

## 9.7 WELLNESS POLICY

### Purpose:

The purpose of this policy is to ensure the best possible mental and physical health environment for the students of Vanguard Academy.

### Description:

Vanguard's 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. Vanguard is committed to providing nutritional information, physical activity and a healthy learning environment for its students and staff.

- I. Nutrition and Fitness Advisory Committee: Under the direction of the Board and the Director of Vanguard Academy, a Nutrition and Fitness Advisory Committee will be established to oversee wellness efforts, review wellness goals and as necessary recommend changes to wellness policies. The Advisory Committee may consist of, but is not limited to parents, students, food service staff, members of the Board, the Director, teachers, health professionals and members of the community.
  
- II. 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 Vanguard 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 PE, assemblies, after school activities or in the classroom.
  - b. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.
  - c. Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
  - d. Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, lunch break, physical education) as punishment.
  - e. Appropriate alternative activities should be provided where appropriate for ill or injured students.
  - f. Parent volunteers will be encouraged to form after school sports teams or clubs for students.
  
- III. Healthy and Safe School Environment: Vanguard 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 provided 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/or a hand sanitizer available at the entrance and exit of lunchroom and educate students on importance of washing hands.
  - c. Provide enough space and serving areas to ensure all students have an appropriate place to eat in the lunchroom.

- d. Create an environment that fosters good eating habits, enjoyment of meals, good manners and respect for others.
- e. Vanguard will make every effort to accommodate children with allergies.
- f. Vanguard will make drinking fountains available so that students can get water at meals and throughout the day.

IV. Food Guidelines: The purpose of these guidelines is to support Vanguard's wellness policy, specifically in the classroom. Vanguard's Board wants to promote a healthy classroom environment for every student, with as little 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 at the approval of the Director. (For example, a teacher may use an orange to teach fractions.)
- b. No soda, caffeinated, or energy drinks will be provided, or allowed on campus at any time during school hours for students.
- c. Vanguard Staff will not prepare or provide students with any foods containing sugar or artificial sweeteners.
- d. No birthday treats will be allowed to be brought in for distribution in class.
- e. No more than two class parties will be allowed per year:
  - i. The Director, with the teachers, will help plan guidelines for these class parties.
  - ii. Some healthy snack choices may be offered to students and faculty as part of these class parties.
  - iii. The Director and the Board may create and provide a "Healthy and Affordable Snack" list to parents for parties.
- f. Food provided at after school functions will be under the direction of Vanguard Board and the Directors.

Approved: 10/14/2014