

## **The Children's House "Earth to Table" Health and Wellness Policy**

Purpose:

*To encourage The Children's House community to move, grow and eat well.*

Mission:

*Engage every student, Extended Day-Kindergarten and Elementary, in three curricular areas a combined minimum of 100 hours per school year.*

### **Wellness Committee Members**

Michele Shane- Head of School

Steve Maas- Physical Education

Kristina Weidenfeller- Kitchen Classroom and School Lunch/Snack Program

Nadine Elmgren- Elementary Representative

Julie Shearer- Primary Representative

Curricular areas include:

Physical Education

Della Terra

Kitchen Classroom

### **Physical Education**

Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promote a healthy lifestyle.

TCH comprehensive physical activity program includes: physical education, recess, and after-school physical activity programs.

During physical education, students practice motor skills needed to perform a variety of physical activities. Students develop knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

### **Goals**

- Students will participate in daily developmentally appropriate physical education class totaling a minimum of 150 minutes per week
- Students will be provided with a minimum 30 minutes unstructured recess time to engage in physical activity
- Information for opportunities for extra-curricular physical activities are provided to families throughout the year
- TCH does not withhold physical activity as a form of punishment

### **Della Terra**

Children's House students are provided with the opportunity to develop the knowledge and skills necessary to practice good nutrition and environmental stewardship in their everyday life. Della Terra is a practical outdoor laboratory

where lessons in applied math, science, and horticulture are used to actively engage the student in learning and reinforce lessons from the classroom.

All students have the opportunity to work in the TCH campus gardens and/or greenhouse through the Della Terra program.

The Della Terra program includes: weekly instruction in school greenhouse and production gardens and “Food of the Month” program

During Della Terra, students perform a variety of tasks including (but not limited to) garden planning, seed starting, seed sowing, planting bulbs, transplanting, weeding, making/spreading compost and organic fertilizer, and harvesting crops.

### Goals

- Student participation in Della Terra for 450-900 minutes per year
- Bi-annual campus work-bees will provide additional opportunities for students to participate in gardening activities and campus beautification.
- Introduce topics such as organic agricultural practices, invasive species identification and weed eradication, soil science, composting and vermiculture, Integrated Pest Management (IPM), beneficial insects, and special topics
- Nutrition will be taught actively through hands-on participation “in the field” and through the “Food of the Month” program.
- Students will also be encouraged to engage in planning new garden projects as time and budget permit

### **Kitchen Classroom and Nutrition Education**

Kitchen Classroom provides TCH students with experiences that promote the acquisition of general food preparation skills, familiarity with a variety of whole foods, making healthy choices for their bodies and their environment as well as an understanding of the social and culturally component of preparing, serving, and sharing food.

Kitchen Classroom includes an extended day program, an elementary program, lunch, snack, and collaborative projects with Della Terra and Physical Education.

Students prepare, sample and share food with the school community. Students learn safe food practices, nutrition, and cooking skills.

### Goals

- Students will participate in a minimum of 900 minutes of Kitchen Classroom annually

- Students will learn the technical skills required to prepare a variety of food including vocabulary and measurement required to successfully read and produce a recipe
- Students will gain familiarity with whole foods (fruits, vegetables, grains) and their health benefits through touching, tasting, preparing and sharing meals and snacks
- Students will learn how to plan for a well balanced meal that keeps their body and environment healthy
- Students will learn the role food plays in culture by exploring foods from other cultures as well as sharing the food they have prepared with members of their own community
- When appropriate, nutrition education will be integrated into other subject areas of the curriculum including but not limited to Physical Education and cultural studies

### **Snacks and Lunch**

TCH School provided snacks and lunch will aim for the highest nutritional standards possible incorporating home made, whole, locally grown food. TCH will provide school meals, which exceed the nutritional standards required by State and the National School Lunch Program.

Minimum time allowance (eating time for each student after being served the meal) for student consumption of meals will be ten minutes for snack and twenty minutes for lunch.

TCH will not serve nut or nut products in any of the foods that it serves to students.

### **Celebrations**

TCH requires parents to bring healthy, nut-free, and low or no sugar foods for birthday and holiday celebrations. A list of healthy recipe ideas is available in the wellness section of the school's website.