

Morning Star Preparatory Academy is committed to the optimal development of each student. This policy outlines an approach to ensuring environments and opportunities for all students to learn and practice lifelong healthy habits that promote physical, mental, and social health. Morning Star Preparatory Board recognizes a link between good health and a student's ability to learn effectively and perform at their highest academic potential. Students who are physically, mentally, emotionally, and socially healthy during and after the school day have positive outcomes. Morning Star Preparatory Academy shall engage the community by creating continuity between the school and other settings for students and staff to practice lifelong healthy habits.

**Nutrition and Fitness Advisory Committee:** A Morning Star Preparatory Academy's Health and Wellness Committee will be formed and may consist of, but not limited to parents, students, food service staff, members of the Board, the Director, teachers, health professionals and members of the community. They will oversee wellness efforts, review wellness goals, and, as necessary, recommend changes to the wellness policy with the guidance of the administrators.

Morning Star shall engage the community in supporting the work of the local school in creating continuity between schools and other settings for students and staff to practice lifelong healthy habits. Morning Star shall establish and maintain an infrastructure for management, oversight, implementation, communication, and monitoring of the policy. The Morning Star community (including parents, students, food service professionals, physical education teachers, school health professionals, school nurses, the Morning Star board, and administrators) shall be encouraged to participate in the development and assessment of the wellness policy. Morning Star may utilize a self-evaluation or planning tool to assess the effectiveness and quality of the policy.

**Physical Activity:** Morning Star Preparatory Academy recognizes the importance of physical activity for student and academic achievement. Morning Star Preparatory Academy implements programs to ensure that students engage in healthful levels of physical activity to promote and develop the student's physical, mental, emotional, and social well-being. The following goals are some ways that Morning Star Preparatory Academy hopes to achieve this:

Provide a wide variety of physical activities and introduce students to many different sports and ways of getting physically active. This may be done through PE, assemblies, after school activities or in the classroom.

Use a variety of subjects and innovative lesson plans to increase physical movement in the classroom.

Physical education activities should teach students cooperation and teamwork, good sportsmanship, positive self-image, and personal development.

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment or withhold opportunities for physical activity (e.g., lunch break, physical education).

Parent volunteers will be encouraged to form after-school sports teams or clubs for students.

**A Healthy and Safe School Environment:** Morning Star Preparatory Academy recognizes that a healthy and safe school environment is necessary in promoting and sustaining the nutritional, physical and emotional health of all its students and staff. This will be provided in the following ways:

Provide a clean, safe, and enjoyable lunchroom for students.

Provide student access to restrooms for washing hands and educate students on the importance of proper handwashing.

Provide enough space and serving area to ensure that all students have an appropriate place to eat in the lunchroom.

Create an environment that fosters good eating habits, enjoyable meals, good manners, and respect for others.

Morning Star Preparatory Academy will make every effort to accommodate children with allergies.

Morning Star Preparatory Academy will make drinking fountains available so that students can get drinks during meals and throughout the day.

**Food Guidelines:** The purpose of these guidelines is to Morning Star Preparatory Academy's Wellness Policy, specifically in the classroom. Morning Star Preparatory Academy's Administrators want to promote a healthy classroom environment for every student, with as little distraction as possible to the learning process. This will be supported in the following ways:

Food can be used as part of the lesson plan in the lunchroom and at approval of the Director. (For example, Pizza or an apple can be used to teach fractions.)

Only foods that support the NSLP and encourage students to make healthy nutritional choices will be allowed at school during operating hours.

Morning Star staff and parents will support and follow our Health Policy.

Morning Star staff and parents will follow the suggested "treat/party" food list provided by Morning Star Preparatory Academy when a student's birthday treat is sent, or class party is held.

Healthy snacks and choices may be offered to students and staff at school events during or after school hours.