



Al-Mamoor School

EST. 2001

Wellness Policy

Supporting the whole student through healthy learning environments, nutrition, movement, health education, and community partnership

Policy owner	Effective date	Review cycle	Approval
School Administration and Wellness Council	September 2026	At least annually and whenever requirements change	

Al-Mamoor School

Established 2001

Nondiscrimination and Student Dignity

Al-Mamoor School does not discriminate in its programs, services, or activities on the basis of race, color, religion, national origin, sex, gender, disability, age, ancestry, genetic information, or any other status protected by applicable law. The school will provide reasonable accommodations and equitable access to wellness, physical education, health education, nutrition programs, and school activities.

Questions or concerns regarding nondiscrimination or access may be directed to the School Administration or the designated school compliance contact. The school will respond in a timely and respectful manner and will protect student confidentiality.

Whole-School Wellness Commitment

Al-Mamoor School recognizes that students learn best when their physical health, nutrition, emotional well-being, safety, relationships, and sense of belonging are supported together. The school will work with families and community partners to create learning environments in which students can develop healthy habits, make informed decisions, care for themselves and others, and participate fully in school life.

This policy is guided by the school's commitment to Islamic values, human dignity, compassion, responsibility, moderation, cleanliness, and care for the body and community. It applies throughout the school day, across all grade levels, and to school-sponsored activities and events.

Wellness Goals

- Provide age-appropriate physical education and regular opportunities for students to move safely.
- Provide health education that develops practical knowledge, decision-making, communication, self-advocacy, resilience, and lifelong healthy behaviors.
- Serve and promote nutritious, appealing, culturally respectful, and halal school meals and snacks.
- Protect students with food allergies, medical dietary needs, disabilities, and financial hardship.
- Avoid practices that stigmatize students, including meal shaming, public discussion of eligibility, or unequal access to meals.
- Engage families, students, staff, and community partners in planning, implementing, and reviewing wellness goals.

1. Physical Education and Physical Activity

Physical Education

Physical education is an academic subject and an essential part of educating the whole student. Al-Mamoor School will provide an instructional physical education program aligned with current New York State learning standards and applicable requirements. The program will teach students how their bodies move, how to participate safely, and how to develop skills and habits that support lifelong physical activity.

- The school will provide physical education to students in Pre-K through grade 12 according to the instructional schedule and current state requirements.
- The school's planning standard is at least 150 minutes of physical education per week, subject to the requirements and scheduling provisions applicable to each grade level.
- Physical education will include skill development, fitness, cooperation, safety, health-related knowledge, and opportunities for students to set goals and monitor progress.
- All students will have meaningful opportunities to participate. Staff will provide reasonable accommodations, adapted activities, and appropriate equipment so that disability or medical needs do not unnecessarily prevent participation.
- Physical education will be taught by appropriately qualified staff and will not be withheld as a routine disciplinary consequence.

Physical Activity During the School Day

- Teachers are encouraged to provide age-appropriate movement breaks when they support attention, self-regulation, and learning.
- Students will have opportunities for active recess, outdoor play, walking, stretching, and movement-based learning when weather, safety, and supervision permit.
- Physical activity will not be used to shame, punish, or humiliate students.
- The school will promote safe participation in extracurricular athletics and physical activity programs, including appropriate supervision, hydration, injury prevention, and access to the nurse or designated health professional.
- Families will receive information about school and community opportunities for physical activity when practical.

Physical Activity Safety

Students will be taught to recognize the importance of hydration, warm-up and cool-down, protective equipment, safe environments, and reporting pain or injury. Coaches and staff will follow school procedures for injury response, nurse referral, emergency communication, and activity modification.

2. Comprehensive Health Education

Health education will help students develop the knowledge and skills needed to make healthy decisions, access reliable information, communicate effectively, build healthy relationships, and care for their physical and emotional well-being. Instruction will be age appropriate, culturally respectful, inclusive, skills based, and aligned with current New York State requirements.

Health education content

- Healthy eating, nutrition literacy, food safety, hydration, and the relationship between nutrition, sleep, movement, and learning.
- Personal health, hygiene, disease prevention, injury prevention, and safety.
- Mental and emotional health, stress management, resilience, self-awareness, and help-seeking.
- Healthy relationships, communication, consent and boundaries as age appropriate, conflict resolution, and violence prevention.
- Tobacco, alcohol, drug, and substance-use prevention.
- Digital wellness, media literacy, responsible use of health information, and recognizing reliable resources.
- Goal setting, decision-making, analyzing influences, accessing services, and self-advocacy.

Instructional expectations

Grade span	Wellness education expectation
Elementary	Students receive age-appropriate health and wellness instruction each year, including nutrition, physical activity, safety, personal health, and emotional well-being.
Middle school	Students receive a sequential health education program that develops practical skills and addresses physical, mental, emotional, social, and personal health.
High school	Students receive a sequential health education program aligned with applicable state requirements, including health literacy, prevention, relationships, mental health, nutrition, and lifelong wellness.

Health education will be provided in a safe learning environment in which students are treated with dignity. Staff will follow school procedures for responding to disclosures of danger, abuse, self-harm, or other urgent concerns.

3. School Food, Nutrition, and Promotion

Al-Mamoor School will provide a food environment that supports learning, health, cultural respect, and student dignity. School meals will be planned and served according to the school's Dietary and Nutrition Policy, current USDA and NYSED requirements, halal standards, allergen controls, and the Meal Charge and Prohibition Against Meal Shaming Policy.

School meal standards

- Breakfast and lunch will provide required meal components and age-appropriate portions for K-8 and grades 9-12.
- Menus will meet applicable calorie, sodium, saturated-fat, trans-fat, added-sugar, fruit, vegetable, milk, and grain requirements.
- At least 80% of weekly grain ounce equivalents offered across breakfast and lunch combined will be Whole-Grain-Rich, supported by product documentation.
- Lunch menus will include the five vegetable subgroups over the week: dark green, red/orange, beans/peas/lentils, starchy, and other vegetables.
- No more than 50% of weekly fruit servings may come from 100% juice, calculated separately for breakfast and lunch.
- Both approved milk options will be offered at meals, and lactose-free milk will be available when a documented medical need requires it.
- All animal-derived proteins, cheese, butter, ghee, gelatin, and other potentially animal-derived ingredients will be reviewed for halal compliance.
- Major allergens will be identified in recipes, menus, and product records, and documented accommodations will be implemented.

Food access and dignity

Students will not be denied a regular reimbursable meal because of an unpaid account balance, inability to pay, or incomplete eligibility application. The school will not publicly identify, embarrass, isolate, discipline, or assign an inferior meal to a student because of meal debt or eligibility status. Account and eligibility matters will be communicated privately with parents or guardians.

Foods served or sold outside reimbursable meals

Foods and beverages offered in classrooms, offices, clubs, celebrations, vending areas, athletic events, and other school-sponsored settings should support the school's wellness goals. When foods are sold to students, the school will apply applicable federal, state, and local nutrition standards. The school will not routinely use food as a reward, bribe, or punishment.

Snack standards

Snacks sold or served to students should be single-serve when packaged and should be selected to limit excessive calories, sodium, saturated fat, trans fat, and added sugar. Whenever practical, the school will offer fresh fruits, vegetables, water, whole-grain items, and appropriately portioned nutritious snacks.

Snack standard	Al-Mamoor School expectation
Preferred choices	Fresh fruits and vegetables; water; whole-grain foods; halal and allergen-reviewed options; low-fat or fat-free dairy when appropriate.

Snack standard	Al-Mamoor School expectation
Nutrition review	Packaged snacks will be reviewed for calories, sodium, saturated fat, trans fat, added sugar, ingredients, allergens, and halal status before regular sale or inclusion in school programs.
Prohibited or discouraged offerings	Chewing gum, candy, artificial sweeteners, and products that do not meet applicable school or program standards will not be routinely offered for sale to students.
Celebrations	Families and staff should follow school procedures, provide ingredient information when food is shared, and avoid foods that create an unmanaged allergen or halal risk.

The Food Service Director may establish more specific snack criteria, product lists, and purchasing controls as required by current regulations or school operations.

4. Nutrition Education and Promotion

Nutrition education will be connected to the curriculum and to the foods students encounter during the school day. The school will promote healthy habits without shaming students, families, body sizes, cultures, or food traditions.

- Teach students how to identify food groups, read labels, understand portions, recognize added sugar and sodium, and evaluate nutrition information.
- Connect classroom learning to school menus, gardens, cooking demonstrations, cultural foods, and age-appropriate food preparation when resources permit.
- Encourage water consumption and appropriate hydration, especially during physical activity and warm weather.
- Use positive, factual language about food and health. Staff will avoid labeling foods or students as “good,” “bad,” “healthy,” or “unhealthy” in a way that creates shame.
- Share menu information and wellness resources with families through school communications, meetings, and other accessible methods.
- Respect halal requirements, cultural food practices, allergies, disabilities, and family circumstances in nutrition promotion.

5. Wellness Council

Al-Mamoor School will maintain a Wellness Council to guide, support, and review this policy. The Council will meet at least twice each school year and more often when needed.

Membership

The Council should include representatives from School Administration, food service, physical education, health education, the school nurse or health staff, mental health or student-support staff, teachers, parents or guardians, students when age appropriate, and community partners. Membership should reflect the diversity and needs of the Al-Mamoor School community.

Responsibilities

- Recommend wellness goals, strategies, and implementation priorities.
- Review school food, physical activity, health education, student-support, and family-engagement practices.
- Support communication and staff training related to this policy.
- Review student and family feedback and recommend improvements.

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- Participate in the annual assessment and progress report.
- Recommend revisions when requirements, school priorities, student needs, or community conditions change.

Council role	Expected contribution
School Administration	Provide authority, resources, coordination, and follow-through.
Food Service Director	Report menu compliance, food access, meal participation, allergy and halal controls, and food-service needs.
Health and physical education staff	Report instructional progress, physical activity opportunities, safety needs, and curriculum priorities.
Students and families	Share experiences, preferences, barriers, cultural perspectives, and practical recommendations.
Health and student-support staff	Advise on accommodations, mental health, disability access, safety, and student well-being.
Community partners	Offer expertise, programs, resources, and connections that support school wellness.

6. Implementation, Monitoring, and Accountability

Implementation plan

School Administration will coordinate implementation with the Wellness Council and responsible staff.

Implementation will include the following ongoing actions:

- Maintain current nutrition, meal-charge, physical education, health education, allergen, halal, and food-safety procedures.
- Review menus, products, and snack offerings for compliance with applicable standards.
- Provide training to food-service, teaching, coaching, health, administrative, and support staff.
- Collect feedback from students, families, and staff about meals, physical activity, health education, and wellness barriers.
- Coordinate with health departments, community organizations, and educational partners when their support advances student wellness.
- Participate in required USDA, NYSED, local health, or other authorized reviews and audits.

Monitoring and accountability

Area	Evidence or monitoring activity
Nutrition and meals	Menu analyses, production records, product documentation, meal participation, food waste, halal certifications, allergen records, and meal-charge reports.
Physical education and activity	Schedules, participation, accommodations, safety records, activity opportunities, and staff feedback.
Health education	Curriculum maps, instructional plans, student learning evidence, and compliance reviews.

Area	Evidence or monitoring activity
Student well-being	Counseling and support referrals, climate feedback, accommodation reviews, and safety data maintained according to privacy requirements.
Community engagement	Wellness Council attendance, family communication, surveys, meetings, and public feedback.

When a policy goal is not being met, the responsible administrator will identify the barrier, establish a corrective action, assign responsibility, and set a timeline for follow-up. Corrective action may include revised procedures, staff training, menu changes, additional resources, or community partnership.

7. Recordkeeping and Annual Progress Report

Recordkeeping

Al-Mamoor School will maintain records sufficient to demonstrate implementation and review of this policy. Records may include:

- The current written Wellness Policy and prior approved versions.
- Wellness Council membership, meeting agendas, attendance, recommendations, and minutes.
- Evidence of family, student, staff, and community participation in policy development and review.
- Menus, nutrition analyses, product documentation, snack reviews, meal-service records, and food-safety records.
- Physical education and health education schedules, curriculum materials, training records, and accommodation documentation.
- Methods used to notify families and the community about the policy, updates, and annual progress reports.
- Complaints, concerns, corrective actions, and evidence of follow-up.

Records will be maintained securely and retained according to applicable USDA, NYSED, health, financial, student-record, and school requirements. Personal health, disability, meal eligibility, and account information will be shared only with authorized individuals who need the information for a legitimate school purpose.

Annual progress report

The Wellness Council will prepare an annual progress report on a consistent schedule, generally during the summer or early fall. The report will be made available to families and the school community through the school's established communication channels.

Annual report element	What will be reported
Policy access	Where families and community members can obtain the current policy.
Progress	Status of wellness goals, implementation activities, and areas needing improvement.
Highlights	Examples of nutrition, physical activity, health education, student-support, or community-engagement activities.
Participation	How students, families, staff, and community members can provide feedback or join wellness efforts.
Next steps	Priorities, corrective actions, and proposed goals for the next review cycle.

8. Communication, Community Engagement, and Policy Revision

Al-Mamoor School will communicate this policy, major updates, annual progress reports, and opportunities for participation in ways that are timely, accessible, culturally respectful, and linguistically appropriate for the school community.

- Use email, the school website or portal, family handbooks, notices, meetings, and other appropriate communication channels.
- Inform families about school meals, nutrition standards, free and reduced-price meal applications, dietary accommodations, physical activity opportunities, and wellness resources.
- Invite families and community members to participate in the Wellness Council or provide feedback through an accessible process.
- Provide translations or interpretation when needed to make wellness information meaningful and accessible.
- Avoid public disclosure of confidential student meal, health, disability, or eligibility information.

Policy revision

The Wellness Council and School Administration will assess this policy at least annually and revise it when needed. Revisions may be based on the annual progress report, student or family feedback, changes in school priorities, community needs, new health information, changes in nutrition or education standards, or updated federal, state, local, or school requirements. Proposed revisions will be reviewed through the school's approval process before becoming effective.

Appendix A Wellness Implementation Checklist

School practice	Review question
Meals and snacks	Are foods served and sold aligned with nutrition, halal, allergen, and meal-pattern standards?
Student access	Can every student access a regular reimbursable meal without stigma or unequal treatment?
Physical education	Are students receiving scheduled, standards-aligned physical education with needed accommodations?
Physical activity	Do students have safe opportunities to move throughout the school day?
Health education	Is instruction sequential, age appropriate, skills based, and aligned with current requirements?
Family engagement	Are families informed, invited to participate, and able to provide feedback?
Monitoring	Are records, corrective actions, and annual progress reporting complete?

IMPLEMENTATION AMENDMENT

Al-Mamoor School Wellness Policy

Effective September 30, 2026 | Review at least annually and whenever requirements change

This amendment supplements the approved policy and is intended to make implementation, monitoring, and assessment evidence clear and repeatable. If any prior wording is inconsistent with this amendment, this implementation language controls.

Implementation Ownership and Review

The School Administration is responsible for coordinating this policy with the School Board, Food Service Director, teaching staff, physical education and health education staff, student-support personnel, families, and community partners. A designated wellness policy coordinator will maintain the implementation calendar and evidence file. The School Administration and School Board will review progress at least quarterly and complete a written annual review before the end of each school year.

Required Implementation Evidence

- Annual policy review agenda, attendance record, findings, and approved corrective actions.
- Grade-level nutrition and health education curriculum maps, lesson evidence, and staff implementation check-ins.
- Physical education schedules, activity and recess opportunities, movement-break documentation, accommodations, and safety records.
- Menus, nutrition analyses, vendor records, meal participation, halal and allergen documentation, meal-charge records, and food-service training records.
- Family and stakeholder communications, feedback summaries, policy access notices, and the annual progress report.
- A corrective-action log showing the issue, responsible person, action taken, due date, completion date, and verification.

Measurable Goals and Next Steps

Area	Goal and evidence target
Nutrition education	By the next annual review, maintain evidence that each grade span from 3K through grade 12 received at least one documented nutrition or wellness learning activity during each school year.
Physical activity	Maintain current physical education schedules and document regular recess, active play, or movement opportunities, with accommodations recorded when needed.
School meals	Complete and file required meal, vendor, halal, allergen, and point-of-service reviews for every operating month; address identified gaps within five school days.
Staff readiness	Provide annual wellness implementation training to relevant staff and retain attendance and training materials.
Family engagement	Publish or distribute the policy and annual progress update through the school website, family portal, notices, or meetings, and retain proof of communication.

Assessment Readiness Statement

When the evidence listed above is complete and retained, the School Administration may document each assessment area as Fully Met while continuing the measurable goals as ongoing annual improvement commitments.