

# STUDENT WELLNESS POLICY

## Sleepy Hollow Academy

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| <p><b>Purpose:</b></p>                     | <p>Sleepy Hollow Academy recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing an environment that promotes student wellness, proper nutrition, nutritional education, and regular physical activity as part of the total learning and counseling experience. In a healthy program environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>   |
| <p><b>Authority</b></p>                    | <p>To ensure the health and well being of all students, the Board establishes that Sleepy Hollow Academy shall provide the following to students:</p> <ul style="list-style-type: none"> <li>▪ A comprehensive nutrition program consistent with federal and state requirements.</li> <li>▪ Access to nutritional food and beverages will continue to remain free for all students.</li> <li>▪ Physical Education and Health courses are offered to our residential students. Special programs of calisthenics and Pilates are also available to provide additional physical activity. Inter-mural sports and activities are available to all students.</li> <li>▪ Curriculum and programs offered to our students are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</li> </ul>   |
| <p><b>Delegation of Responsibility</b></p> | <p>The Director of Student Services shall be responsible to monitor facility programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness (Health and Physical Education Teacher, Food Service Director) shall report to the Director of Student Services regarding the status of such programs.</p> <p>The Director of Student Services shall report to the board annually on the school’s compliance with law and policies related to student wellness. This report will include:</p> <ul style="list-style-type: none"> <li>• Assessment of program environment regarding student wellness issues.</li> <li>• Listing of activities and programs conducted to promote nutrition and physical activity.</li> <li>• Recommendations for policy and/or program revisions.</li> <li>• Suggestions for improvement in specific areas.</li> <li>• Feedback received from staff, students, parents/guardians, community members.</li> </ul> <p>The Food Service Director will insure that all district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law. All of our meals will continue to be available to all students, free of charge.</p> |

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| <b>Wellness Policy</b> | <p><b><u>Goal 1 - Health and Wellness Education</u></b></p> <p>Sleepy Hollow Academy will continue to require students to participate in a quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation. All students will take part and earn credits in Health and Physical Education classes as part of the curriculum.</p> <p>A special food and nutrition focused curriculum will be introduced in the 2006-2007 school year where students will be taught how to make healthy nutritional and lifestyle choices. We will also continue to teach students of the health and safety dangers posed by the use of drugs and/or alcohol.</p>  |
| <b>Wellness Policy</b> | <p><b><u>Goal 2 – Physical Education</u></b></p> <p>Sleepy Hollow Academy will continue to encourage students to participate in the different athletic programs that are offered. It has always been Sleepy Hollow Academy policy that athletics can be a terrific means to physical as well as emotional health. Athletic groups are also used as a tool to counsel students in making positive life choices in the community and after release.</p> <p>Physical Education classes will continue to be a requirement for all residential students.</p>  |
| <b>Wellness Policy</b> | <p><b><u>Goal 3 – Healthy School Learning Environment</u></b></p> <p>Sleepy Hollow Academy will continue to provide a safe, caring, and psychosocial environment in which our students can receive an education and participate in all other aspects of program. New Outlook Academy has EMTs available on-site EMT that will continue to be available to monitor student health. Also, all residents committed to The Academy will receive a physical within their first 15 days of commitment, and a dental exam within their first 30 days of commitment.</p> <p>Sleepy Hollow Academy dictates that meals and physical activity will not be used as a reward or punishment.</p>  |
| <b>Wellness Policy</b> | <p><b><u>Goal 4 – Nutrition Services</u></b></p> <p>All foods available to students at Sleepy Hollow Academy shall be offered to students with consideration for promoting student health and reducing childhood obesity. Food provided through the National School Lunch and School Breakfast programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p>Our school cafeteria will continue to serve students a healthy meal in a cafeteria style setting. There are no vending machines (candy, soda pop, snacks) on campus. In addition, students will have unlimited access during mealtime, free of charge, to the following:</p> <ul style="list-style-type: none"><li>• Homemade soup and salad bar.</li><li>• Fresh Fruit &amp; Vegetables.</li><li>• Juice Machines</li><li>• 2% Milk</li></ul> |

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| <b>Wellness Policy</b> | <p><b><u>Goal 4 – Nutritional Services (continued)</u></b></p> <p>All of Sleepy Hollow Academy counselors and teachers eat lunch with the students and monitor their nutritional choices. Staff continues to encourage students to create a well-balanced lunch using a combination of our healthy food options daily.</p> <p>Sleepy Hollow Academy cafeteria is sufficient to accommodate all staff and students. Students are provided 20 minutes of sitting time for breakfast, lunch, dinner and evening snack.</p>  |
| <b>Wellness Policy</b> | <p><b><u>Goal Area 5 – Health Promotion</u></b></p> <p>A comprehensive medical and dental plan is provided to all full-time staff members of Sleepy Hollow Academy. At regular staff meetings, employees are encouraged to take advantage of these benefits to remain physically and mentally healthy. The dire consequences of obesity are stressed as well as proper diet and exercise. EMT's are also on staff and employees have access to them if needed.</p>   |
| <b>Wellness Policy</b> | <p><b><u>Goal Area 6 – Counseling, Psychological and Social Services</u></b></p> <p>As our student population is comprised only of students committed to Sleepy Hollow Academy by a Juvenile Court Judge, counseling services are offered on site to all students during school hours. Our Teachers and Counselors are trained to deal with the sensitive issues that this type of student can have. The following counseling programs are provided to students on an as-needed basis:</p> <ul style="list-style-type: none"><li>• Anger Management</li><li>• Conflict Resolution</li><li>• Drug and Alcohol Education</li><li>• Guided Group Interaction</li><li>• Independent Living Counseling</li><li>• One-to-One Personal Development Sessions</li><li>• Parenting Skills</li><li>• Public Speaking</li><li>• Reintegration Services</li><li>• Relapse Prevention</li><li>• Relaxation Techniques</li><li>• Social Skills/Self Esteem</li><li>• Victim Awareness</li></ul> |
| <b>Wellness Policy</b> | <p><b><u>Goal Area 7 – Family/Community Involvement</u></b></p> <p>Sleepy Hollow Academy encourages an open relationship with student's families by encouraging their participation in the development of Individualized Service Plans for their children. These plans are designed with goals in mind to prepare students for their release from Sleepy Hollow Academy. Special emphasis is placed on making the right decisions for their health and well being once they are released from Sleepy Hollow Academy. In addition, our Aftercare Counselors work with the family from the beginning of a student's commitment to help to educate the family and assist them in preparing for the return of their child. Parents are encouraged to visit their students at Sleepy Hollow Academy regularly. At these meetings, parents are informed of their child's progress in education, behavior and health.</p>   |

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