



ENTHEOS ACADEMY

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5301 WELLNESS POLICY

Purpose

Entheos Academy is committed to supporting the health, well-being, and academic success of all students. The school will promote nutrition, physical activity, and other wellness practices that contribute to student growth and learning.

Policy

In accordance with the Healthy, Hunger-Free Kids Act of 2010, Entheos Academy shall maintain a local school wellness policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

- I. All meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will meet or exceed applicable USDA nutrition requirements.
- II. All foods and beverages sold by the school during the school day will comply with the Smart Snacks in School standards.
- III. Students will have access to safe, free drinking water throughout the school day.
- IV. Schools are encouraged to use non-food items or healthy options for rewards whenever possible.
- V. The school will monitor and limit commercial distractions and advertisements of foods and beverages on campus to ensure that students are exposed only to healthy choices.

Nutrition and Physical Education

- I. The school will provide nutrition education that builds lifelong healthy-eating habits.
- II. Students will have regular opportunities for physical activity during the school day, including physical education and recess.
- III. Recess or physical activity will not be withheld as a disciplinary consequence.

Wellness Committee

5301 Wellness Policy

- I. A Wellness Committee shall include representatives from school administration, staff, parents, students, and the school food program.
- II. The Committee shall meet at least once per year, or as needed, to develop, implement, and review the wellness policy.
- III. The Superintendent or designee shall serve as the Wellness Policy Coordinator and oversee implementation at each campus.

Public Involvement and Transparency

- I. The wellness policy, updates, and assessment results will be made publicly available on the school website or by other accessible means.
- II. Families and community members will be invited to participate in policy development, implementation, and review.

Monitoring and Accountability

- I. The school will conduct a triennial assessment of the wellness policy to measure:
 - A. Compliance with the policy;
 - B. Progress toward meeting wellness goals; and
 - C. Comparison with model wellness policies.
- II. Records will be maintained to document:
 - A. The written policy;
 - B. Annual public notifications; and
 - C. The results of the most recent triennial assessment.
- III. The Superintendent or designee will ensure the district remains in compliance with all federal and state requirements.

REF: 7 CFR 210.31 – Local School Wellness Policy Implementation Under the National School Lunch Program