

CENTRAL PARK SCHOOL FOR CHILDREN



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INCLUSION STATEMENT

At CPSC we create environments in which any individual or group can be and feel welcomed, respected, supported, and valued to fully participate. We embrace differences and offer respect in words and actions for all students, families, & staff. CPSC does not discriminate on the basis of race, creed, ethnicity, national origin, religion, sex, sexual orientation, gender identity or expression, age, height, weight, physical or mental ability, genetic information, political affiliation, veteran status, military obligations, or marital status.

WELLNESS PROGRAM PHILOSOPHY

Central Park School for Children is committed to holistic education and strives to empower children, their families, and staff to discover their own path to wellness within their unique family and community settings.

CPSC also aims to positively influence the health of their community and the world around them. The school believes that promoting wellness is also promoting high academic achievement, social growth, and emotional peace.

Program Goals:

- Promote a holistic approach to health and wellness and achieve individual healthy lifestyles by encouraging a positive balance of mind, body, and community connectedness within every child
- Create and maintain an equitable and inclusive environment that supports a child's ability to develop a strong sense of self and a deep level of confidence
- Develop a spirited community that allows children to build meaningful and lasting relationships outside of the classroom with an intentional focus on reinforcing and strengthening compassionate cooperation
- Encourage children to explore different movement and sport experiences that will support healthy individual physical fitness levels and habits, create an enhanced educational experience, and aid in their transition to High School Athletic Programs

MINDFULNESS & PEACEFUL SCHOOL PRACTICE

Peaceful Schools NC builds awareness and offers resources to help schools actively create and sustain a positive school climate. Through an individualized approach, PSNC offers consultation, professional development, and ongoing resources for teachers, administrators, students, staff and parents. Schools are social system in which each of us contribute to the overall health and social climate of the learning environment. Through conflict resolution, restorative discipline practice, diversity awareness and the arts, participants learn to implement child-centered school environments for maximum academic, social and emotional growth.

Central Park School for Children is in its ninth year as a Peaceful School. It now supports teachers and schools new to the model. The mission and vision of Peaceful Schools is clear in their commitment to taking bold action when needed within their school or in the wider community of Durham

NUTRITION & HEALTH EDUCATION

Great students run on great food — and Central Park is redefining what great school food means! Here at Central Park, we are committed to equity and justice for all, from our students here in Durham to people around the globe. In order to sustain our commitment to holistic learning, we are embarking on a journey of delicious discovery to support student growth and success through a new approach to school food.

At Central Park School, we believe that a school meal program that feeds students' minds and bodies. We continue to strive to:

- Develop and sustain a model nutrition program supporting our school's mission of nurturing and developing the whole child.
- Offer healthful lunches with delicious, fresh, local foods to help all of our students gain the benefits of excellent nutrition.
- Bring together students and staff around food, while learning more about what healthy foods look and taste like.

We are proud of the success of the lunch program over the last year. Our program was nationally recognized for its innovation and focus on whole, fresh fruits and vegetables, and freshly prepared entrees, with minimal processed foods.

We continue to benefit from a nutrition director with over 30 years of school food service, who oversees our programs and ensures that we maintain support for a triple bottom line: people (our students, staff, farmers, producers), planet (from Durham to the world), and budget (paying our chefs, catering staff, farmers, and producers equitably within the confines of USDA school meal reimbursement — yes, it can be done).

We're again working with a local chef and caterer, Ashlyn Smith of Spicy Green Gourmet, utilizing delicious recipes that support student growth and protect the planet. Spicy Green is excited to provide us with delicious daily meals, including tasty vegetarian and hot lunch options.

We're still supported by nutrition and research professionals to expand our commitment to good food at lunch and throughout the school day.

PHYSICAL EDUCATION & MOVEMENT OPPORTUNITIES

Regular and intentional physical activity is a vital component of healthful living, and CPSC is devoted to incorporating physical activity into the regular school experience of every student. CPSC encourages children to explore movement through an array of intramural options:

- Team-Building Activities
- Basketball
- Boxing
- Cheer & Tumbling
- Crossfit
- Dance: Zumba & Hip-Hop
- Flag Football
- Road Biking
- Running
- Soccer
- Ultimate Frisbee
- Yoga

INTERSCHOLASTIC ATHLETIC PROGRAMMING

CPSC strives to create and maintain an equitable and spirited Athletic Program that allows children to build meaningful and lasting relationships outside of the classroom with an intentional focus on reinforcing healthful living through the strengthening of movement skills, compassionate cooperation, and respectful play. Competitive interscholastic options:

- Mountain Biking — National Interscholastic Cycling Association
- Fall Soccer - Boys
- Ultimate Frisbee — Triangle Youth Ultimate League
- Cheerleading
- Spring Soccer — Girls

Interscholastic Expectations

At CPSC we set high expectations for students and student-athletes to always:

- Exhibit responsible, respectful, and trustworthy public behavior that will reflect positively on the team, school, and community
- Exhibit appropriate behavior at all team and school-related activities
- Respect & comply with decisions made by coaches & contest officials

Student Eligibility

Participation in CPSC interscholastic athletics is a privilege. Accordingly, students must meet certain CPSC standards to earn the privilege of participation. Students must receive an endorsement from their CREW teacher to join a team (See Student-Athlete Pledge in the pre-participation packet).

Additionally, to maintain team participation:

- Student must arrive to school on time
- Students must show consistent ability to arrive to each class on time
- Students must consistently complete homework on the days homework is due
- Students must consistently conduct themselves in a respectful and kind way
- Students must coexist peacefully with all members of the community