

Kindergarten through 8th Grade Wellness Policy

(Revised and approved by HPA Governing Board - November 16, 2011)

Our Wellness policies are integral to teaching health education to all of our students. By allowing them to practice healthy habits daily and observe adults doing the same, students are better able to internalize these lifelong positive behaviors.

These policies are meant to lead HPA students, staff, families, volunteers, and community members to a better understanding of the extreme importance of taking care of the only bodies we are given, for life.

In previous years, High Point Academy teachers chose a wellness level for their classroom; gold, silver or bronze. As part of our deep commitment to health education and to become the healthiest school we can, we're proud to announce that all classrooms will now follow the gold level standards!

This Wellness Policy has been approved by the HPA Governing Board and the HPA staff will do their best to enforce this policy fairly and consistently.

Please note: Due to preschool state licensing requirements, HPA's preschool follows slightly different wellness policies than the rest of the school. See the Preschool Wellness Policy for more details.

Daily Policy

- Children drink plain water throughout the school day.
- Fast food is not allowed at High Point Academy. *Please see the Lunch Policy.
- Candy is not permitted at any time during the school day.
- Drinks that are carbonated or flavored are not permitted. This includes, but is not limited to, sodas, energy drinks, sports drinks and flavored waters.
- Food-based rewards are explicitly prohibited. HPA seeks to help students develop a healthy relationship with food and does not want to teach that food is something that needs to be earned.
- To role model healthy behaviors, teachers, instructional aides, parent volunteers, and all other adults on campus will adhere to the same wellness practices as the students. Adults who choose to eat fast food must eat it off campus. Adults will not consume sodas or energy drinks while on campus.

Snack Policy

- Due to the limited time for snacks and to encourage additional servings of fruits and vegetables, only fresh fruits and vegetables are permitted at snack time.
- No dips.
- Fresh fruits and vegetables only, not dried. Try sliced apples, carrot sticks, celery sticks, grapes, cherries, strawberries, grape tomatoes, cantaloupe chunks, pineapple, broccoli, cauliflower, zucchini sticks, sweet pea pods and more!
- Children drink plain water.
- If students bring snacks or drinks that do not meet the above requirements, they will be politely instructed to return them to their backpacks.

Kindergarten through 8th Grade Wellness Policy, page 2.

Lunch Policy

- Healthy school lunches are available through a partnership with Revolution Foods. To learn more about Revolution Foods, please visit their website at www.revfoods.com.
- *Fast food is not allowed at High Point Academy. If parents wish to feed their children fast food for lunch, parents must take their student off campus in order to do so. In addition, any food that comes to school needs to be brought in containers from home and should not include any wrappers or bags with restaurant logos.
- Students that pack their lunch are encouraged to bring fresh, healthful foods and a healthful drink to school. Please avoid sending your child with a lunch full of processed and pre-packaged foods and soda. Water, unflavored milk and 100% fruit juices are permissible in the lunchroom.

Celebration Policy

- All celebrations focus on activities, not food. These include, but are not limited to, parties for holidays, birthdays, individual rewards, whole-class rewards and school-wide rewards.
- If teachers or parents wish to include food or drink, those foods and drinks must meet the snack policy requirements.

Curriculum

- High Point Academy provides Physical Education for all K-8 students three times a week. Students also have the opportunity to be physically active during daily recess.
- All students attend Wellness class as one of their specials classes. The wellness curriculum is age-appropriate and teaches students how to make healthy choices in every area of their lives.
- Please note, in Wellness class, students will have opportunities to gain experience in the kitchen through “Kitchen Days.” Students will get to share responsibility, cooperatively learn, develop new skills, establish connections with foods, and make something with their hands. Only part of the Kitchen Day experience is getting to taste the food that was made; the focus is not placed on eating.

School-Wide Events

- High Point Academy offers health-oriented events for students and families. This includes Family Wellness Nights, Youth Farmers’ Markets, and an annual, student-run 9Health Fair.
- School-Wide Events include, but are not limited to: school-wide parties, breakfast on CSAP testing days, Fall Festival, Carnival, Field Day, Kindergarten Continuation and 8th Grade Graduation.
- Events outside of school hours will set examples of how to celebrate without focusing on food. Engaging activities for kids and parents will be planned as the main attractions.
- All groups and organizations that use the High Point Academy facility are encouraged to use their best judgment and should make every effort to provide healthy food and drinks at their events.



Kindergarten through 8th Grade Wellness Policy, page 3.

Student Athletes

- The following guidelines have been set in an effort to educate our student athletes about proper fuel for activity and to protect student athletes from dehydration, exhaustion, and increased risk for injury while participating in sports.
- General recommendations include plenty of plain water and fresh snacks combined with an appropriate source of protein. On campus, HPA student athletes are not permitted to have sodas or energy drinks.
- Coaches and parents are encouraged to help student athletes make the best choices on and off campus.

After-School Activities

- Please send your child with a healthy snack for days these activities will take place.
- Groups or organizations that hold special events at HPA should identify such events at the beginning of each school year.

Staff Wellness

- Our school community supports and encourages all staff members to live a healthy lifestyle.
- All High Point Academy staff members role model healthy behaviors while in the presence of students. Staff who choose to eat fast food must eat it off campus. Staff will not consume sodas or energy drinks while on campus.
- Staff members are offered opportunities to participate in activities that encourage physical activity, healthful eating, or other aspects of wellbeing.