

3A.06.002 **Wellness and Food Sales**

Purpose and Philosophy

To optimize student performance potential, Excelsior Academy promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. EA supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. EA seeks to contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

Physical Education and Physical Activity

A quality physical education program is an essential component for student health and learning. School based activities will promote student wellness. Adequate physical education and activities will be provided and patterns of meaningful physical activity connected to student's lives outside of physical education classes will be promoted. An appropriate curriculum consistent with the State Core Physical Education Curriculum will be utilized.

Nutrition

The nutrition education program shall focus on students' eating behaviors, lifestyle, and nutritional science, and shall be consistent with the State Core Health Education Curriculum.

Known allergies, medical conditions and dietary restrictions of students are addressed through 504 and individual health plans. Each school will have procedures to address student nutritional health care.

Foods Available in Schools

Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals.

Food items sold during the instructional day will include healthy snack options and be consistent with federal regulations and R277-719. Marketing of any food or beverage will only be allowed for products that meet current nutrition standards.

Monitoring

The School Director will ensure compliance with this policy in the school and develop work plans to facilitate its implementation. The Board will review and revise this policy on a triennial basis.

Document History:

Date Adopted: September 30, 2009

Amended: November 16, 2010 to remove restriction of rewarding children with food.

Amended: November 21, 2014 minor changes.

Amended: May 19, 2017 minor changes.

Amended: February 9, 2018 minor changes.

Repealed and Re-enacted: September 15, 2022. See repealed version in archive folder.