

WELLNESS

As required by law, the Board of Directors establishes the following wellness policy for the Advanced Technology Academy.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the Academy's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the Academy shall:

Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.

B. With regard to physical activity, the Academy shall:

It is recommended that one (1) or more of the following be selected from both categories:

Physical Education

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

Physical Activity

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

- C. With regard to other school-based activities the Academy shall:**

The schools shall schedule mealtimes so there is minimum disruption to recess and other special programs or events.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.**
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).**

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

**42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771**

Adopted June 14, 2006