

Living Word Academy's Wellness Policy

1. Nutritional Education

Nutritional topics shall be integrated within the comprehensive health education curriculum each grade level. Students will have access to useful nutritional information.

Nutritional education will be incorporated within the larger school community. Nutritional education will involve sharing information with our student's families to positively impact the community.

Physical Education and Activity:

All students in grade K-5 received 40 minutes per week of instructionally relevant physical education. Middle school physical education grades 6-8, is required to receive a minimum of one semester of physical education in each of the three years.

Students will receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.

All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

Students will have the opportunity to be involved in physical activity through physical education programs. Students will be encouraged to participate in community-offered athletic programs.

The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation. Teachers will discourage bullying, restrict picking teams and promote confidence building.

Staff will be encouraged to participate in at least 30 minutes of moderate-intensity aerobic activity (e.g. brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in after-school programs and community events.

School policy will prohibit the use of physical activity and the withholding of physical activity as an act of punishment.

2. Other School-Based Activities

Students will have access to free, quality drinking water.

Parents will be informed of other school-based activities such as spirit night, skate night, car washes, etc.

The school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to our basketball courts.

Students will be provided an adequate amount of time to consume their meal.

3. Nutritional Promotion

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Organizations operating concessions at school functions will be encouraged to offer healthy food choices at a lower profit margin to encourage student's selection.

4. Assurance

We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

5. Guidelines for All Foods Served and Sold

All food prepared and served at this school will meet the Nutritional guidelines consistent with Dietary Guidelines and will contribute to develop good healthy eating habits.

6. Inform/Update the public about the content/implementation of the LWA-WP

Wellness goals and policy updates will be provided to students, parents and staff. School wellness updates may be provided in the form of handouts, the school website, articles or information provided in the school newsletter. The school will provide all parents with a complete copy of the LWA-WP at the beginning of the school year and will ensure that the most updated version of the policy is always available.

7. Provide a plan for evaluating and measuring the implementation of the LWA-WP

The wellness team shall meet quarterly to review nutritional and physical activity policies.

School food service staff will ensure compliance with nutritional policies within school food service areas.

8. Ensure all stakeholders may participate in the development, implementation, review and update of the LWA-WP

The school will consider student's needs in planning for a healthy nutritional environment. The food service director will be available to speak with parents during open house and allow for parents to make suggestions.

9. Designated LEA/school official to ensure that each school complies with the LWA-WP

The principal shall ensure compliance with established school-wide nutritional and physical activity policies.