stretch their legs, take a quick breather AND to discuss the given concept to share ideas and thoughts amongst each other. Navajo Preparatory School, Inc. recommends teachers provide short (3-5 minute) physical activity breaks to students to during and between classroom time at least three days per week. These activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Arrangements are made with the local elementary public schools which allow our students to walk to their sites and connect with a class and students read to the elementary students.

NPS will discourage extended periods (e.g. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Navajo Prep will give students periodic breaks during which they are encouraged to stand and be moderately active.

Communication with Parents Navajo Preparatory School, Inc. will support parents' efforts to provide a healthy diet and daily physical activity for their children. Navajo Preparatory School, Inc. will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Navajo Preparatory School, Inc. will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual food and beverages. Navajo Preparatory School, Inc. will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities. In addition,

Navajo Preparatory School, Inc. will provide opportunities for parents to share their healthy food practices with others in the school community.

Navajo Preparatory School, Inc. will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter or other take-home materials, special events, or physical education homework.

Staff Wellness Navajo Preparatory School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. NPS has established and maintained a School Wellness Committee comprised of administration, faculty, parents and students. The committee develops, promotes, and oversees a multifaceted plan to promote staff health and wellness.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) Navajo Preparatory School, Inc. will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All students in grades 9-12 will receive 400 minutes/week of daily physical education per semester. All physical education classes are taught by a certified physical education teacher or endorsed to teach physical education and will be required to participate in at least once a year professional development in education. Student involvement in other physical activities (i.e. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 60 percent of physical education class time participating in moderate to vigorous physical activity. All students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equipment as necessary.

Navajo Preparatory School physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education Navajo Preparatory School, Inc. 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 meditation provides physical, mental and emotional benefits
- 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 physical active
- 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.

Physical Opportunities Before and After School Navajo Preparatory School, Inc. will encourage students to be physically active before and after school. Navajo Preparatory School, Inc. will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, and interscholastic sports programs. NPS School will offer a wide range of activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. These activities will be available on or off-campus. The residential department coordinates after-school activities like open gym and the weight room. From dawn to dusk, the Fitness Trail is available to NPS staff, students and community.

Physical Activity and Punishment Academic and Residential collaborate to help educate Teachers/Staff and other schools and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School NPS will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school or walk off campus for student activities. When appropriate, the Executive Director will work together with local public works, public safety, and/or police departments in those efforts. Navajo Preparatory School, Inc. will encourage this behavior by engaging in 3 or more activities below; including but not limited to:

- Designate safe or preferred routes to school
- Promote activities such as participation in National Walk and Bike week

- Secure storage facilities for bicycles and helmets (e.g., set, cage, fenced area)
- Promote instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crosswalks on streets leading to school
- Use walking school buses
- Use track to promote walking
- Create and distribute maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.)

Use of School Facilities Outside of School Hours School spaces and facilities should be available to students, staff and community members before, during and after the school day, on weekends and during school vacations. These spaces and facilities should also be available to community agencies and organization offering physical activity and nutrition programs. NPS School policies concerning safety will apply at all times.

V. Other Activities that Promote Student Wellness

Navajo Preparatory School, Inc. will integrate wellness activities across the entire campus setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. Navajo Preparatory School, Inc. 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.

Navajo Preparatory School, Inc. will coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or curriculum experts.

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

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 Navajo Preparatory School, Inc. will enhance and continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) 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 goal.

Community Health Promotion and Family Engagement Navajo Preparatory School, Inc. will promote to parents/caregivers, families, and the general community the benefits of and approached 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, Navajo Preparatory School will use electronic mechanisms (e.g., email or displaying notices on the school’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.

VI. Staff Wellness and Health Promotion

The SWC 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 Jessica Nez.

Navajo Preparatory School (NPS) staff are a valuable workforce because they educate and nurture students as Yideeskaagoo Nataani (Leaders of Today and Into Tomorrow). A healthy staff is therefore essential for student learning and creates positive role modeling for students. The benefits for a healthy staff include: staff productivity; decreased employee absenteeism; improve employee morale and motivation and decrease staff health care costs (CDC 2005). NPS encourage staff to pursue a healthy lifestyle including physical, social, emotional, spiritual and mental health.

NPS has an existing School Wellness Policy that addresses nutrition and physical activity for students, as well as concessions and fundraisers. The Staff Wellness Policy will promote the health and wellness of staff as a coordinated school health approach. A School Wellness Team will take leadership to promote and sustain the staff wellness program.

To this end, the following policy practices are in effect:

Nutrition:

1. Energy drinks are prohibited.
2. Staff are strongly encouraged to drink water in place of other calorie-containing drinks such as Gatorade, Powerade, juice, soda and sweetened iced tea.
3. Staff are strongly discouraged from eating "fast food" items on campus.
4. Staff are strongly encouraged to eat healthy foods, including fresh fruits and vegetables, while at work.

Physical Activity:

1. The Fitness Room is open and available to all staff. Staff may contact a Fitness School Wellness Coordinator and/or Delshayne John to set up an

appointment for an orientation to the fitness equipment and/or to request assistance to develop a personalized fitness routine.

2. Group fitness will be offered on campus. All staff are welcome and encouraged to participate.
3. All staff may spend 30 minutes of their work hours 2 times a week to participate in an on-campus wellness activity of their choice such as walking, aerobics and weightlifting.

This must be pre-approved by the immediate supervisor and must not interfere with job duties.

Health & Wellness Promotion:

All staff are encouraged to participate in health screenings, Health & Wellness Days, Full Engagement Training (FET), ROPES course, Hozho Naasha camping, Just Move It events and other similar activities.

Professional Learning When feasible, Navajo Preparatory School, Inc. 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 or incorporating nutrition lessons into math class). Professional learning will help Navajo Preparatory School Staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

FOOTNOTES

1. To the extent possible, schools will offer at least two non-fried vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
2. As recommended by the Dietary Guidelines for Americans 2005.
3. A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.
4. It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price or "paid" meal.
5. School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.
6. Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).
7. If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetable and dairy foods from this total sugars limit.
8. Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.
9. Unless this practice is allowed by a student's individual education plan (IEP).
10. Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.
11. Schools should not permit general brand marketing for foods sold individually or the meals are not consistent with school meal nutrition standards.

12. Useful self-assessment and planning tools include the School Health Index from the Center for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle and High School Physical Education from the National Association for Sport and Physical Education.