

Quest Academy's Wellness Policy Goal Progress Report

GOALS	DESCRIPTION OF THE PROGRESS MADE IN ATTAINING THE GOALS OF THE WELLNESS POLICY
Students in the School have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school, in accordance with Federal and state nutrition standards.	<p>MEETS GOAL: Quest offers balanced breakfasts and lunches through federally reimbursable meal programs that follow nutrition guidelines for fruits, vegetables, whole grains, and appropriate calorie levels. Staff are often trained to follow these guidelines, and the school may regularly review menus and food offerings to stay compliant.</p>
Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.	<p>MEETS GOAL: Quest Academy meets this goal by providing students with quality nutrition education that promotes lifelong healthy eating habits. The school incorporates nutrition topics into its curriculum, helping students understand healthy food choices, balanced diets, and the importance of overall wellness. Students are given opportunities to apply this knowledge through engaging, age-appropriate activities that reinforce healthy behaviors.</p> <p>In addition, Quest Academy supports a school-wide culture of wellness by encouraging healthy choices in the classroom and beyond. Staff model positive habits, and nutrition concepts are reinforced through the school environment. By combining education, practical application, and consistent messaging, Quest Academy ensures that students develop the knowledge and skills needed to maintain healthy eating behaviors throughout their lives.</p>
Students have opportunities to be physically active before, during and after school.	<p>MEETS GOAL: Quest Academy meets this goal by providing students with multiple opportunities to be physically active throughout the school day and beyond.</p> <p>Through physical education (PE), students participate in regular, structured classes that focus on building fitness, motor skills, and an understanding of the importance of lifelong physical activity. These classes are designed to be inclusive and engaging, ensuring all students are actively involved.</p> <p>During the school day, students have access to recess, where they can engage in unstructured play such as running, climbing, and participating in group games. This time allows students to stay active while also supporting social development and overall well-being.</p> <p>In addition, Quest Academy offers extracurricular sports and activity programs that give students opportunities to be active before and after school. These may include team sports, clubs, or other organized physical activities that encourage participation, teamwork, and continued movement outside of regular class hours.</p>

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	<p>By offering a combination of PE, daily recess, and extracurricular activities, Quest Academy ensures that students have consistent and varied opportunities to be physically active throughout the day.</p>
<p>The school engages in nutrition and physical activity promotion and other activities that promote student wellness.</p>	<p>MEETS GOAL: Quest Academy promotes student wellness by encouraging both healthy nutrition and active lifestyles throughout the school environment. This includes:</p> <ul style="list-style-type: none"> • Providing nutrition education through classroom instruction that teaches students about balanced diets, healthy food choices, and overall wellness • Offering healthy meal options that meet federal and state nutrition standards • Promoting nutritious choices in the cafeteria through signage, messaging, and guidance from staff • Integrating nutrition and physical activity topics into school-wide initiatives. • Supporting active lifestyles through regular physical education classes, daily recess, and opportunities for movement throughout the school day. • Offering extracurricular sports and activity programs that encourage students to stay active before and after school. • Modeling both healthy eating and active living by staff to reinforce positive habits. <p>Through these efforts, Quest Academy fosters a culture that supports both healthy eating and regular physical activity for all students.</p>
<p>School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.</p>	<p>MEETS GOAL: The school supports and encourages staff to engage in healthy nutrition and physical activity by promoting wellness initiatives and providing incentives. Quest Academy sponsors an annual 5K run and participates in health challenges that encourage staff involvement in active lifestyles. Additionally, the school offers financial support for physical activity by reimbursing staff for gym membership costs—up to \$25 per month—when they use their membership at least three times per week. These efforts help foster a culture of wellness both in and out of the school environment.</p>
<p>The community is engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.</p>	<p>MEETS GOAL: The community is actively engaged in supporting the school's efforts to promote lifelong healthy habits among students and staff. Quest Academy fosters this connection by encouraging community involvement in wellness initiatives, including volunteering at school health events and activities. These partnerships help reinforce healthy behaviors beyond the school setting and create continuity between school, home, and the broader community. By involving families and community members, the school strengthens a shared commitment to nutrition, physical activity, and overall well-being.</p>

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The School establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives

MEETS GOAL: Quest establishes and maintains effective oversight of this policy through its Community Council, working in partnership with the school's Nutritional Specialist. Together, they are responsible for managing, implementing, monitoring, and communicating the policy and its established goals and objectives.