

CAPITAL AREA SCHOOL FOR THE ARTS CHARTER SCHOOL

SECTION: PUPILS

TITLE: STUDENT WELLNESS

ADOPTED: 10/14/ 2014

REVISED:

246. STUDENT WELLNESS	
<p>1. Purpose</p>	<p>Capital Area School for the Arts (CASA) Charter School recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state nutritional guidelines. 2. Access at reasonable cost to foods and beverages that meet established nutritional guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. Curriculum and programs designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The Principal shall be responsible to monitor schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>The CEO/Principal shall report to the Board on compliance with law and policies related to student wellness. The report may include:</p>

4. Guidelines	<ol style="list-style-type: none">1. Evaluation of food services program to ensure compliance with established state and federal guidelines.2. Listing of activities and programs conducted to promote nutrition and physical activity.3. Assessment of and suggestions form improvement regarding student wellness issues.4. Feedback received from district staff, students, parents/guardians, community members and Wellness Committee. <p>Recommendations for policy and program revisions will be based on ongoing assessment of the school environment and feedback received from staff, students, parents/guardians and the Wellness Committee.</p> <p><u>Nutrition Education</u></p> <p>The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>Nutrition Education will be provided within the sequential, comprehensive health education program in accordance with State Board of education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.</p> <p>Consistent nutrition messages shall be disseminated throughout the school, cafeterias, homes, and community.</p> <p>Nutrition education lessons shall be age-appropriate.</p> <p><u>Physical Activity</u></p> <p>We strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.</p> <p>CASA Charter School will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.</p>
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Students will be encouraged to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as before and after school clubs and electives, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation.

A physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health- enhancing physical activity shall be implemented.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

Documented medical conditions and disabilities shall be accommodated during class.

Physical education shall be taught by certified health and physical education teachers or other appropriate professional employees.

Other School Based Activities

CASA Charter School shall provide adequate space, as defined by the district for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat.

Drinking water shall be available at all meal periods and throughout the school day.

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available at CASA Charter School during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204