

LIFES Academy Private Day School

School Wellness Policy

Purpose

LIFES Academy, in compliance with The Child Nutrition and WIC Reauthorization Act of 2004 and Section 204 of the Healthy, Hunger-Free Kids Act of 2010 establishes this school wellness policy that promotes health and wellness for the students of LIFES Academy. LIFES Academy supports a school environment that encourages and fosters nutritious eating habits and physical activity.

The components of LIFES Academy's wellness policy include nutrition education, physical education, nutrition guidelines for all foods available during the school day, and other activities that promote student wellness.

The development of LIFES Academy's school wellness policy is open to input from our families, local agencies, staff nutritionist, school nutrition staff, school directors and the general public that shares an interest in the health and wellness of our students.

Procedures

- A. Nutrition Education
 - 1. LIFES Academy student will receive nutrition education that offers the knowledge they need to have a healthy lifestyle with a balanced diet and exercise.
 - 2. Families will receive information that encourages healthful eating and exercise through meetings, mailings and our monthly newsletter.
- B. Foods and Beverages Served and Sold During the School Day
 - 1. Foods and beverages available during the school day reflect the current Dietary Guidelines for Americans.
 - 2. Nutrient and ingredient information for all products served during the school day are available to school communities.
 - 3. All foods made available during the school day comply with local food safety and sanitation regulations.
- C. Food Environment
 - 1. Students will be encouraged to eat a healthy breakfast.
 - 2. Students will be provided adequate time for lunch.
 - 3. Drinking water is available to students throughout the school day.



4. Hand-washing facilities and supplies are conveniently located, and students are taught the importance of frequent hand washing daily, in Health class and in their Life Skills classes.
- D. Physical Activity and Physical Education
1. Students receive age-appropriate quality physical education on a regular basis.
 2. Middle and High school students receive daily recess that promotes physical activity beyond physical education classes.
 3. Physical education programs provide age-appropriate skill development for all students.
 4. Schools provide information to families to help them incorporate physical activity into their children's lives.

