

# Mohammed Schools Health and Wellness Program

## Policies

Physical Activity Initiatives

Health Education Initiatives

## Wellness Committee Members

Nadirah Nu'man- Parent

Terri Ali- Master Gardener

Bayinnah Bahar - Teacher

Zaheerah Shakir-Administrator

Fatima White – High School Student

Shayla Amari – Middle School Student

Amari Scott – Elementary Student

Dr. Zenobia Day – Health Professional and Community Board Member

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## Policies

This section will provide specific information about new health and safety policies adopted by the Mohammed Schools. Our goal is to keep our stakeholders completely informed of developments in the industry of health and safety, provide information about what the Mohammed Schools are doing to become a healthier environment for our individuals and the physical environment and to constantly place focus on current concerns and initiatives, as well as changes and advances in the industry.

### Purpose of these health policies:

- Set standards for Mohammed Schools
- Establish programs and teams to continuously focus on improvement of our health program and policies and to ensure that all involved are aware of policies and initiatives
- Be in compliance and coordination with broader community as it relates to health
- Take steps towards better health as a group

## Standards

1. The Mohammed Schools of Atlanta seeks at all times to provide for the comprehensive health and safety needs of its students and staff.
2. The school encourages families and community members to adopt healthy, personal habits.
3. The school, when available, purchases and uses halal products.

4. Physical activity is encouraged at all grade levels.
5. All Athletic Programs are guided by standards of local associations

## Policies Presented in This Document

### 1. Form and Maintain a School Health Committee

- a. This committee's task includes overseeing the school's health and safety policies and program. They will also work in coordination with health care agencies and groups to stay updated about current health issues and initiatives for individuals and communities. This committee will be made up of students, parents and staff of the Mohammed Schools, as well as members of the broader community and health agencies and professionals.
- b. This committee will meet at least twice a year and will publish a report of meetings and news.

### 2. Promote non-use of food as reward

- a. Incorporate policy guidelines for non-use of healthy food as a reward as a part of the school health and safety manuals. Instructors are asked to not provide unhealthy food as reward for students.
- b. Additionally, when having events at the school snacks and meal items will be of a healthy nature.

### 3. Improve School Lunch Program

- a. The school lunch program will be changed to include healthy snacks/options and will provide more information about healthy eating habits

Proposed changes include:

- i. Provide 100% juice to students for lunch and after school snacks
- ii. Reduce the use of processed meats in lunch program (check labeling)
- iii. Incorporate increase amounts of fresh fruit and vegetable into the regular monthly menu
- iv. Change chips and other snacks to ones which have no msg, artificial food coloring and flavors or other harmful chemicals.
- v. Use low fat milk with few artificial food coloring and flavors or other harmful chemicals.
- vi. Sell no snacks during school hours to students
- vii. Explore ways to monitor food insecurity, food waste and food production/consumption practices for the school community.

- b. Provide posters and flyers which instruct and inform users of the lunch program and visitors to the cafeteria about healthy eating.

#### 4. Encourage Staff Participation in promotion of better health initiatives

- a. Encourage participation from staff in promoting health policies and initiatives of the Mohammed Schools. This group will also work with the health committee to provide information to parents and students.
- b. Train staff to provide nutrition education along with physical education programs;
  - i. Nutrition education is delivered as a part of the school curriculum
  - ii. Nutrition education involves classroom instruction, school cafeteria/lunch program, parents, and school extracurricular activities
- c. Provide services for staff
  - i. Health screenings
  - ii. Additional training to instructors in order to ensure they are aware of health program and policies of the Mohammed Schools
  - iii. Instruction, classes and information health and safety, healthy eating, and weight management. Staff will be encouraged to participate in physical activity at least three times per week.

#### 5. Improving Mohammed Schools Health Scores

- a. Provide Yoga Classes for high school students
- b. Add Dance Class as an elective option for all high school students
- c. Provide gardening classes and program for students, staff and community
- d. Make the gymnasium, soccer field, and school facilities available for use before and after school