



POLICY #6142.101

**THE NORWICH FREE ACADEMY
POLICY FOR STUDENT WELLNESS**

The Norwich Free Academy recognizes that student wellness and proper nutrition are related to students' physical wellbeing, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

The Norwich Free Academy believes in the importance of a healthy school environment, including healthy foods and beverages available to students during the school day, nutrition education, opportunities for physical activity and other school-based activities to promote student wellness.

To ensure the health and well-being of all students, the Academy shall provide to students:

- A school food services program consistent with federal and state requirements and access at reasonable cost to foods and beverages that meet established nutritional guidelines;
- Physical education courses and opportunities for developmentally appropriate physical activity designed to achieve optimal health, wellness and fitness during the school day; and,
- Curriculum and programs that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Adopted: May 18, 2014