

POSITIVE EDUCATION PROGRAM POLICY

WELLNESS

It is the policy of Positive Education Program to encourage wellness with regard to nutrition education, physical activities, and other school based activities to help children and adults adopt more healthy lifestyles.

Positive Education Program sets the following goals in an effort to enable students to establish good health and nutrition habits:

1. Nutrition education shall include instruction that is developmentally appropriate in scope and sequence to provide students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant activities including opportunities for staff to model healthy eating habits.
3. Physical education activities and instruction shall provide students with opportunities to learn and practice developmentally appropriate knowledge, attitudes, motor and social skills necessary to engage in lifelong, health-enhancing physical activity.
4. Instruction in physical education shall teach cooperation, fair play, responsible and safe participation, and shall take into account ability, gender, and cultural differences.
5. All students in center-based programs, regardless of eligibility status, receive free school meals, eliminating any stigma.
6. The nursing staff of the treatment centers will conduct vision and hearing screenings for students in applicable grades, alert parent/guardians of any concerns, and encourage regular check-ups with health care providers.
7. The classroom curriculum shall include integrated and planned instruction in personal safety that is age and developmentally appropriate so that students develop a concept of personal worth and safety and how to protect themselves from physical and emotional harm.

PEP's Guidelines for Reimbursable School Meals and School Food for Sale Policy is incorporated into this wellness policy by reference, as if fully rewritten herein.

The center coordinator and nurse will monitor their site's compliance with the wellness policy and the progress toward achieving the goals.

<i>Site or Program</i>	CO	DTC	CON	ECP	PA	Other:
		X				

At least annually, the nursing supervisor will convene a committee of stakeholders (staff, parents, students, administration, food service, etc.) to review and recommend any changes to the wellness policy as deemed necessary to promote healthy lifestyles for children and adults.