

CAI Learning Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. We are committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve their health and academic achievement.

To ensure the health and well-being of all students, CAI Learning Academy shall provide to students:

- ❑ Access to foods and beverages at appropriate costs that meet established nutritional guidelines.
- ❑ School breakfast and school lunch will comply with federal regulations.
- ❑ Physical education courses and opportunities for developmentally appropriate physical activity during the school day, such as yoga.
- ❑ Curriculum and programs for grades K-3 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with the academic standards for Health, Safety, and Physical Education.

Nutrition Education and Promotion

CAI Learning Academy's goals for nutrition education is to teach, encourage and support healthy eating to maintain and promote physical health. These goals will include age-appropriate knowledge and skills and will be incorporated throughout the day during breakfast, lunch and snack period. These goals will further be promoted and reinforced through regular health education classes.

School food services will be used to link and promote nutrition education.

CAI Learning Academy's community outreach services and family engagement will further promote and foster nutrition education beyond the school day. Outreach is to include wellness health night, nutritious snacks at family night activities and take home activities to encourage family involvement in nutrition education.

Physical Education & Activity

CAI Learning Academy shall provide a quality physical education program that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation.

Student Wellness Policy 2017 - 2018

CAI Learning Academy shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

CAI Learning Academy will provide a physical and social environment that encourages safe and enjoyable activity for all students.

CAI Learning Academy's Community Outreach Services will encourage family partnership with community organizations which offer physical activity beyond the school day.

Nutrition Guidelines

Foods provided through the National School Lunch, Breakfast and Snack Programs will comply with federal nutrition standards.

All other food available during the school day shall be offered with consideration for promoting student health and reducing childhood obesity.

No other food items (a la carte, vending machines, etc) are available for sale during school hours.

CAI Learning Academy will make available to parents/guardians nutritional content of meals provided through CAI Learning Academy. The nutritional content of meals may be made available on menus or through our school lunch/breakfast provider and upon request.

Management of Food Allergies

CAI Learning Academy shall establish policy and administrative regulations to address food allergy management in order to reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions.

CAI Learning Academy will ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction.

CAI Learning Academy will protect the rights of students with food allergies by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities.

Student Wellness Policy
2017 - 2018

Delegation of Responsibility

The Director of Education will monitor school programs and curriculum to ensure compliance with CAI Learning Academy wellness policy.

The Director will annually report to the Board of School Directors compliance with laws and policies related to student wellness.

Policy Assessment and Updates /Public Access

The Student Wellness Policy will be reviewed by the Wellness Policy Committee every three years to include compliance, comparison to a model school wellness policy and progress in attaining our goals. Parents, teachers, administrators, school nurse and physician and the general public are invited to participate in the development, implementation, review and update of the wellness policy. The Student Wellness Policy will be made public on our school website, available in the main office and available at family health night.