



THE EARLY LIGHT ACADEMY

Early Light Academy Wellness Policy

The purpose of this Policy is to ensure the best possible mental and physical health environment for the students of Early Light Academy.

ELA'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. The Board also recognizes education and establishment of good eating habits, and a desire for physical activity must begin at a young age. ELA is committed to providing nutritional education, 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 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. The Advisory Committee will look at establishing ELA as a Gold Medal School.

- II. **Nutritional Education Policy:** The primary purpose nutritional education is to build knowledge and skills that will help children make healthy eating and physical activity choices now and lifelong. This will be supported by the following:
 - a. Healthy eating habits will be taught and supported for students and staff by encouraging teachers, when ever possible, to use healthy nutrition facts in learning skills such as reading, writing and math.
 - b. Food will not be allowed to be used as punishment or rewards, however, nutrition education will be provided and nutrition incentive program will be encouraged
 - c. Promote nutritional and physical awareness and healthy lifestyles through assemblies that may include gymnastics or dance.
 - d. Increase awareness of healthy lifestyles such as regular medical and dental checks ups.
 - e. Promote safety in and out of the home by using local law enforcement and more.
 - f. Encourage nutrition education not only in health but also in subjects such as math, science, language arts, social sciences and elective subjects.
 - g. Encourage and educate parents in ways to provide healthy and affordable sack lunches.

- III. **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 ELA hopes to achieve this:



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- 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. Provide daily recess for all elementary students for at least 20 minutes per day and 90-120 minutes of fitness education per week, schedule permitting.
- c. Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.
- d. When activities such as mandatory testing or inclement weather make it necessary for students to stay indoors for long periods of time, students will be given periodic breaks during which they are encouraged to participate in some activity or movement.
- e. Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal achievement.
- f. Appropriate alternative activities should be provided for students with physical disabilities.
- g. Exemptions from physical activities should be provided where appropriate for ill or injured students.
- h. Parent volunteers will be encouraged form after school sports teams or clubs for students.

IV. Healthy and Safe School Environment: ELA recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of it 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 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. ELA will make every effort to accommodate children with allergies.
- f. ELA will make drinking fountains available so that students can get water at meals and throughout the day.

V. Food Guidelines: The purpose of these guidelines is to support ELA's wellness policy, specifically in the classroom. ELA'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 will be provided, at anytime during school for students.
- c. No birthday treats will be allowed to be brought in for distribution in class.
- d. Three class parties will be allowed per year.



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- i. The Director, with each grade level team, will help plan guidelines for these class parties.
- ii. Some healthy snack choices must 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.
- iv. No soda will be allowed for students at class parties
- e. Food provided at after school functions will be under the direction of the Board and the Director of ELA.

Mia Prazen

Mia Prazen - ELA Board President

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Date