



## WELLNESS POLICY

### ROYAL LIVE OAKS ACADEMY OF THE ARTS & SCIENCES

Purpose: To establish the basic structure for the promotion of wellness in this school.

Royal Live Oaks Academy of the Arts & Sciences (RLOACS) is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the school to ensure the following:

- Child nutrition programs (e.g., school lunch, school breakfast, school snack) will comply with Federal, State, and local requirements and will be accessible to all children.
- Qualified child nutrition professionals will provide all students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- All foods and beverages sold or served on campus will comply with the current USDA Dietary Guidelines for Americans (including vending machines, a la carte foods, beverages, and concession stands).
- All foods made available on campus will adhere to food safety and security guidelines.
- The school environment will be safe, comfortable, and pleasing and will allow ample time and space for eating meals.
- Nutrition education will be offered at each grade level as part of a sequential, comprehensive standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education may also be integrated into other areas of the curriculum through project-based learning (PBL) activities. Student Wellness Team, in conjunction with Physical Education classes, will be asked to provide insight on improvements in food choices and ways to promote healthy eating. This team will develop student surveys and projects throughout the year for healthier eating. The school nurse will assist in planning projects for grades K-8.
- Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods (for elementary school students), physical activity breaks and the integration of physical activity into the academic curriculum.
- RLOACS will not use foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.
- RLOACS will not deny a student participation in physical activities as a form of discipline or for classroom make-up tie. RLOACS will not use physical activity as a form of punishment.
- Advertising messages and promotional activities will be consistent with the wellness policy goals of RLOACS.
- RLOACS will provide opportunities for professional training and development for food service staff. Teachers and other staff will be provided with information on the importance of physical activity for young children and the relationship of physical activity and good nutrition to academic performance and healthy lifestyles. Local wellness policy goals will be considered in planning all school-based activities.