



Prepare | Explore | Empower

Health & Wellness Policy

PURPOSE

The Academy is committed to supporting its community through an emphasis on good nutrition, regular physical activity, and an environment that supports the health and wellness of students and staff. To this end, the school will strive to create a healthy environment by pursuing the following goals.

GOAL 1 – NUTRITION EDUCATION

The Academy will provide a learning environment for developing and practicing lifelong wellness behaviors. Goal 1 shall be accomplished by the following objectives:

- The school environment shall promote students' understanding of quality nutrition, increase knowledge of food choices, and establish habits as they relate to optimal nutrition. This environment will provide students with appropriate resources to make informed and educated decisions about lifelong healthy eating habits.
- The school will contribute to students' basic health by facilitating learning and promoting and supporting good nutrition.
- The school will have resources available to the public for obtaining community food resources.

GOAL 2 – NUTRITION PROMOTION & STUDENT WELLNESS

The Academy will support and promote proper dietary habits contributing to students' health status and academic performance. Goal 2 shall be accomplished by the following objectives:

- The school will comply with USDA regulations and state policies as they may be amended and in accordance with [CRS 22-32-136](#).
- The school will adhere to the USDA Smart Snacks Rule.
 - Food and beverages sold during the school day (including school cafeterias, school stores, fundraising activities and vending machines) must meet the requirement of the Smart Snack Rule unless a valid exemption applies. The school day is defined as midnight to 30 minutes after the final dismissal bell.
- The school will provide access to healthful food choices in accordance with the most current Dietary Guidelines for Americans.

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- The school shall ensure adequate time to eat in settings that are clean and safe, in settings that comply with local public health and safety regulations or as prescribed by state requirements.
- The school will not deny meals as a disciplinary action.
- Staff are encouraged to use non-food items as rewards as a first choice to encourage positive behavior.
- All students, regardless of socioeconomic status (Free, Reduced, or Paid status), cultural identification, and special dietary needs will be treated equally. The school will protect the privacy of all students Free, Reduced, or Paid status.
- The school will ensure that free drinking water (plain and quality water) will be available in the cafeteria for all students. If a water fountain is in the cafeteria, cups will be provided free of charge.
- All school nutrition program directors, managers and staff will meet USDA Professional Standards for Child Nutrition Professionals hiring and annual continuing education/training requirements.
- Faculty and staff are encouraged to model healthful eating behaviors to students.

GOAL 3 – PHYSICAL ACTIVITY

The Academy will provide opportunities for students to engage in physical activity as described in [CRS 22-32-136.5](#). Goal 3 shall be accomplished by the following objectives:

- All elementary students will have the opportunity, support, and encouragement to be physically active during the school day. Examples may include, but are not limited to, recess periods, physical education classes, and the integration of physical activity into the academic curriculum. Physical activity shall be age appropriate, and the amount of physical activity will be consistent with all requirements of state law.
- The school environment shall positively influence a student's understanding, beliefs, and habits as they relate to regular physical activity. This environment will provide students with appropriate resources and tools to make informed and educated decisions about beneficial physical activity.

The Board of Directors at The Academy approved the Health and Wellness Policy on Monday, April 28, 2025


Board Chairperson

4/28/25
Date

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