



School Wellness Policy

Statement of Purpose

Eugenio Maria de Hostos Charter School is committed to a school climate that enhances the health and wellbeing of our community. We promote and address holistic health by providing students educational and hands-on experiences that encourage healthy practices in varying contexts. The wellness policy within this organization supports the school’s mission; students will learn in a safe and nurturing community and be able to advocate for social justice while enjoying access to what the world has to offer.

To Achieve These Policies and Goals:

Wellness Advisory Committee

EMHCS will create, strengthen, or work within the school advisory committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to the school for implementing those policies. The committee will consist of students, staff, and parents.

Wellness Policy Committee

Name	Title/ Position
Sandra Chevalier-Blackman	CEO
Leslie Rivera	Chief Academics Officer
John Harris	Chief of Operations
Solange George	21st CCLC Program Coordinator
Lexi Gastelum	School Social Worker
Betzaida Gonzalez	Head Cook
Jenna Ricigliano	Food Service Manager
Demond Stewart	Athletic Director
Student Body	Students

School Food and Meal Program

School Meals

As a school, our foodservice employees and cafeteria will follow NYS Child Nutrition Guidelines in providing well-balanced meals served in school.

- At a minimum, reimbursable school meals served at school will meet the program requirements and nutrition standards of the National School Lunch program.
- Fund-raising activities will follow the healthy food guidelines as directed in the Healthy Hunger-Free Kids Act of 2010 or non-food fundraisers.
- Building principals and supervisors in conjunction with their staff will encourage:
 - Appropriate food rewards
 - Appropriate non-food celebrations
 - Healthy classroom snacks

The school will share information about the nutritional content of meals with parents and students upon request. Such information can be found on the monthly menus.

Free and Reduced-priced Meals

EMHCS participates in the Community Eligibility Program. All students receive breakfast, lunch, or snacks at no cost.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, EMHCS will provide continuing professional development for all nutrition professionals in the school. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Nutrition Education and Physical Education

The primary goals for the EMHCS physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain and enhance students' physical fitness, and to promote regular participation in physical activity as a lifelong healthy lifestyle choice.

- Students in all grades are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and integration of physical activity into the academic curriculum.
- Students will be given opportunities for physical activity through a range of before and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

- The school encourages parents to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Professional development opportunities will be made available to enable teachers and other school staff to promote enjoyable, lifelong physical activity.

Programs and supports for social/emotional development

Eugenio Maria de Hostos Charter School (EMHCS) provides students with resources to enhance their social and emotional wellness which is a critical building block for student well-being. A student’s positive perception of self and their ability to positively interact with peers, adults, and the community has a direct effect on their sense of well-being and academic achievement. EMHCS acknowledges the importance of teaching students to be physically and mentally healthy, as well as, creating and maintaining a school environment that promotes academic achievement and a healthy community.

The social work team at EMHCS collaborates with each other and school stakeholders to provide students with the tools and strategies to develop positive social and life skills. Social workers provide individual, group, and classroom support to students. The team strives to educate students on the important topics of bullying, character building, conflict, appropriate social interaction, and aspects of health that relate to a personal mental/emotional well-being.

School-based counseling, support, and social services

EMHCS collaborates with behavioral health clinics that provide comprehensive and intensive school-based mental health services.

EMHCS collaborates with the community- based organizations to provide health education utilizing evidence-based- curriculums as well as opportunities for extracurricular activities.

EMHCS collaborates with Family Service community agencies to provide families access to community resources.

Monitoring and Policy Review

The Wellness Committee shall establish an implementation and evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time. The evaluation will be based on, but are not limited to, fitness testing scores, PE common assessment data, participation in intramurals and interscholastic athletics, rates of participation in the school lunch program, and satisfaction assessment from all interested parties. Further, the district shall document the financial impact, if any, to the school food service program, school stores, or vending machines revenues based on the implementation of the wellness policy.