

Al-Amal School

Local Wellness Policy

SY 2023-2024

This Local Wellness Policy (LWP) outlines Al-Amal School'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. This policy applies to all students, staff, and schools in Al-Amal. Specific measurable goals and outcomes are identified within each section below.

Local Wellness Committee

Committee Role and Membership

Al-Amal School has established a **Local Wellness Committee** that meets at least once a month to develop goals for and oversee the implementation of school health and safety policies/programs, and updates of this LWP.

The Local Wellness Committee will represent all school levels (elementary, middle, and high school) and include, but not be limited to: parents, students, physical education teachers, health education teachers, school health services staff; school administrators (principal), and elementary and M&H teachers.

The staff listed below are the members of the LWP who will be responsible for assessing, managing, monitoring, and updating the LWP, they are also responsible for managing the triennial assessment

[Hana Musa, Nada Chehab, Nimo Mohamed, Dua Fraij, Malak AlMashal, and Leila Alilat]

Leadership

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

The designated official for oversight is :

Name	Title / Relationship to the School or District	Email address	Role on Committee
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Leila Alilat	Admin Assistant/Food Program Coordinator	Leila.alilat@al-amal.org	Coordinates and assists in the evaluation of the WLP implementation and updates the policy.
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Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Al-Amal schools will formulate and uphold an implementation strategy for the execution of this LWP. This strategy will outline the roles, responsibilities, actions, and timelines unique to each member of the Wellness committee. It will encompass details regarding who will be accountable for instigating specific changes, the extent of those changes, locations, and deadlines. Additionally, it will establish precise goals and objectives concerning nutrition standards for all foods and beverages accessible on the school premises, as well as guidelines for food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based initiatives that foster student wellness.

Al-Amal will utilize a range of tools (refer to the list below) to conduct comprehensive school-level assessments for the implementation of this plan. Following the assessment outcomes, Al-Amal will develop an action plan, execute the plan, and compile an annual report. Documentation attesting to compliance with the stipulations of this LWP will be maintained at Al-Amal's central office and submitted to the Office of the State Superintendent of Education.

Documentation retained in these designated areas will encompass, but is not limited to:

- The written Local Wellness Policy (LWP).
- The most recent assessment report on the implementation of the LWP.
- Availability of assessment documents to the public.

Al-Amal School is committed to proactively communicating with families and the public annually, providing essential details about this policy, including its content, any policy updates, and the current implementation status. This information will be accessible through the school's official website, <https://www.al-amal.org/>. The dissemination will encompass a synopsis of Al-Amal's events or activities related to the implementation of the wellness policy. Additionally, on an annual basis, Al-Amal will publicize the names and contact information of the school officials responsible for leading and coordinating the Local Wellness Committee, along with information on how the public can actively participate in the Committee.

Triennial Progress Assessments

Every three years, Al-Amal will undertake a Triennial Progress Assessment and compile a comprehensive report to assess the schools' adherence to this LWP. This assessment and report will provide a detailed account of the progress achieved in meeting the objectives delineated in Al-Amal's LWP.

The staff listed below are responsible for managing the triennial assessment and report are [Leila Alilat, Nada Chehab, Nimo Mohamed, Dua Fraij, Malak AlMashal, and Hana Mussa]

The designated individual mentioned above will oversee the adherence of Al-Amal schools to this LWP and will generate triennial progress reports, utilizing various tools, including the annual Al-Amal self-evaluations detailed in the preceding section. Al-Amal schools will proactively inform households/families about the accessibility of the triennial progress report.

Establishing a Plan to Measure the Impact and Implementation of the Local Wellness Policy

Al-Amal will evaluate the compliance and effectiveness of this LWP using existing data collection tools, such as, but not limited to: the USDA triennial administrative review.

Revisions and Updating the Local Wellness Policy

This LWP will be assessed and updated at least every three years, following the triennial assessment discussed above. The Local Wellness Committee will update or modify this LWP based on the results of Al-Amal School's annual self-assessment, and the USDA triennial administrative review.

Community Involvement, Outreach and Communications

All Al-Amal schools are committed to being responsive to community input, beginning with LWP awareness. All Al-Amal schools will actively communicate ways in which representatives of the Local Wellness Committee and others can participate in the development, implementation, and periodic review and update of the LWP through a variety of means appropriate for Al-Amal. All Al-Amal schools also will inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply them, and a description of and compliance with Smart Snacks in School nutrition standards. All Al-Amal schools will actively notify the public about the content of or any updates to this LWP annually, at a minimum. All Al-Amal schools will also use these mechanisms to inform the community about the availability of the annual and triennial reports. Additionally, Al-Amal will disseminate this LWP to parents by posting it in the school office, on the school website, and through any parent-teacher organizations.

Nutrition

All AL-AMAL SCHOOL schools are committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean protein, and fat-free or low-fat dairy, that are moderate in sodium, low in saturated fat, have zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating habits to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

AL-AMAL SCHOOL is committed to offering school meals through the National School Lunch Program (NSLP), and School Breakfast Program (SBP). Meals are accessible to all students;

- Are appealing and attractive to students;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local and federal statutes and regulations;

- Ensure all qualified students will become eligible for free lunch;
- Schools will provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the service line;
- Schools will operate a Universal “Free for All” School Breakfast Program in the cafeteria; and
- Promote healthy food and beverage choices by using Smarter Lunchroom techniques, such as the following:
 - Whole fruit options are offered in attractive, accessible settings;
 - Sliced or cut fruit offered, especially for age-appropriate students;
 - Alternative entrée options (e.g., salad bar) are highlighted on posters or signs within all service and dining areas;
 - Student surveys are used to inform menu development, dining space decor, and promotional ideas.

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](#).

Water

To promote hydration, free, potable drinking water will be available through water fountains to all students throughout the school day and every school building.

Sharing of Foods and Beverages.

The school will discourage students from sharing their foods or beverages during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Preschool/Elementary/Middle/High School.

The school food service program will approve and provide all breakfast and lunch food and beverage sales to students at the school. All lunch meals will be sold as balanced meals.

Middle/Junior High and High Schools.

In middle/junior high and high schools, all foods and beverages sold individually will meet the nutrition and portion size standards requested by the Free and Reduced Meal Program Guidelines.

- **Portion Sizes** are determined by the Free and Reduced Meal Guidelines.
- **A I-Amal School is a “peanut-free” school environment.**

Snacks

Snacks served by the school during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, are available [here](#).

Rewards

AL-AMAL SCHOOL will not use foods or beverages as rewards, incentives, or prizes for academic performance or good behavior that do not meet the nutritional requirements above.

Celebrations

The school will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should not include any food or beverage that does not meet nutrition standards for foods and beverages sold individually. The school will disseminate a list of healthy party ideas to parents and teachers.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Al-Amal School will make available to parents and teachers a list of healthy fundraising ideas including the following: walk-a-thons and Jump Rope for Heart. 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.

Food and Beverage Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, the school 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 is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Nutrition Promotion

All Al-Amal school schools 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 happen through at least:

- Implementing 10 or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet or exceed the USDA Smart Snacks nutrition standards.

Staff Wellness

Al-Amal 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. The school will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Ensuring Quality Nutrition Education, Health Education, and Physical Education

Al-Amal School aims to provide age-appropriate and culturally sensitive instruction in nutrition, health, and physical education that helps students develop the knowledge, attitudes, and skills to enjoy healthy eating habits and a physically active lifestyle.

Nutrition Education

Al-Amal School will teach, model, encourage, and support healthy eating by all students. Schools 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);
- Includes nutrition education training for teachers and other staff;

Essential Healthy Eating Topics in Health Education

Al-Amal will include in the health education curriculum the following essential topics on healthy eating:

Health Education

Al-Amal is dedicated to providing formal, structured health education, consisting of planned learning experiences that provide the opportunity to acquire information and the skills students need to make quality health decisions. As such, Al-Amal will provide students a comprehensive school health education that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, tobacco use, and violence prevention. Health

education curricula and instruction should address the [DC Health Education Standards](#) and incorporate the [characteristics of an effective health education curriculum](#). Al-Amal will provide health education that:

- Is incorporated into classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Incorporates an age-appropriate sequential health education curriculum that is consistent with District and national standards for health education;
- Incorporates active learning strategies and activities that students find enjoyable and personally relevant
- Requires professional development for all teachers in classroom management techniques in the past two years.

Additionally, to ensure the reinforcement of health messages that are relevant for students and meet community needs, Al-Amal will base its health education program, at least in part, on the results of the Health and Physical Education Assessment and in collaboration with the community. Al-Amal will also seek to imbed health education as part of student visits with the school nurse, through posters or public service announcements, and through conversations with family and peers.

Physical Education and Physical Activity

Al-Amal School acknowledges the positive benefits of physical activity for student health and academic achievement. It is the goal of Al-Amal School that elementary students engage in the recommended 25 minutes per day of physical activity. Additionally, recognizing that physical education is a crucial and integral part of a child's education, we will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional, and social well-being.

The components of [Al-Amal School]'s physical education program shall include a variety of kinesthetic activities, including team, individual, and cooperative sports and physical activities. Students Used to have opportunities for physical activity through a range of after-school programs such as Basketball, Soccer, Badminton, etc. Still, because of the staff shortage, it wasn't available for this year.

Al-Amal School will ensure that:

- Students in grades K-5 receive at least 210 minutes per week of physical education, and students in grades 6-8 receive at least 100 minutes per week of physical education;
- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition, and health;
- 50 percent of physical education class time is devoted to actual physical activity;
- Suitably adapted physical activity shall be provided as part of the individualized education plan (IEP) developed for students with disabilities;

- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during air pollution episodes, excessively hot weather, or other inclement conditions; and
- Physical activity is neither required nor withheld as punishment.

Pre-Kindergarten (Pre-K) Physical Activity

Al-Amal Pre-K shall ensure that students receive 90 to 120 minutes of active play daily. These minutes shall consist of a combination of adult-led/structured active play and child-initiated/unstructured active play. Al-Amal will seek to offer active play outdoors, weather permitting. Al-Amal will ensure that:

- These active play minutes shall be achieved through recess, active transitions (marching, hopping, etc.), and classroom games that involve physical movement;
- Recess shall be at least 50 minutes daily and scheduled in more than one block of time (e.g., one 20-minute session, one 30-minute session);
- 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.