



Wellness Policy

Study Buddies Afterschool Program

Physical Activity:

- Students will engage in a minimum of 30 minutes of moderate to vigorous physical activity daily.
- All staff-led games will be kid friendly with a low competition aspect.
- Students and staff will be encouraged to participate in each activity with exceptions (i.e. health/medical).
- Students and staff will be encouraged not to sit for a period exceeding 30 minutes
- Students will participate in outdoor recreation time (weather permitting) when homework and/or academics are complete.
- Students will be engaged in physical activity education on a monthly basis.
- Students will not be allowed to access cell phones during the program.
- Students will not have access to movies or television time during the program. Screen time will be limited and for educational purposes only.
- HAVE FUN!

Nutrition:

- Students will be served a well-balanced, healthy meal daily, which will include a fresh or frozen, fruit and vegetable.
- Students will have access to fresh drinking water at all times of the day.
- Students will have the choice of water or low fat milk with each meal.
- Students will not have access to full-calories soda, sports drinks, or juice drinks.
- Students will be encouraged to eat the entire serving of fruit and/or vegetable.
- Students will be served packaged snacks and frozen desserts that meet Smart Snacks standards.
- Students will be joined by staff at their tables while eating lunch
- Students will be actively engaged in a bi-weekly nutrition lesson taught from the CATCH curriculum.
- Students will be encouraged to make smart, healthy food choices.

Staff:

- Staff will model healthy eating and physical activity habits during the afterschool program.
- Staff will recommend that special events and occasions be celebrated with healthy food options.
- Staff will participate in professional development opportunities on a quarterly basis.

- Staff will abstain from using tobacco products near students and all recreation facilities.
- Staff will promote nutrition and physical activity awareness to children, parents, and families.
- Staff will be an advocate in helping to promote healthy life-style changes within the community.