

# Flat River Academy

## Wellness Policy

### Purpose:

The wellness policy of Flat River Academy is designed to promote the overall health and well-being of our students, staff, and community. We recognize the importance of creating a supportive environment that fosters healthy habits and behaviors, thereby enhancing the learning and development of our students. This policy outlines our commitment to nutrition education, physical activity, and the establishment of a healthy school environment.

### I. Nutrition Education:

#### Curriculum Integration:

a. Flat River Academy will integrate nutrition education into the school curriculum, aligning it with state standards, and promoting the importance of healthy eating habits.

#### Staff Development:

- a. Flat River Academy will provide professional development opportunities to staff members to enhance their knowledge and understanding of nutrition and its impact on health.
- b. Teachers and staff members will receive training on incorporating nutrition education into their respective subjects and promoting healthy eating habits.

#### Health Promotion:

- a. Flat River Academy will conduct regular health promotion activities to raise awareness about nutrition and its connection to overall well-being.
- c. Flat River Academy will limit advertising to only those food and beverages that meet the Smart Snacks in School nutrition standards.

#### Nutritious Standards:

- a. The school will provide access to nutritious food options in the cafeteria, and other food service areas.
- b. Nutritious food choices will be available and prominently displayed to encourage students to make healthy selections.
- c. The school will prioritize the use of fresh fruits, vegetables, whole grains, and lean proteins in the meal planning and preparation.
- d. Flat River Academy will ensure that school meals meet the program requirements and nutrition standards found in federal regulations including USDA dietary Guidelines for Americans, USDA Smart Snacks in School nutrition standards as well as adherence to fiscal management of the program.
- e. Flat River Academy will monitor all food and beverages sold or served to students including those available outside the federally regulated child nutrition programs. Nutrient density and

portion size shall be considered before permitting food and beverages to be sold or served to students. This includes classroom snacks and treats for holidays and celebrations.

f. All foods and beverages offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans including competitive foods available to students.

## II. Physical Activity:

### Physical Education:

a. Flat River Academy will offer regular and age-appropriate physical education classes to all students.

b. The physical education curriculum will be designed to promote physical fitness, motor skills development, and lifelong physical activity.

c. Opportunities for inclusive physical activities will be provided to ensure all students can participate.

### Recess and Breaks:

a. Students will have regular breaks and recess periods during the school day to engage in physical activity and play.

b. The school will provide safe and accessible play areas, equipment, and activities during recess.

## III. Healthy School Environment:

### Wellness Committees:

a. Flat River Academy will establish a wellness committee composed of representatives from the school administration (Hilary Karnatz), teachers, parents, students, and community members.

b. The wellness committee will meet regularly to assess the effectiveness of the wellness policy and make recommendations for improvement.

### Health Services:

a. The school will collaborate with health professionals, to support the health and well-being of students.

b. The school will facilitate health screenings, health education, and referrals to appropriate resources for students in need.

## IV. Policy Implementation and Evaluation:

### Policy Dissemination:

a. The wellness policy will be distributed to all school staff, students, parents, and community members to ensure its awareness and understanding.

b. The policy will be made available on the school's website and in other appropriate school communications.

Monitoring and Evaluation:

- a. Flat River Academy will regularly monitor and evaluate the implementation and effectiveness of the wellness policy.
- b. Data related to nutrition education, physical activity, and health outcomes will be collected and analyzed to inform decision-making and policy improvements.

Policy Review:

- a. The wellness policy will be reviewed on at least an annual basis, in collaboration with the wellness committee, to ensure its alignment with best practices and evolving health guidelines.
- b. The district will assess the wellness policy every three years, at a minimum.

By adopting this wellness policy, Flat River Academy is committed to promoting the health and well-being of our students, staff, and community, and to creating an environment that fosters lifelong healthy habits.

Update log:

Updated 6/14/23

Updated 6/15/23 - Wellness committee meeting

Board Approved 6/26/23

Reviewed 8/19/24

Updated 8/15/25