



Quest Academy Wellness Policy

PURPOSE

The purpose of this Policy is to ensure the best possible mental and physical health environment for the students of Quest Academy (the "School"). The School's Board of Directors (the "Board") recognizes that there is a link between good health and a student's ability to learn effectively and perform at their highest academic potential. The Board also recognizes education and establishment of good eating habits and a desire for physical activity must begin at a young age. The School is committed to providing nutritional education, physical activity and a healthy learning environment for its students and staff.

POLICY

I. Wellness Committee:

Under the direction of the Board and the School's Principal, the School will establish a Wellness Committee to oversee wellness efforts, review the School's progress towards accomplishment of the School's wellness goals and, as necessary, recommend changes to wellness policies. The Wellness Committee may consist of, but is not limited to parents, students, food service staff, members of the Board, the Principal, teachers, health professionals and members of the community. The Wellness Committee will look at establishing the School as a "Gold Medal School".

II. Nutritional Education Policy:

The primary purpose of nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and throughout their lives. The School will seek to accomplish this by the following steps:

- a. Healthy eating habits will be taught and supported for students and staff by encouraging teachers, whenever possible, to use healthy nutrition facts in learning skills such as reading, writing and math.
- b. Food will not be allowed to be used as punishment or rewards; however, nutrition education will be provided and nutrition incentive program will be encouraged.
- c. Nutritional and physical awareness and healthy lifestyles will be promoted through assemblies that may include gymnastics, dance or other physical activities.
- d. Promote awareness of healthy lifestyles by encouraging, for example, regular medical and dental check ups.
- e. Promote safety in and out of the home by partnering with local law enforcement and other public safety personnel.
- f. Encourage nutrition education not only in health but also in subjects such as math, science, language arts, social sciences and elective subjects.
- g. Encourage and educate parents in ways to provide healthy and affordable sack lunches.



III. Physical Activity:

The Board recognizes the importance of physical activity for student health and academic achievement. The Board encourages the director to implement programs to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the student's physical, mental, emotional and social well-being. The following goals are some of the ways that the School hopes to achieve this:

- a. Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through physical education, assemblies, after school activities and in the classroom.
- b. Provide daily recess for all elementary students for at least 20 minutes per day and 90-120 minutes of fitness education per week, schedule permitting.
- c. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.
- d. When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, students will be given periodic breaks during which they are encouraged to participate in some activity or movement.
- e. Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
- f. Appropriate alternative activities should be provided for students with physical disabilities.
- g. Exemptions from physical activities should be provided where appropriate for ill or injured students.
- h. Parent volunteers will be encouraged to form after-school sports teams or clubs for students.

IV. Healthy and Safe School Environment:

The School recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of its students and staff. This will be accomplished in the following ways:

- a. Provide a clean, safe, and enjoyable lunchroom for students.
- b. Provide student access to restroom use for washing hands and educate students on importance of washing hands.
- c. Provide hand sanitizer available at the entrance of lunchroom and common areas as deemed appropriate.
- d. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.
- e. Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
- f. The School will endeavor to accommodate children with allergies and other health conditions.
- g. The School will make drinking fountains available so that students can get water at meals and throughout the day.



V. Food Guidelines:

The purpose of these guidelines is to support the School's wellness policy, specifically in the classroom. The Board wants to promote a healthy classroom environment for every student, with as few distractions as possible to the learning process. This will be supported in the following ways:

- a. Food will only be allowed in the classroom as part of a lesson plan and only at the approval of the Principal. (For example, a teacher may use an orange to teach fractions.)
 - Parents will be informed a week before any food to be consumed by students is used in a lesson.
 - The food activity will enhance the learning experience of the students and will be directly related to the unit of study.
- b. No soda will be provided or allowed to students at any time during school, including at lunch time.
- c. No birthday treats will be allowed to be brought in for distribution in class.
- d. Three class parties will be allowed per year. These will include activities and games, but not treats.
 - The Principal, with each grade level team, will help plan guidelines for these class parties.
- e. Food provided at after-school functions will be under the direction of the Board and the Principal.

VI. School Lunch Program:

Guidelines for meals served as part of the School's school lunch program will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. § 1758(f)(1), (1766(a))).

Brandy Beckman - QA Board President

Date