



**Teleos Preparatory Academy Wellness
Policies on
Physical Activity & Nutrition**

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Teleos Preparatory Academy

A Great Hearts Academy

SCHOOL WELLNESS POLICY

Teleos Preparatory Academy adopts this school wellness policy with the following commitments to nutrition, education and physical activity.

Nutrition Education:

- Nutrition education is taught to all grade levels as part of the Physical Education Curriculum. Students receive the skills necessary to make nutritious choices.
- Nutrition is promoted through breakfast/lunch menus a poster in the cafeteria and will be within a weekly newsletter.
- Staff will be encouraged to model healthy eating and physical activity for students.
- Parents will be provided the opportunity to give feedback on wellness goals through e-mail and family engagement events.

Physical Education and Physical Activity:

- Students in grades K-4 received 135 minutes of Physical Education Instruction per week.
- Students in grades 5-8 received 120/180 minutes of Physical Education Instruction per week depending on semester cycle.
- Physical Education classes have a 30:1 student/teacher ratio.
- The Physical Education program provides adequate space and equipment and conforms to all applicable safety standards.
- Students are given daily time for supervised physical activity.
- Physical Education instructors receive professional development and training.
- Classroom physical activity opportunities will be offered daily during the school day.
- Clubs with instruction on specific elements of physical activity are offered weekly (Tennis, Cross Country, Health/Fitness, Volleyball, Football, Basketball, Soccer, Ballet etc...)
- An athletic field day is offered for the entire student body on a yearly basis.

Activities to Promote Student Wellness:

- The school will create a school health advisory council to develop, monitor, review and revise the Local Wellness Policy. This council will consist of all USDA required participants, including teachers of physical education and school health professionals; will serve as resources to school sites for implementing these policies.
- The cafeteria is a clean, attractive, safe, spacious dining area with an accessible drinking fountains and adequate room flow.
- Fundraising events incorporate physical activity (Jump Rope 4 Heart).



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Nutrition Promotion:

- All school meals promote fresh fruits, vegetables, low-fat milk.
- School meals are made attractive to students and schedules are designed to encourage participation in school meal programs.
- After obtaining food, students are provided a minimum of 20 minutes to eat.
- Teleos Prep provides a list to all families of preferred snacks for students to bring from home.

<u>Fruit Snacks</u>	<u>Vegetable Snacks</u>	<u>Grains Snacks</u>	<u>High Protein Snacks</u>
✓ Fruit eaten alone is one of the easiest snacks around! Whole or cut up is a great way to go.	✓ Veggies eaten alone is also one of the easiest snacks around	✓ Muffins	✓ Hard boiled eggs
✓ Fruit leather	✓ Carrot sticks and hummus	✓ Pretzels	✓ Trail mix
✓ Applesauce	✓ Veggie tray with hummus	✓ Granola bars	✓ Yogurt /cheese stick
✓ Fruit/ Apple chips	✓ Ants on a log – celery filled with peanut butter and topped with raisins	✓ Veggie Chips	✓ Granola energy bars
✓ Dried fruit		✓ PB&J tortilla roll-up	✓ Beef jerky
✓ Fruit and cheese tray			✓ Nuts

Some grades may have a food item ban due to a student with severe allergy. Notice will be sent home.

Nutrition Guidelines:

- Soda will not be available on school grounds or allowed during lunch or snack.
- Students and staff will have access to free, safe and fresh drinking water throughout the school day.
- When snacks are provided by the school, they will include fresh vegetables and fruit.

Birthday Celebrations and Holiday Guidelines:

- We are excited to celebrate all the milestones that happen in our student's lives. We also recognize there are many holiday that our families and students love to honor. When given **approval from the office**, we ask that families provide healthy store bought treats for classroom with. Most events will be held at the end of the day before student leave for the day.



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Stakeholder Involvement:

- The school will have an established a School Health Advisory Council comprised of parents, students, administrators, a member of the school board and community affiliates to review the local wellness policy, and to develop, implement, monitor and improve nutrition and physical activity in the school environment.
- Teleos Prep will recruit a SHAC by notifying the community through our public community bulletin board and newsletters with an invitation to join. We will also notify our future SHAC committee of any meetings through our newsletters and public community bulletin board.

Stakeholder Participation:

- The school's school health advisory council will establish a plan for policy implementation, policy evaluation and revisions. The activities of the SHAC will be reported to the school administration periodically.

Local Discretion:

- Headmaster, P.E. Director and Lunch Program Director of Teleos Preparatory will work hard to ensure that our policy is up to date and that the standards of the local wellness policy have been met.

Public Notification:

- Teleos Prep will post the Local wellness policy as well as recent assessments on our Public Community Board where information such as school lunch menus, events and particular activities are listed.
- Teleos Prep will also solicit parent participation and insight on school wellness activities through our school website and weekly newsletter that is sent out to all parents of Teleos Preparatory Academy.

Measuring Implementation:

- Teleos Preparatory Academy plans on measuring implementation by meeting after school on Thursdays on a bi-monthly basis.
- Our school will work towards setting up bi-monthly meetings with our SHAC community to discuss revisions such as snack changes, implementations such as health and fitness awareness through community board, and future goals to make sure we are consistent with our local wellness policy.



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Local Designation:

- Teleos Preparatory Academy will ensure that our LWP and its standards are met through the establishment of a SHAC committee where each person is accountable and responsible for input and implementation of our schools LWP.
- Through our SHAC committee we will also provide input, standards and ways that our LWP is known to the public, students and families that are within our school and community.