

# **REACH CYBER CHARTER SCHOOL**

## **Board of Trustees**

### **WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION**

The Board of Trustees of the Reach Cyber Charter School, in combination with students, parents, administrators, faculty, and staff, is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating habits and physical activity. As a means to fostering such a school environment, the Board of Trustees of Reach Cyber Charter School sets forth the following goals and adopts the following Wellness Policy on Physical Activity and Nutrition.

#### **School Health Council**

- The Charter School shall create a School Health Council consisting of individuals representing the community, including, but not limited to, parents, students, administrators, members of the Board of Trustees, representatives of the school food authority, and other members of the public. The School Health Council will be charged with assisting in the development, implementation, monitoring, and reviewing of nutrition and physical activity goals for the school community.
- The School Health Council will assist in evaluating the implementation of the Wellness Policy on Physical Activity and Nutrition as measured and informed by data collection and analysis. This evaluation will be conducted, at minimum, biennially.

#### **No School Meals**

- Cyber charter schools are not permitted to participate in the National School Lunch Program pursuant to U.S. Department of Agriculture regulations, and as such, students attending Reach Cyber Charter School are not eligible to participate in the National School Lunch Program.

#### **Nutrition Education**

- Nutrition education will be integrated into other areas of the curriculum, such as math, science, language arts, and social studies at all grade levels.
- Nutrition education will be developmentally appropriate, interactive, and will teach skills needed to adopt healthy eating behaviors.
- Nutrition education materials will be reviewed by a qualified and credentialed nutrition professional, including, but not limited to, a School Food Nutrition Specialist or Registered Dietitian.
- Faculty and staff that teach nutrition education will have appropriate training.

- Informational materials will be provided to students and families to encourage sharing of health and nutrition information and to encourage healthy eating in the home.
- Any marketing of foods and/or beverages undertaken by Reach Cyber Charter School will be consistent with established guidelines and/or standards.

### **Physical Activity**

- Physical activity will be integrated across curricula with activities that are safe, enjoyable, and developmentally appropriate for all students in all grades.
- Faculty and staff will be appropriately trained in integrating physical activity into the various curricular areas.
- Students will be encouraged to participate in physical activity outside of the school environment, in both competitive and non-competitive environments.
- Physical activity will not be used or withheld as punishment.

**TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL.**

DATE ADOPTED: