

Wellness Policy:

Julia Lee Performing Arts Academy

Mission Statement: The mission of Julia Lee Performing Arts Academy is to promote a healthy lifestyle for students, parents and staff which will lead to lifelong maintenance of healthy habits. This mission will be accomplished by the development and implementation of our schools wellness policy which will incorporate nutrition education and standards, physical activity and school related activities that promote a healthy lifestyle.

Nutrition Education Goals

#1 Our school will educate, encourage and support healthy eating by all students of all ages. We will introduce students to a balanced meal for breakfast and lunch and serve them with all four food groups.

Nutrition Standards

Goal #1 Our school will comply with the current USDA Dietary Guidelines for Americans and the California Department of Education Nutrition Policy.

Goal #2 Our school will comply with the current USDA Dietary Guidelines for Americans, California Department of Education Nutrition Policy as well as adhere to the following restrictions.

Nutrition Education Guidelines

Goal #1 Our school will educate, encourage and support healthy eating all students of all ages.

Guidelines:

- Our school will promote fruits, vegetables, whole grains, low fat & fat free dairy, healthy food preparation and health enhancing nutrition practices.
- Nutrition Education will be part of not only health education classes, but also classroom instruction in subjects such as Math, Science, Language Arts, Social Studies and elective subjects.
- The school cafeteria serves as a “Learning Lab” to all students to apply critical thinking skills taught in the classroom.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.

- School will promote enjoyable, developmentally and culturally appropriate participatory activities.
- Our school will offer nutrition education at each grade level as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.

Physical Education Goals

#1 Our school will provide opportunities for students to maintain physical fitness. By offering:

- Dance classes
- Music classes
- Life skills (physical fitness)

#2 Schools will adopt or exceed the state standards for physical activity.

Physical Activity Guidelines

Goal #1 Our school will provide opportunities for students to regularly participate in physical activity and maintain physical fitness.

Guidelines:

- Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.
- Our school will implement physical activities from adopted curriculums.
- Our school will encourage classroom teachers to provide short activity breaks between lessons or classes.
- Our school will provide daily recess period prior to lunch.

Goal #2 Our school will adopt or exceed the state standards for physical activity.

Guidelines

- Policies ensure that state physical education classes have student teacher ratio similar to others.
- Policies ensure state-certified physical education instructors.
- Time allotted consistent with research and standards, 30 minutes per day or 135 minutes per week, kindergarten thru sixth grade.
- Our school will provide opportunities for activity through physical education classes, recess and integration in curriculum.

Signature _____ Date _____

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