

Ambassadors Preparatory Academy

Wellness Policy

MISSION STATEMENT

The mission of APA is to promote a healthy lifestyle for students, parents, and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implantation of our school's wellness policy which will incorporate nutrition education, physical activity, and any other school related activities.

GOALS AND GUIDELINES

Nutrition Education

Goal: Ambassadors Preparatory Academy will provide nutrition education for all students.

Objective: Nutrition education will be integrated across the curriculum.

Objective: APA will ensure that each student has the opportunity to eat a healthy nutritional breakfast and lunch daily.

Objective: Teachers and other staff will be given strategies for integration of nutrition education into their curriculum.

Physical Education

Goal: Ambassadors Preparatory Academy will provide opportunities for students to regularly participate in physical activity.

Objective: The charter will follow state minimum standards set for physical activity. Lesson Plans will help to provide documentation on the number of hours students are physically active.

Objective: The charter will follow the state requirements for opportunities for middle school students to be involved with physical activities and organized sports. All students will have the opportunity to be involved in either volleyball, basketball, or dance.

Objective: Ambassadors will provide students with various activities to help educate their family and community about the health benefits of being physically active. Ambassadors will have an APA Fun Run, Fit Week, and Fresh Fruit day.

Objective: Ambassadors will provide opportunities for the students to learn their body and different ways to stay healthy. Students will learn the names of their muscles, bones, cardiovascular system, respiratory system, and integumentary system.

Ambassadors Preparatory Academy

Nutrition Standards

Goal: Ambassadors Preparatory Academy will comply with the guidelines set forth by the Texas Department of Agriculture.

Objective: Ambassadors Preparatory School will comply with current USDA Dietary Guidelines.

Objective: Ambassadors Preparatory Academy child nutrition staff will comply with nutritional standards set and will continue to stay informed on guidelines concerning fats, fried foods, portion sizes, and other food guidelines including, but not limited to the servings of fruits, vegetables, and milk.

Objective: Ambassadors students will learn how to keep their bodies healthy by making healthy food choices. Students will learn how to read labels and be informed on what they are digesting.

Other School-based Activities

Goal: Ambassadors Preparatory Academy will provide a healthy learning environment for all students.

Objective: Ambassadors wants all students to have a healthy lifestyle. Students will develop a healthy lifestyle through health clinic visits and health screenings.

Objective: The district will partner with Galveston County Health District to help ensure all students have an opportunity for health screenings.

Goal: Ambassadors Preparatory Academy will provide a healthy environment for its faculty and staff.

Objective: Ambassadors encourages staff members to join a local gym or use the physical education room for fitness opportunities. Staff members are encouraged to participate in the annual Weight Loss Challenge or the Step-It up Challenge.

The Local Wellness Policy will be reviewed and updated by the Physical Education Department of Ambassadors Preparatory Academy.