Wellness Initiatives

Afnan Chikhani

Fontbonne University

The main reason for school wellness polices is to improve the health of our children. These polices to provide our children with the best lifestyle that can affect their health such as nutritional meals, physical activity, and healthy behavioral. According to some studies mentioned in the CDC website there are a link between healthy eating and physical activity and academic performance and behavior for example Eating healthy can affect memory and mood.

A lot of the wellness policies are changing due to COVID-19. Considering the safety and health of our children many new polices about wellness it applied. There are a lot of consideration for the children safety if the school decided to reopen. During my food service rotation in school, there was a discussion about the changes that needs to be do in the schools regarding meals, and physical activity. They need to decide if the school is going to be reopen on site or virtual.

My preceptor informed me after attending a zoom meeting with the committee about the issues they considered regarding children safety. First, they sent e-mail to all parent asking them whither if they will send their children to school if it re open. Many parents will not send their children back to school even if it re-open especially very young children. Many families are considering home schooling according to the committees.

In case if re-opening the school, they will re-arrange the lunchroom to be distant making apace between children. They also will change the lunch time by making 3 times lunch to have less having eating lunch at the same time. All open salad buffet will be closed, and meal should be boxed. All meals will be reserved in closed boxed to all children for third grade and above. Younge children would stay in the classroom and the meals will be delivered to them to the classroom in closed box. Another change is there will be no PE and they would use the gym ad lunch room to spread the table far from each other. This is part of the plan the was discussed during the committee meeting about wellness polices. All these changes will affect he amount of student will buy lunch as school. Some parent might even feel safer to send lunch from home with their child, if they can afford it. All these are a good idea to do to follow the CDC regulations. I also suggest for school to purchase and serve prepackaged most food items. It might cost more but on the other hand it has many benefits. One of these benefits is lass hand contact which can keep it cleaner and safer. According to CDC regulation for serving the food during COVID-19 the less we touch the food and the item the safer it is. Another benefit is kids can take them home with them if they did not eat then such as muffin or bag of apple slices, which can reduce food waste.

There are many other issues need to be discussed such as what would be the procedure on of the children or the teacher got infected with COVID-19. What should be done if one of the children or staff family member were infected? There are many other details and issue need to be considered regarding the safety of the children in case the schools reopen. They also were considering mask wearing. If the children should be mask through out the day? Would young children be able to handle wearing mask throughout the day? All these questions were asked but not answer yet. Some schools have not decided yet of they are going to re-open or not yet.

<https://www.cdc.gov/healthyschools/npao/wellness.htmthe>