

THE SUMMIT ACADEMY

STUDENT WELLNESS POLICY

Purpose: The Summit Academy recognizes that student wellness and proper nutrition are related to a student's 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.

Authority To ensure the health and well being of all students, the Board establishes that the Summit Academy shall provide the following to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access to nutritional food and beverages will continue to be provided free of charge for all students.
- Physical Education and Health courses are offered to our residential students. Students have access to our swimming pool, gymnasiums, bowling alley and weight room. The Summit Academy is a member of the Western Pennsylvania Interscholastic Athletic League and competes in seven varsity sports including Baseball, Football, Basketball, Wrestling, Track, Volleyball and Golf. Intermural sports and activities are available to all students.
- 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.

Delegation of Responsibility The Executive Director shall be responsible for monitoring 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 Teachers, Food Service Director) shall report to the Executive Director regarding the status of such programs.

The Executive Director shall report to the board annually on the school's compliance with law and policies related to student wellness. This report will include:

- Assessment of program environment regarding student wellness issues.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.

- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members.

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.

Wellness Policy

Goal 1 - Health and Wellness Education

The Summit 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. In addition to regularly scheduled intermural sports and activities, all students are required to participate in two, 90 minute Physical Education classes per week.

A special food and nutrition focused curriculum will be introduced in the 2006-2007 school year whereby 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. Summit Academy is in fact licensed by The Bureau of Drug and Alcohol Programs (BDAP) and boasts a 99% proficiency rating. All students meeting BDAP's criteria shall participate in the Non-Hospital Inpatient Drug & Alcohol Program to help them understand and battle their addiction and work toward a healthy recovery through the completion of a 12-step program). We also offer a Drug Sellers Program which seeks to bring about a change of that behavior through a holistic therapeutic setting.

Wellness Policy

Goal 2 – Physical Education

The Summit Academy will continue to encourage students to participate in the different athletic programs that are offered. It has always been Summit Academy's policy that athletics promotes 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. Students have access to television/videos only when scheduled, as a group, to watch a specific program or movie.

In addition, students will continue to have access to the many areas of the Summit campus that are designed to encourage physical education (gymnasium, weight room, swimming pool, basketball court, bowling alley, etc.).

All students are required to participate in the two per week scheduled Physical Education classes.

Wellness Policy

Goal 3 – Healthy School Learning Environment

The Summit 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. The Summit Academy has on-site EMTs that will continue to be available to monitor student health. Also, all students committed to the Summit Academy will receive a physical within their first 15 days of commitment, and a dental exam within their first 30 days of commitment. The Summit Academy dictates that meals and physical activity will not be used as a reward or punishment.

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Goal 4 – Nutrition Services

The Summit Academy’s school cafeteria is sufficient to accommodate all staff and students. Students are provided 20 minutes of sitting time for breakfast, lunch, dinner and evening snack. All foods available to students at the Summit 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.

Our school cafeteria will continue to serve students a healthy meal in a cafeteria style setting. There are no vending machines (soda pop, candy, snacks) on campus. In addition, students have, free of charge, unlimited access during mealtime to the following:

- Homemade soup and salad bar
- Fresh Fruit & Vegetables
- Juice Machines
- Choice of whole or 2% Milk

All of the Summit Academy counselors and teachers eat lunch with the students and monitor their nutritional choices. Staff continues to encourage students daily to create a well-balanced lunch using a combination of our healthy food options.

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Goal Area 5 – Health Promotion

A comprehensive medical and dental plan is provided to all full-time staff members of the Summit Academy. At regular staff meetings, employees are encouraged to take advantage of these benefits to remain physically and mentally healthy. Employees also have access to the staff EMT if needed.

Signs have been posted in conspicuous areas of the school to remind staff and students of the importance of proper hand-washing technique. A wash basin is available in the cafeteria for hand-washing before meals.

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Goal Area 6 – Counseling, Psychological and Social Services

As our student enrollment is comprised only of students committed to the Summit 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 sometimes associated with these students. The following counseling

programs are provided to students on an as-needed basis:

- Anger Management
- Conflict Resolution
- Drug and Alcohol Education
- Guided Group Interaction
- Independent Living Counseling
- One-to-One Personal Development Sessions
- Parenting Skills
- Public Speaking
- Reintegration Services
- Relapse Prevention
- Relaxation Techniques
- Social Skills / Self Esteem
- Victim Awareness

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Goal Area 7 – Family/Community Involvement

The Summit Academy encourages an open relationship with students' 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 the outside world. Special emphasis is placed on making the right decisions for their health and well being once they are released from the Summit Academy.

In addition, our Reintegration Counselors work closely 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 the Summit Academy regularly. At these meetings, parents are informed of their child's progress in education, behavior and health.