



## WELLNESS POLICY

Because heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the US, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Legacy Academy of Excellence is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the school that:

1. The school will engage students, parents, teachers, food service providers, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing the schools nutrition and physical activity policies.
2. All students will have opportunities, support and encouragement to be physically active on a regular basis
3. The school will contract with nutrition professionals to administer the school meal program. As part of the schools responsibility to operate a food service program, we will require appropriate certification and/ or training programs for the Food Service Director.
4. Lunch and breakfast will be offered at school.
5. The school discourages students from sharing their foods or beverages with one another during meal, given concerns about allergies and other restrictions on some children's diet.
6. All foods and beverages made available on school property will adhere to food safety and security guidelines.
7. The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
8. All foods and beverages made available on school property during the school day will meet or exceed the USDA's nutritional standards.
9. Sequential and interdisciplinary nutrition education will be provided and promoted.
10. Sequential and interdisciplinary prevention education targeting abuse of tobacco, alcohol, and other drugs will be provided and promoted.
11. No alcohol, illicit drug use or smoking on school property.
12. Sequential and interdisciplinary wellness education targeting physical activities and healthy. Behaviors will be provided and promoted.
13. The school will encourage and support lifelong wellness practices.
14. The school will develop and implement an employee wellness policy.
15. The Superintendent will establish and implement an evaluation component for this policy.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.

The school will not offer A la carte food; also no bake sales or fundraisers will be permitted during school hours..