



Health & Wellness Policy

2022-2023

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, ASU Preparatory Academy is committed to providing a school environment that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of ASU Preparatory Academy that:

- ❖ The campus will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- ❖ All students in grades pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ❖ Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- ❖ The campus will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- ❖ Where appropriate, and to, the school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program.
- ❖ Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

ASU Preparatory Academy will create, strengthen, or work with existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, school administrators, teachers and health professionals)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will: be appealing and attractive to children; be served in clean and pleasant settings; meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

Breakfast

To encourage that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

ASU Preparatory Academy will: To the extent possible;

- ❖ Operate the School Breakfast Program.
- ❖ Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- ❖ Notify parents and students of the availability of the School Breakfast Program.
- ❖ Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling

ASU Preparatory Academy will provide students adequate time to eat and schedule meal periods at appropriate times. The campus will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; will schedule lunch periods separate from recess periods (in K-8th schools); will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Foods and Beverages Sold Individually

- ❖ During the school day for all grades sale of individual food & beverage items is not permissible
- ❖ All fundraising items must be approved by administration.

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion. ASU Preparatory Academy aims to teach, encourage, and support healthy eating by students. ASU Preparatory Academy provides nutrition education and engages in nutrition promotion is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; is part of not only health education classes, but also classroom instruction and school garden clubs.

Integrating Physical Activity into the Classroom Setting

To fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: classroom health education complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.

Communications with Parents

ASU Preparatory Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for high school freshmen for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All pre-K-8 school students will have at least twenty minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Consequence

Teachers, other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a consequence.

V. Oversight & Accountability

Monitoring

The Head of Schools or designee will work with school principals to ensure compliance with established district-wide nutrition and physical activity wellness policies. The Head of Schools will ensure compliance with those policies in his/her school and will report on the wellness policy.

The superintendent will develop a summary report every three years on network-wide compliance with the network established nutrition and physical activity wellness policies, based on input from schools within the network. That report will be provided to the corporate board and also distributed to all school health councils, parent/teacher organizations, school directors, and school health services personnel in the network.