

STUDENT WELLNESS POLICY

The Academy Charter School

<p>Purpose:</p>	<p>The Academy Charter School recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutritional education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
<p>Authority</p>	<p>To ensure the health and well being of all students, the Board establishes that the Academy Charter School shall provide the following to students:</p> <ul style="list-style-type: none"> ▪ A comprehensive nutrition program consistent with federal and state requirements. ▪ Access to nutritional food and beverages will continue to remain free for all students. ▪ Physical Education and Health courses are a requirement for all students and opportunity for physical activity is available to students for at least ½ hour per day. ▪ Inter-mural sports and athletics are offered and encouraged in the form of Baseball, Football, Basketball and Kick-ball. ▪ Curriculum and programs offered to our students (grades 9 through 12) are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
<p>Delegation of Responsibility</p>	<p>The School Principal shall be responsible to monitor schools programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness (Health and Physical Education Teacher, Food Service Director) shall report to the Principal regarding the status of such programs.</p> <p>The Charter School Principal shall report to the board annually on the school's compliance with law and policies related to student wellness. This report will include:</p> <ul style="list-style-type: none"> • Assessment of school environment regarding student wellness issues. • Listing of activities and programs conducted to promote nutrition and physical activity. • Recommendations for policy and or program revisions. • Suggestions for improvement in specific areas. • Feedback received from staff, students, parents/guardians, community members. <p>The Food Service Director will insure that all district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law. All of our meals will continue to be available to all students, free of charge.</p>

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<p>Wellness Policy</p>	<p><u>Goal 1 - Health and Wellness Education</u></p> <p>The Academy Charter School will continue to require students to participate in a quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation. All students will take part and earn credits in Health and Physical Education classes as part of the curriculum.</p> <p>A special food and nutrition focused curriculum will be introduced in the 2006-2007 school year where students will be taught how to make healthy nutritional and lifestyle choices. We will also continue to teach students of the health and safety dangers posed by the use of drugs and/or alcohol.</p>
<p>Wellness Policy</p>	<p><u>Goal 2 – Physical Education</u></p> <p>The Academy Charter School will continue to encourage students to participate in the different athletic programs that are offered. It has always been Academy policy that athletics can be a terrific means to physical as well as emotional health. Athletic groups are also used as a tool to counsel students in making positive life choices in the community and after graduation.</p> <p>Physical Education classes will continue to be a requirement for all Charter School students.</p>
<p>Wellness Policy</p>	<p><u>Goal 3 – Healthy School Learning Environment</u></p> <p>The Academy will continue to provide a safe, caring, and psychosocial environment in which our students can receive an education and participate in all other aspects of program. The school has on-site EMTs that will continue to be available to monitor student health. Also, all students at The Academy Charter School receive a physical at the beginning of the school year. Immunization records are also procured from their prior home school. The Academy Charter School dictates that meals and physical activity will not be used as a reward or punishment.</p>
<p>Wellness Policy</p>	<p><u>Goal 4 – Nutrition Services</u></p> <p>All foods available to students at The Academy Charter School during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Food provided through the National School Lunch and School Breakfast programs shall comply with federal nutrition standards under the School Meals Initiative.</p> <p>Our school cafeteria will continue to serve students a healthy meal in a cafeteria style setting. There are no vending machines (soda pop, candy, snacks) on campus. In addition, students will have unlimited access during lunch, free of charge, to the following:</p> <ul style="list-style-type: none"> • Homemade soup and salad bar. • Fresh Fruit & Vegetables. • Juice Machines • 2% Milk

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Wellness Policy	<p><u>Goal 4 – Nutritional Services (continued)</u></p> <p>All of Academy Charter School counselors and teachers eat lunch with the students and monitor their nutritional choices. Staff continues to encourage students to create a well-balanced lunch using a combination of our healthy food options daily.</p> <p>The Academy Charter School cafeteria is sufficient to accommodate all staff and students. Students are provided 20 minutes of sitting time for breakfast and lunch.</p>
Wellness Policy	<p><u>Goal Area 5 – Health Promotion</u></p> <p>A comprehensive medical and dental plan is provided to all full-time staff members of The Academy Charter School. At regular staff meetings, employees are encouraged to take advantage of these benefits to remain physically and mentally healthy. The dire consequences of obesity are stressed as well as proper diet and exercise. EMTs are also on staff and employees have access to them if needed.</p>
Wellness Policy	<p><u>Goal Area 6 – Counseling, Psychological and Social Services</u></p> <p>As our student population is comprised only of students active in the juvenile justice system, counseling services are offered on site to all students during school hours. Our Teachers and Counselors are trained to deal with the sensitive issues that this type of student can have. We also work closely with Duquesne University Center for Constructive Supervision and Evaluation. He has provided guidance to our Teachers and Counselors to enhance our ability to combine their counseling and educational needs.</p> <p>The Academy Charter School will continue to provide grief counseling to students and staff as the need arises.</p> <p>Charter School students who are also active with The Academy Day/Evening Program, also have access to the mental health component of our program, AJAR (Academy Juveniles at Risk), currently being operated on site by University of Pittsburgh Medical Center.</p>
Wellness Policy	<p><u>Goal Area 7 – Family/Community Involvement</u></p> <p>The Academy Charter School encourages an open relationship with student families by providing quarterly Parent/Teacher meetings. At these functions, parents are provided with transportation to and from the school, along with a healthy, appetizing meal served in our school cafeteria. At these meetings, parents are informed of their child’s progress in education, behavior and health.</p> <p>Newsletters advising parents of activities available and important information are sent to their homes on a monthly basis.</p>