

## Pioneer Technology & Arts Academy Wellness Policy Assessment

Goals and Procedures	Implemented	Comments
<b>Nutrition Education</b>		
Pioneer Technology & Arts Academy has implemented, in accordance with the law, a coordinated health program with a nutritional education component and shall use health course curriculum that emphasized the importance of proper nutrition as well as our school website, brochures and any other means necessary to reach our students & parents regarding school and family health.		
Pioneer Technology & Arts Academy students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors		
<b>Physical Activity</b>		
Pioneer Technology & Arts Academy has implemented, in accordance with law, a coordinated school health program and the state mandated time for daily/weekly physical education is provided		
Students in high school have met the physical education component as required for graduation		
The district provides an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports		
Time allotted for moderate to vigorous physical activity is consistent with state standards and district board policy and regulation		
<b>School Based Activities</b>		
Schools have set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch; this does not include time a student waits in line		
Schools do not use foods or beverages as rewards for academic performance or good behavior, and do not withhold food or beverages as a punishment		
Teachers and other school personnel will not use physical activity or withhold physical activity as punishment		
Wellness for students and their families is promoted at suitable school activities		

Employee wellness education and involvement is promoted at suitable school activities		
<b>Nutrition</b>		
Pioneer Technology & Arts Academy participates in USDA child nutrition programs offering reimbursable school meals that meet or exceed current USDA nutrition standards		
Pioneer Technology & Arts Academy will encourage healthy food and beverage options at concessions at school related events		
Pioneer Technology & Arts Academy is committed to serving healthy meals offering plenty of fruits, vegetables, whole grains, fat free and lowfat milk; moderate in sodium, low in saturated fat and zero grams trans fat per serving.		
Pioneer Technology & Arts Academy participates in USDA child nutrition programs offering reimbursable school meals that meet or exceed current USDA nutrition standards		
<b>Competitive Foods and Beverages</b>		
Foods and beverages sold and served outside the school meal programs (i.e., "competitive" foods and beverages) meet the USDA "Smart Snacks in Schools" nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold		
<b>Fundraisers</b>		
Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards are available for fundraisers on the school campus *during the school day*. Unless it's a scheduled exempt day.		
<b>Campus Parties</b>		

Foods given at campus events (parties, birthday cup cakes, etc.) are consumed after campus lunch hours and must meet Smart Snack Requirements unless on a scheduled exempt day		
<b>Homemade food items</b>		
All food brought into the schools for student consumption is prepackaged		

