



# Quality Education Academy

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## **Wellness Policy Guidelines**

Quality Education Academy is committed to providing a school environment that promotes the health, well-being, and ability to learn for all students. Because healthy eating and physical activity are vital components of a healthy lifestyle, it is important that students participate in nutrition education and physical education. Lessons students learn through these curricula may foster lifelong habits for choosing nutritious meals and snacks and lead students to incorporate regular physical activity into their daily routine.

### **1. Healthy School Meals**

Goal: To model healthy food choices at an affordable cost.

- A. Provide meals that meet nutrition standards established by the U.S. Department of Agriculture and feature a variety of healthy choices.
- B. Promote healthy food choices that include fruits, vegetables, whole grains, and low-fat dairy products as recommended in the Dietary Guidelines for Americans.
- C. Aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.

### **2. Nutrition Education**

Goal: To influence student's eating behavior.

- A. Provide parents access to information about the link between student health and academic success.
- B. Teach nutrition education using the North Carolina Standard Course of Study.
- C. Integrate nutrition education into the core curriculum areas in elementary classrooms to reinforce the goals of the NC Healthy Active Children policy.
- D. Integrate nutrition education into appropriate middle and high school classes (health, science, Family & Consumer Science, etc.) to reinforce the goals of the NC Healthy Active Children policy.
- E. Display posters in each cafeteria that promote healthy eating habits.
- F. Register all schools as Team Nutrition Schools.
- G. Utilize child nutrition staff and school nurses as classroom resources.

### **3. Guidance for Food Served Outside the Cafeteria**

Goal: To improve access to healthy foods throughout the school day.

- A. Effort made by teachers to use rewards other than foods and beverages for academic performance, attendance and/or good behavior.
- B. Offer a healthy food and/or beverage choice when using food as a reward.
- C. Limit classroom celebrations involving food to no more than one activity per month.
- D. Offer healthy food and beverage choices for sale in addition to other choices at school-sponsored events (such as athletic events and school dances) held outside the school day.
- E. Encourage parents to provide a variety of nutritious foods for children bringing meals from home. In support of school meal programs, meals brought in from outside commercial restaurants are discouraged.

*“We raise the quality of life of everyone we touch.”*

F. Hold school celebrations after lunch to encourage students to eat a healthy lunch and to be in compliance with USDA National School Lunch Program regulations.

G. All foods made available on campus during the school day comply with state and local food safety and sanitation regulations and are produced in a graded commercial kitchen.

H. Encourage staff to serve as role models in making healthy food choices.

I. Food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

#### **4. Physical Activity**

Goal: To increase opportunities for students to be active.

A. Meet the NC State Board of Education's Healthy Active Children's Policy for physical activity.

B. Sponsor family-based healthy activity programs through Legacy organizations.

C. Incorporate Take 10!/Energizer instruction 3 days of the week in elementary schools.

D. Encourage middle and high school teachers to integrate physical activity into classroom routines.

E. Encourage opportunities to increase physical activity at the high school level (intramurals, physical activity clubs, electives, etc).

F. Use physical activity as a reward whenever possible.

G. Encourage schools to include physical activities as a part of celebrations, meetings, fundraisers, and other special events (walking programs, physical activity fundraisers, project fitness, field day activities).

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This institution is an equal opportunity provider

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