

## **Alpha Public Schools Wellness Policy**

Alpha Public Schools (Alpha) is committed to creating a healthy school environment that enhances the development of lifelong wellness practice to promote healthy eating and physical activities that support students achievements.

Alpha will partner with our food service providers and/or authorizing school districts to offer nutrition education information to both students and parents and will also integrate nutrition education into the curriculum and school activities.

Alpha will partner with food service providers and/or authorizing school districts to ensure student have access to healthy foods and beverages that are in accordance with federal nutrition guidelines established by the United States Department of encourage students to make nutritious food choices. Reimbursable school meals shall meet USDA guidelines and the school shall encourage students to make nutritious food choices.

Alpha shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

Alpha shall offer physical education opportunities that included the components of a quality physical education program to all students in grades K-12.

Alpha shall strongly discourage the use of candy and sweets as a reward. Alternative rewards will include sitting by friends during class reading to younger class, being a helper in the classroom, eating lunch with a teacher or principal, playing an educational computer game or moving up a level on the behavior chart.

Alpha shall strongly encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

Alpha shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages.

Alpha shall encourage all adults in the school environment to make healthy food choices and to engage in physical activity.

Alpha shall implement this policy and assess how well it is being managed and enforced. The Chief Schools Officer or designee shall evaluate this policy yearly and implement changes as needed, considering input from teachers (including specialists in healthy and physical education), parents/guardians, students, representatives of the school food service program, the Board of Directors, school administrators, and the public schall be considered before implementing such rules. The Chief Schools Officer or designee shall report to the Board, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.