



Local Wellness Policy

Wellness Members 2016-2017

Lori Aparicio – Food Service Coordinator

Kelly Gonzalez – National School Lunch Program Supervisor

Dameon Blair – Principal

Kyle Klein – Physical Education teacher

Purpose:

To encourage and contribute to the general health and well-being of all students and to promote a healthy school that supports good nutrition and physical activity as part of the learning environment. Our staff is committed to providing a school environment that helps and develops a learning of lifetime wellness. Caurus Academy strives to ensure that all students have the most nutritious meals possible. Healthy eating and physical activity are likely linked to reduce the risk of diseases and obesity as adults.

Nutrition Education Goals:

Nutrition education will involve sharing information with families and parents and will be provided with handouts, menus, and postings on our website. Our lunch area will be used to present nutrition and wellness with posters. Also to educate the students about trying all foods and tasting a variety of fruits, vegetables and other healthy foods.

All meals served to the students during the normal meal service hours shall strive to meet or exceed all of the nutritional guidelines.

Physical Activity Goals:

Caurus Academy shall require daily physical education for every student to develop skills for physical activities, maintain fitness and regularly participate in physical activity. To help the students understand the short and long term benefits of a physically and healthy lifestyle, we will encourage physical activity breaks during classroom hours. Our kindergarten through 4th grade classes have a 15 minute recess every day. All grades have recess time once they have finished eating lunch. Our Kindergarten Montessori classroom also has a sensorial area that the children participate in daily.

Every child has the opportunity to participate in our physical education class at least 3 times a week. We will encourage the development of large and small motor skills not only in the classroom but also outside of the classroom.

Implementation:

The following people are responsible for the implementation and monitoring of this policy, Dameon Blair – Principal, Kyle Klein – Physical education teacher, and Kelly Gonzalez – National School Lunch Program Supervisor. All questions regarding school nutrition and school meals should be directed to the food service coordinator.