



Quality Education Academy

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School Nutrition School Wellness Policy 2016-2017

School District: Quality Education Academy (34B)

This policy supports the mission of Quality Education Academy: Providing the environment that cultivates maximum student achievement. Nutrition influences a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This school-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

- Students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school cafeteria as well as in the classrooms, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages throughout schools, classrooms, cafeteria, homes, community and media
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (i.e. math, science, language arts).
- Staff that provide nutrition education have appropriate training.
- Quality Education Academy conducts nutrition education activities and promotions that involve parents, students, and the community.

Physical Activity

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, Fine Arts (Drama, Chorus, etc.), daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through a range of after-school programs, including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Quality Education Academy encourages parents and guardians to support their children's participation in physical activity in family events.

"We raise the quality of life of everyone we touch"

- Quality Education Academy provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Vending

- Quality Education Academy sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.
- Quality Education Academy sets guidelines for food and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
- Quality Education Academy sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- Quality Education Academy makes decisions on these guidelines based on nutrition goals, not on profit making.

Dining Environment

- Quality Education Academy provides a clean, safe, enjoyable meal environment for students.
- Quality Education Academy provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Quality Education Academy makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- Quality Education Academy encourages all students participate in school meals program.

Time to Eat

- Quality Education Academy will ensure an adequate time for students to enjoy eating healthy foods with friends in schools.
- Quality Education Academy will schedule lunch time as near the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment

- Quality Education Academy will prohibit the use of food as a reward or punishment in schools.
- Quality Education will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.

Consistent School Activities and Environment

- Quality Education academy will ensure that all schools' fundraising efforts are supportive of healthy eating.
- Quality Education Academy will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
- Quality Education Academy will make efforts to keep school physical activity facilities open for use by students outside school hours.
- Quality Education Academy encourages Parents, Teachers, School Administrations, Students, Foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Quality Education Academy encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.

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- Quality Education Academy will provide information and outreach materials about other programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- Quality Education Academy encourages all students to participate in school meals program, i.e. the National School Lunch, including snacks for After School program, and School Breakfast programs.

"This institution is an equal opportunity provider."

"We raise the quality of life of everyone we touch"