

MicroSociety Academy Charter School Board of Trustees

Physical Activity/Student Wellness Policy

Approved on 4/10/19

The MicroSociety Academy Charter School Board of Trustees recognizes that nutrition and physical education are essential components of the educational process.

The School will create guidelines to encourage healthy choices for students that foster health and education. The School recognizes the importance of proper nutrition and developmentally appropriate physical activity as ways of promoting healthy lifestyles, minimizing childhood obesity, and preventing other diet-related chronic diseases.

The School recognizes that scientific research has identified a positive relationship among adequate nutrition, physical activity, and academic success. It is, therefore, the goal of the school that the learning environment should positively influence a student's understanding, beliefs and habits as they relate to good nutrition and physical activity to encourage healthy lifestyles and promote academic success. The School will teach, encourage and support healthful eating by providing a pleasant and safe eating area, provide a catering company that provides a variety of nutritious foods that meet the USDA Dietary Guidelines, an adequate amount of time for eating, and by promoting nutrition using age-appropriate nutrition education materials.

The School will provide a systematic K-8 Health and Physical Education program that integrates nutrition education and that will teach, encourage, support and model age-appropriate daily physical activity so students will have opportunities to be physically active on a regular basis.

The School shall educate students and employees on the important benefits of a healthy lifestyle by providing a school environment during school hours that promotes opportunities for physical activity, including, but not limited to PE classes weekly for K-8 students and recess daily for K-5 students.