

## WELLNESS

Reference: Richard B. Russell National School Lunch Act, 42 USC §§ 1751, 1758, 1766; Child Nutrition Act, 42 USC § 1773  
7 CFR Parts 210 and 220

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:
1. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- B. With regard to physical activity, the Academy shall:

### Physical Education

1. Properly certificated, highly qualified teachers shall provide all instruction in physical education.

### Physical Activity

1. Physical activity shall not be employed as a form of discipline or punishment.
- C. With regard to other school-based activities the Academy shall:
1. The Academy shall provide attractive, clean environments in which the students eat.
- D. With regard to nutrition promotion, the Academy shall:
1. encourage students to increase their consumption of healthful foods during the school day.