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**AGORA CYBER CHARTER SCHOOL  
1018 W 8th Ave  
KING OF PRUSSIA PA 19406**

## **Wellness Policy**

### **Purpose**

The Board of Trustees ("Board") of Agora Cyber Charter School recognizes that student wellness and proper nutrition are directly related to a students' health, growth, development and readiness to learn. The Board, along with students, parents, administrators, faculty and staff, is committed to providing an educational environment that promotes and protects children's health, well-being, and ability to learn by supporting nutrition, physical activity and wellness initiatives and programs. It is with this intention that the Board adopts the following Wellness Policy.

### **Nutritional Education**

The goal of nutritional education shall be to teach, encourage and support healthy eating habits to enhance readiness for learning and increase student achievement. The curriculum includes learning experiences that are interactive and address student knowledge, skills, attitudes, and behaviors needed to adopt lifelong healthy eating habits and provide opportunities for student to have positive food experiences. Curriculum, lessons and other activities shall be reinforced by linking healthy food choices and physical activity.

1. The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.
2. Nutrition education shall be provided and/or integrated into curriculum and programs for all grades, K-12, in accordance with the State Board of Education curriculum regulations and academic standards.
3. Consistent nutrition messages and education materials shall be distributed to all families.
4. Nutrition education shall be framed to involve family units and is behavior-focused.

5. School staff shall cooperate with agencies and community organizations throughout the state to provide opportunities for appropriate student projects related to nutrition in a student's residential area.

## **Meals**

Agora Cyber Charter School does not participate in the National School Lunch Program; however any food or beverage provided by Agora Cyber Charter School at school-sponsored events will be regulated and consistent with all established guidelines and best practice standards.

1. During testing or other face-to-face events, meal periods shall be scheduled at reasonably appropriate times, and students will be provided with a clean, safe space and adequate time to eat and enjoy their meals.
2. Students shall have access to facilities for appropriate hygiene, and faculty and staff will promote effective hand washing or sanitizing on site.
3. Students are not permitted to share food or beverages with other students.
4. A source of drinking water shall be available at all meal periods.
5. Agora Cyber Charter School will not use food or beverage for the purpose of rewarding or incentivizing students for academic achievement or good behavior, unless said reward system is specifically identified in a student's Individualized Education Program.
6. Agora Cyber Charter School will not restrict or withhold foods or beverages from students for the purpose of incentivizing or discipline.

## **Physical Activity**

The primary goals for the physical activity plan, consistent with the State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards, are to:

- Provide suggestions for developmentally appropriate physical activities that contribute to at least 60 minutes of physical activity each day
  - Help students develop the knowledge and skills for specific physical activities
  - Help students maintain physical fitness and understand the short and long-term benefits of a physically active and healthy lifestyle.
1. Students of Agora Cyber Charter School are Required to complete: (Fill in PE requirements here)
  2. Parents of Agora Cyber Charter School students will contract with the staff to provide appropriate physical activities, and staff will monitor physical activity content.
  3. Curriculum, lessons, and other activities shall be age-appropriate and activity focused. Lifestyle balance will be reinforced by linking healthy food choices and physical activity.
  4. Agora Cyber Charter School encourages the offerings of physical activities at school-sponsored or school-related events.
  5. Physical activity will not be used or withheld for the purpose of discipline or punishment.
  6. Students will be encouraged to participate in physical activity outside of the Cyber Charter School environment, in both competitive and non-competitive

extracurricular activities.

## **Wellness Initiatives**

Agora shall maintain a program that provides consistent wellness messaging in conjunction with nutrition and physical fitness components.

1. The efforts of parents/guardians to provide a healthy diet and daily physical activity for their children shall be supported through communicating and reinforcing relevant information through the technology provided.
2. Students, parents and guardians shall be encourage to serve as positive role models through programs, communications, the use of printed materials, and technological support.
3. Appropriate training shall be available to all staff on the components of the Wellness Policy and faculty and staff wellness shall be promoted through virtual and face-to-face communication, resources and development.

## **Guideline Assurance**

At all times, the guidelines set by this Policy shall be in accordance with all applicable State and Federal laws and regulations. To the extent that anything in this Policy could be construed to conflict with the applicable laws, the guiding laws control.

Reference: Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265 (42 U.S.C. 1751)