

HOPE Online Learning Academy Co-Op Wellness Policy July 2019

HOPE believes that student health and wellness leads to improved academic achievement by supporting quality nutrition, and physical activity as part of the learning environment.

1. HOPE will provide a learning environment for developing, and practicing lifelong wellness behaviors.

- a. The school environment shall positively influence the students understanding, beliefs, and habits that relate to good nutrition, regular physical activity, mental health.
- b. The continued implementation of health and nutrition education that teaches students about the effects of nutrition and physical activity on their health.
- c. The provision of age appropriate and culturally sensitive resources and tools that each students lifelong healthy eating habits and beneficial physical activity.

2. HOPE will support and promote proper dietary habits contributing to student's health status and academic performance.

- a. Students participating in the Child Nutrition Programs shall have access to healthy food choices. Meals served will meet the USDA nutrition requirements and state policies.
- b. Learning Centers that do not participate in the CNP will be encouraged to provide education on healthy meals and menus to families.
- c. Students will have the opportunity to learn about nutrition through posters, printed media, or visual reminders about the choices they are making.
- d. Learning Centers are recommended to provide a minimum of 10 minutes for breakfast and 15 minutes for lunch.
- e. Learning Centers serving elementary aged students should consider recess before lunch as a strategy to encourage adequate time for eating.
- f. Competitive food sales shall not operate in competition with the National School Breakfast or Lunch Programs. Food Sales on site will abide by the Competitive Food Rules USDA regulation 7CFR210-220.
- g. Centers will be offered information on helping to create healthier fundraisers within centers.

- h. HOPE will provide access to information to give to parents on the nutritional content of foods served in Learning Centers.

3. HOPE will provide opportunities to engage in physical activity

- a. HOPE will help centers to implement and maintain a quality physical education course consistent with state standards.
- b. All students will have access to age appropriate physical activity where moderate to vigorous activity is encouraged during recess and extended periods of inactivity are discouraged.
- c. Centers should consider promoting an option to students to participate in activities or health promotions that encourage regular physical activity.
- d. Students should not be pulled for physical education more often than any other classes.
- e. Learning Center staff will not use time allotted for physical activity as a discipline for students.

4. In support of the implementation of the wellness policy, HOPE has created a wellness committee The WATCH (Wellness Advisory Council of HOPE) group. The Collaborated committee will include school personnel, administrators, health professionals, parents, students, and community members. The committee will implement, monitor, encourage, promote, and ensure that the HOPE staff and Learning Centers embrace the Wellness Policy. The Committee was formed in April 2016 and is meeting every month.