

Student Policy 246 **Student Wellness**

Purpose:

The SusQ-Cyber Charter School (“Charter School”) is committed to preparing students to make healthy nutritional and physical activity choices every day in their communities, homes and schools. Therefore, the Charter School’s Board of Trustees has adopted this Wellness Program.

Guidelines:

- Students, parents, teachers, health professionals, and community members will jointly implement, monitor, and review the Charter School’s nutrition and physical activity policy.
- All students will receive opportunities and encouragement to stay physically active on a regular basis.
- The Charter School’s program will provide all 9-12 students a physical education program and nutrition education opportunities during the school day and through courses and activities, as well as other opportunities for developmentally appropriate activities aimed at fostering lifelong habits for health.
- Food and beverages sold or served at school will contribute to a healthy lifestyle.
- The goals of the student wellness policy shall be considered in planning all school-based activities.

Implementation:

- A School Health Council shall be established and will meet quarterly for the purpose of implementing, monitoring and, as necessary, revising this school wellness policy and related guidelines.
- The council will be comprised of at least one (1) each -Administrator, teacher, school nurse, parent, student.
- Committee members will serve a two-year term.
- Foods & Beverages available on Campus are not a problem since the Charter School does not have a food service program nor do students have access to foods offered at school through vending machines, school store sales, fundraisers, booster club sales, classroom parties, or holiday celebrations. The only food and beverage available or provided to students are the refreshments offered for State Assessment Testing that consists of juice and water.
- Faculty members are encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the wellness policy.

Nutrition Education:

- The goal of nutrition education is to teach, encourage and support healthy eating habits by students.
- Promoting student health and nutrition enhances readiness for learning and increases potential for achievement.
- The nutrition curricula shall be age appropriate and behavior focused. All students will be encouraged to take the Foods and Nutrition Course.

- The nutrition curricula will be included in the 11th grade health curriculum in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education and Family and Consumer Sciences.

Physical Education:

- Comprehensive 9-12 grade physical education courses shall be provided through which all students learn, practice and are assessed on the developmentally appropriate skills and knowledge that are needed to sustain lifelong, health-enhancing physical activity.
- Certified health and physical education teachers will teach all physical education courses.
- The physical education curricula will be a required comprehensive program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education.

Physical Activity:

In addition to the required physical education courses, students will be encouraged to take part in other physical activities.

Delegation of Responsibility:

The Chief Executive Officer or designee shall monitor the Charter School's programs, and curricula to ensure compliance with this policy, related policies and to establish guidelines or administrative regulations to implement this policy. The CEO or designee shall report to the Board on the Charter School's compliance with laws and policies related to student wellness.

TO THE EXTENT THAT ANYTHING IN THIS POLICY COULD BE CONSTRUED TO CONFLICT WITH APPLICABLE STATE AND/OR FEDERAL LAWS, THE APPLICABLE STATE AND/OR FEDERAL LAWS CONTROL. THIS POLICY IS NOT INTENDED TO CONFLICT WITH CHARTER REQUIREMENT.