



# Quality Education Academy

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## *School Nutrition*

### *Local Wellness Policy 2018 - 2019*

School District: \_\_\_\_\_ Quality Education Academy \_\_\_\_\_

Quality Education Academy is committed to providing an environment that enhances the development of lifelong wellness practices.

Quality Education Academy shall provide a minimum of thirty minutes of moderate to vigorous physical activity for all K-12 students daily. Opportunities to participate in physical activity shall not be taken away as a means of punishment or remediation, nor shall severe and inappropriate exercise be used as a form of punishment.

Students will receive nutrition education consistent with the Healthful Living Standard Course of Study, and nutrition education shall be integrated into health education or other subjects in order to give students the skills necessary to develop healthy eating habits. The School Health Advisory Council shall recommend other school-based activities designed to promote student wellness.

Foods and beverages available on each school campus shall meet all applicable federal and state nutritional guidelines. Meals provided will meet nutrition standards established by the U.S. Department of Agriculture and feature a variety of healthy choices. These choices will include fruits, vegetables, whole grains, and low-fat dairy products as recommended in the Dietary Guidelines for Americans. The guidelines for reimbursable school meals shall not be less restrictive than those established by federal law. The School Health Advisory Council shall establish separate nutritional standards for those foods and beverages for which there are no mandatory state or federal guidelines. All school celebrations must be held after lunch to encourage students to eat a healthy lunch and to be in compliance with USDA National School Lunch Program regulations and meet the Smart Snacks in School Nutrition Standards. All foods and beverages made available on campus during the school day must be store brought. Vending machines may not be utilized 12:01 AM through 30 minutes after the dismissal bell rings (which prohibits the sale of foods and beverages to students in competition with the school nutrition program until 30 minutes after the dismissal bell rings.)

The Superintendent or designee will ensure district-wide compliance with this policy. In each school, the principal or designee will ensure compliance with this policy and will report on the school's compliance to the Superintendent or designee. The Superintendent or designee, in collaboration with the School Health Advisory Council, shall annually prepare all required reports to ensure content compliance. The Local Wellness Policy and any updates or revisions to the Policy will be made available to the public through newsletters and/or the school's website.

The School Health Advisory Council shall be appointed by the Board and shall contain, at the minimum, a School Nutrition Administrator, a Chief Financial Officer, a Parent or Guardian, and a Physical Education/Health Education Teacher.

This institution is an equal opportunity provider.

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