



Board of Director's Policy Students 500 Series

Policy # 500.o2

Wellness Policy

Wellness encompasses all aspects of human growth and life. There are many dimensions of wellness, including physical wellness (food and fitness), social wellness, emotional wellness, intellectual wellness, spiritual wellness, and environmental wellness.

It shall be the policy of Prairie Crossing Charter School to recognize the link between nutrition education, the food served in the school, physical activity, social emotional development, and environmental education. Each of these affects personal wellness. The Board and Administration further recognize an important connection between healthy diet and a student's ability to learn.

To these ends, the policy of Prairie Crossing Charter School shall be to:

- Model and practice the promotion of family health;
- Promote physical activity as a requirement of good health;
- Promote good nutrition;
- Promote sustainable agriculture;
- Promote positive social interactions and development of strong interpersonal relationships;
- Promote personal growth and a healthy sense of self; and
- Promote well-balanced intellectual advancement and a love of learning.

Prairie Crossing Charter School recognizes that sharing and enjoyment of food and participation in physical activities are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, and strengthening communities.

The Board and Administration believe that the foods offered at school should be wholesome and safe. To that ends, the School encourages the use of foods that are:

- Fresh, Healthy, Seasonal, Local,
- To the extent possible grown in a sustainable manner,
- To the extent feasible, not prepackaged highly processed foods.

Prairie Crossing Charter School, whose students participate hands-on in aspects of local, healthy, and green agriculture, is an excellent place to nurture and preserve America's food traditions. We celebrate these traditions through storytelling, recipe swapping, cooking classes, garden and greenhouse based learning experiences, and connections to our integrated curriculum centered on the environment.

The administration of the school shall be empowered by this policy to develop and implement reasonable regulations to assure its implementation. Therefore, the Executive Director is charged with the following:

- Annually monitor the implementation of the Wellness Policy and set goals for the future;
- Address to the school community wellness-related topics of concern;
- Annually review food programs at PCCS to ensure they abide by wellness guidelines and by mission-driven fundraising guidelines;
- Recommend to the administration necessary revisions to the Wellness Policy;
- Develop and implement an annual wellness policy evaluation plan; and
- Report annually to the Administration the status of the School's effort in attaining the goals established by this policy.

Adoption Dates:

Adoption Dates: August 4, 2007

Revised on: December 18, 2012