**Premier Charter School**

**WELLNESS PROGRAM POLICY 2750**

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| The Board recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive wellness program. Therefore, Premier Charter School will provide developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.**Wellness Committee**The PCS will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, Board member, school administrator, member of the public, and other community members as appropriate. If available, a qualified, credentialed nutrition professional will be a member of the wellness committee. The Board designates the following individual as wellness program coordinator: designated Physical Education staff member. Only employees of PCS who are members of the wellness committee may serve as wellness program coordinators. Wellness coordinators, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy. Meetings, records and votes of the wellness committee will adhere to the requirements of the Missouri Sunshine Law.**Nutrition Guidelines**It is the policy of PCS that all foods and beverages made available on campus during the school day are consistent with the Missouri Eat Smart nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. PCS will create procedures that address all foods available to students throughout the school day in the following areas:► National School Lunch Program and School Breakfast Program meals► À la carte offerings in the food service program► Classroom parties, celebrations, fundraisers, rewards and school events► Snacks served in after-school programs**Nutrition and Physical Education**The PCS will provide nutrition and physical education aligned with the Show-Me Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.**Other School-Based Activities**The wellness program coordinators, in consultation with the wellness committee, are charged with developing procedures addressing other school-based activities to promote wellness.**Evaluation**The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the school’s wellness policy and are charged with operational responsibility for ensuring that PCS meets the goals of the wellness policy. Wellness program coordinators will report to the Board annually. |