

## **Leadership Preparatory Academy Wellness Policy and Program**

**The Leadership Preparatory Academy (LPA)**, in compliance with 42 U.S. Code § 1758b - Local School Wellness Policy, and or the Child Nutrition Act of 1966 (42 U.S.C. 1758 and 1766 of this title, and sections 4 and 10 of the Child Nutrition Act of 1966 (42 U.S.C. 1773, 1779 and 1771 et seq.), recognizes that a proactive, preventative and comprehensive wellness plan is essential for student academic and social success. The Governance Board is committed to providing a dynamic school environment that enhances the teaching, learning, development, and engagement of lifelong health and wellness practices.

Appropriate habit development on the part of students plays a major role in helping students become academically equipped, healthy, fit, engaged, and ready to learn. Research clearly demonstrates that well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior, engagement, and academic achievement in school. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors that serve as constant reminders for the students we serve.

Leadership Preparatory Academy pursues **six program goals** as follows:

1. **GOAL FOR STUDENT PARTICIPATION AND ENGAGEMENT:** The LPA School Nutrition Director will insure that a proper and sufficient sampling of students will be included in the menu design and rotation of the breakfast and lunch components, within the nutrition guidelines established by Federal and State regulation. Said director will also insure that appropriate measures are being taken to encourage greater participation by students in the School Lunch Program, resulting in higher ratios of the gross student population that actually consumes the school breakfast and lunch.
2. **GOAL FOR NUTRITION EDUCATION AND PROMOTION:** The classroom, cafeteria, and school activities will provide clear and consistent messages that explain and reinforce healthy eating habits to the students, staff, and families.
3. **GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY:** DeKalb County School Nutrition Program is mandated to follow the USDA School Meal Initiatives.
4. **GOAL FOR PHYSICAL ACTIVITY/EDUCATION:** Create an environment that promotes routine physical activity and establishes a healthy foundational support for full engagement, enabling students to reach their full academic potential.
5. **GOAL FOR OTHER FOODS AVAILABLE ON CAMPUS:** Create an environment that models healthful eating as a valuable part of daily life. Competitive Foods which do not meet the federal criteria will not be sold during the school day and on the school campus, with the exception of exempt fundraisers. LPA may hold no more than 30 "exempt" fundraisers (involving "outside foods") per school year, not to exceed 3 days in length. Exempted fundraisers will not occur within 30 minutes before or after the end of breakfast or lunch meal service. Each exempted fundraiser must be approved by the Chief Learning Officer of the school.
6. **GOAL FOR HEALTHY SCHOOL ENVIRONMENT:** Create an environment that enhances a healthy lifestyle, which further supports positive social behavior as well as academic engagement, resulting in higher levels of student achievement in school.

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Leadership Preparatory Academy also pursues **five evaluation criteria goals** as follows:

1. **GOAL FOR NUTRITION EDUCATION AND PROMOTION:** LPA's School Nutrition Department will provide six nutrition education activities to reinforce *healthier, lifelong* eating behaviors: Farm to School, National School Lunch, National School Breakfast, Healthy Schools Programs, and a local/school level promotion. Nutrition education activities will be evaluated by School Nutrition Services during the Annual Review conducted from October 1 through February 1 each year and during the month of May.
2. **GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY:** Annual Nutrition Review will be conducted by the Georgia DOE School Nutrition Department between January 1 and May 1 of each year; additionally, an Administrative Program Review will be conducted by the Georgia Department of Education every three years.
3. **GOAL FOR PHYSICAL ACTIVITY/EDUCATION:** Annual Fitness-gram Report will be administered by the LPA Physical Education Department and results will be reported during the month of May.
4. **GOAL FOR OTHER FOODS AVAILABLE ON Campus:** Annual Nutrition Review will be conducted by the Georgia DOE School Nutrition Department between January 1 and May 1 of each year; additionally, an Administrative Program Review will be conducted by the Georgia Department of Education every three years.
5. **GOAL FOR HEALTHY SCHOOL ENVIRONMENT:** LPA will perform a School Wellness Audit by July 1 of each school year using the eight areas of the Comprehensive Student Health Index Model.

The CEO shall be authorized to supervise the development and maintenance of a "Wellness Regulation" consistent with this policy, and respective plans and/or programs that support this policy and is in compliance with the aforementioned federal law, including the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 . This regulation shall address nutrition education, physical activity, use of nutrition guidelines, and other wellness-based activities in the schools and shall include measures for accountability and evaluation.

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