



FREIRE

CHARTER WILMINGTON

HEALTH SERVICES

WELLNESS POLICY

Freire Charter School Wilmington is fully committed to doing anything and everything it can to provide for, facilitate, and maximize student achievement and success at Freire, in college, and throughout life. This commitment to student achievement and excellence is behind Freire's wellness policy. Ubiquitous research shows clearly that students who eat better do better in school. Research also shows that students who participate in physical activity several times or more during the week outperform their peers who do not participate in frequent physical activity. This policy is in place in order to realize Freire's commitment to students and to comply with provisions of the Healthy, Hunger-Free Kids Act of 2010 and its implementing regulations, specifically 7 CFR §210.31.

GOALS

In the coming years, as Freire continues to grow and to excel, so, too, will the level of student and staff wellness. Our overall goal is to promote healthy eating and living as well as help prevent and reduce obesity in our students. Our vision includes that one day, all students and staff will participate in safe, healthy physical exercise. Our specific program goals are that Freire students will:

- Be drawn to healthy practices.
- Be drawn to physical exercise and healthy eating.
- Demonstrate fundamental knowledge of health and nutrition.
- Know how to care for themselves.
- Demonstrate their knowledge of how to provide basic care for others through the life cycle.
- Monitor their own health and command strategies for addressing the health problems of others.

PROGRAMS

Freire's graduation requirements include one credit of physical education and one-half credit of health. In health education, students will delve into sex education, body systems and maintenance, diseases and disease prevention, nutrition, exercise, drug and alcohol prevention, and overall wellness. Our physical education course promotes exercise as a part of maintaining good health.

Freire students also have the opportunity to participate in a variety of extracurricular athletic programs such as basketball, cross country, track & field, cheerleading, and yoga. In the future, the school may examine the idea of making participation in at least one sport per year a mandatory part of a Freire education.

FOOD STANDARDS AND SALES

All foods and beverages that Freire provides to students through the National School Lunch Program shall meet applicable standards and nutrition guidelines. In accordance with 14 Del. Code § 4136, Freire shall not serve or make available to students any food or beverage containing industrially produced trans-fat, before, during, or after regular school hours. Freire uses the Community Eligibility Provision to provide school breakfast and lunch to any student free of charge. In order to promote inclusivity and comply with **federal regulations, Freire does not permit the sale of foods or beverages to students on school property until 30 minutes after the end of classes. All food and beverages available to students during the school day must be provided free of charge. Marketing of any food items at any time is strictly prohibited.**

Food and beverage items to be provided, but not sold, to students during the school day should not encourage unhealthy eating habits. Freire does not use food as a reward unless the reward promotes a positive message. We also encourage parents to send their children with healthy food to school or to participate in the school's healthy foods initiatives when offered.

In order to maximize attention, concentration, and learning potential, Freire encourages the selection of healthy snacks such as fresh fruit, granola bars, yogurt, dried fruit, and water. Such foods provide extended hours of energy for learning, whereas sugary snacks provide only short-term energy followed by a crash. We discouraged fried foods or those with high amounts of added sugar.

POLICY REVIEW PROCESS

Freire invites the wider school community to provide input and participate in the review and implementation of this policy. This includes students, their families, school board members, the general public, and school staff including administrators, physical education teachers, health professionals, and food service staff.

In order to make information about Freire's school wellness programs and to solicit public input, this policy will be posted on the school's website. Information describing any updates made to the policy will be posted along with the policy itself no less than annually.

As required under USDA regulations, once every three years Freire will conduct a community review of this policy ("triennial assessment"). Freire will make a good faith effort to include representatives from the school community as described above in the process. The review will:

- Assess the school's compliance with and measure the implementation of the policy
- Evaluate the school's progress toward meeting the goals defined in the policy
- Review and consider evidence-based strategies and techniques in developing specific goals
- Examine how Freire's policy compares to model policies

After conducting the review, Freire will create a report on the findings and update this policy in response to the findings. The report will be posted on the school's website along with the policy and description of updates.

RECORDKEEPING

Freire will comply with all applicable recordkeeping requirements. This includes retaining a copy of this policy and triennial assessment reports. Requirements also include documentation of community involvement and the public availability of the policy and reports. This is not intended to be an exhaustive list of records required. Changes to Freire's food standards or other areas of the wellness policy may create additional recordkeeping requirements. The retention period will be the longer of any requirement under school policy or state or federal regulation.

SCHOOL NURSE

A nurse is on duty every school day.

EMERGENCY TREATMENT CARDS

All students must turn in an emergency treatment card at the beginning of the year. If a student's emergency contact information, insurance information, or medical conditions change during the year, please contact the nurse to update the form.

STUDENT ILLNESS

If a student becomes ill in class and is no longer able to stay in class and work, a teacher will send him or her to the nurse with a hall pass. The hall pass must specify the nature of the complaint. The nurse will determine whether or not the student is able to return to class. If the nurse determines that a student needs to leave school, the nurse will contact a student's parent/guardian and request that they pick up their student. The nurse is the only person who has the authority to determine that a student must leave for the day.

MEDICAL EMERGENCIES & ACCIDENTS

In the event your child has a medical emergency (defined as an incident that requires immediate medical attention), we will make him/her comfortable and begin appropriate first aid procedures. If your child needs to be transported to a hospital, an ambulance will be called. A school staff member will accompany your child to the hospital and stay with him/her until you arrive. If you cannot be reached, we will attempt to contact the emergency numbers you have listed as emergency contacts.

COMMUNICATION WITH OUTSIDE MEDICAL PROVIDERS

For a student who has not reached the age of 18, Release of Information forms shall be signed by the parent, guardian, or relative caregiver in order for a primary care physician or healthcare professional to communicate with School personnel regarding any treatment of a student. Notwithstanding the foregoing, communications between healthcare professionals and School staff regarding any treatment of a student may occur for any student 14 years or older who has provided consent for voluntary outpatient treatment in accordance with 16 Delaware Code § 5003. Students age 18 or older may sign releases for their own medical information. In accordance with HIPAA and FERPA guidelines, releases shall be signed before communication may take place. Communications without signed releases in emergency situations may occur in accordance with HIPAA and FERPA regulations and guidelines.

If a parent refuses to sign a release form, the School will explain the reasons a release would be advantageous to the student, for example in instances where a concern has been expressed regarding bullying or suicide warning signs.

PRESCRIPTION MEDICATION ADMINISTRATION POLICY

Ideally, the administration of medication should take place at home. However, students with health problems may require medication administration during school hours in order to function optimally in the classroom. If a physician determines that a student has such a need, Freire Charter School Wilmington will administer the medication under the following procedure:

- The student's legal guardian, in conjunction with the student's Physician, must fully complete a form designated by the School. This form is available upon request from the school nurse. This form **MUST** be returned to the school nurse.
- Upon receipt of the properly completed form, the school nurse will review and approve the document.
- The student's parent/guardian will supply the medication. The medication must be properly labeled and packaged by a Registered Pharmacist.
- All medications **MUST** be personally delivered by the parent/guardian to the nurse. The nurse will not accept medication from anyone but the parent/guardian.
- The medication will be kept in a locked and secure place at all times.
 - **EXCEPTION:** An exception will be made when the prescribing doctor requires student to have medication on them at all times. This directive must be stipulated on the MED-1 form and should be required only when necessary. In these cases, a medication plan will be required. Examples of medications that may require an exception are:
 - Epinephrine auto injectors
 - Asthma inhalers
- The medication will be administered to the student per the Physician's instructions. Administration will be performed by the School Nurse or a senior school administrator in the absence of the Nurse. A written record of each administration will be made.
- When deemed necessary, as determined by the School Nurse, a medication plan will be established. This plan will be shared with all relevant staff, as well as the student and parent.
 - A personalized medication plan will be created for all students who require self-administration and possession of medications (i.e. epinephrine auto injectors, asthma inhalers, insulin).