



3248 Warsaw St.
Toledo, Ohio 43608
Phone: 419.244.9900
Fax: 419.244.9906

Email address: riseandshineacad.org

Rise and Shine Academy District Wellness Policy

The Rise and Shine Academy School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Rise and Shine Academy District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing a Health Council to implement, monitor, and review district-wide nutrition and physical activity policies.
- All students in grades preschool –6, will have opportunities, support and encouragement to be physically active on a regular basis.
- In order to encourage support of the National School Lunch Program, there will be no teacher giveaways, class parties, or sales of food by other school clubs or organizations during the designated school meal periods.
- Foods and beverages sold or served at school during the school day will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our district will participate in available federal school meal programs.

Schools will provide programs that develop healthy eating habits, as well as physical education programs to develop good lifetime physical activity behaviors and services to promote mental and emotional health.

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