



ACE Preparatory Academy Wellness Policy

Mission Statement: ACE Prep's wellness policy is to promote a healthy lifestyle for students, parents and staff which will lead to a lifestyle of healthy habits. This mission will be accomplished by the development and implementation of our wellness policy which will incorporate nutrition education and standards, physical activity and any other school related activities.

Nutritional Guidelines for all Foods and Beverages

- Promote fruits, vegetables, whole grains, low fat & fat free dairy healthy food to scholars and staff.
- Incorporate nutrition education in classroom instruction in subjects such as Math and Science.
- Nutrition Education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Introduce scholars to new fruits and veggies.

Nutritional Guidelines for non-sold foods and beverages

- Comply with the current USDA Dietary Guidelines for Americans and the National Student Lunch Program guidelines.
- ACE Prep has opted to be more restrictive with:
 - Prohibiting parents from bringing unhealthy options in celebration of birthdays.
 - Prohibiting vending machines in the building.
 - Food and beverages sold at fundraisers include healthy choices and provide age appropriate selections for all school levels.

Food and Beverage Marketing

- ACE Prep is committed to providing a school environment that ensures an opportunity for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing advertising and marketing distractions.
- Any foods and beverages marketed or promoted to students at school during the school day will meet or exceed the USDA nutrition standards.

Nutrition Education Goals

- To educate, encourage and support healthy eating to scholars of all ages.

- To provide kid-friendly USDA information to scholars educating them on portion control and serving sizes of food.
- Provide families with nutritional information (recipes, physical activities, family game ideas).

Nutrition Promotion

- ACE Prep will incorporate information on eating healthy and benefits of physical activity in the weekly newsletter.
- ACE Prep will continue to find new ways to enhance our breakfast and lunch process.

Physical Education Goals

- ACE Prep will create a school environment that is conducive to being physically active.
- Provide opportunities for scholars to maintain physical fitness for at least 30 minutes per day.
- To exceed the state standards of physical activity for all grade levels.
- Encourage classroom teachers to provide short activity breaks between lessons or classes.
- Provide a daily recess period after lunch.

Other School Related Activities

- After-school programs will encourage physical activity and promote healthy habits.
- ACE Prep will extend recess by 10 minutes during the warmer months to increase the minutes of physical activity.

Evaluation

- We typically review the goals at the end of the year and decide if goals have been met.

Person Responsible

- Kerriesha Adams, Manager of Operations will be responsible for Monitoring the local wellness

Committee Members Include

- Kerriesha Adams, ACE Prep, Manager of Operations
- Anna Shults, ACE Prep, Founder and Head of School
- Mary, Side Street Catering, Food Service Personnel
- Scholar