In the name of Allah the Most Gracious and Most Merciful

Peace Academy Al Café Wellness Policy
School years 2017-2018, 2018-2019, 2019-2020

Our Vision is to build generations of balanced, healthy and academically excellent Muslim American citizens.

Our mission at Peace Academy will provide the tools to promote lifelong learning and an Islamic environment that inspires noble character and righteous leadership.

Goals Nutrition Education:

Peace Academy will strive to achieve the following goals pertaining to healthy eating:

- Schools will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subject.
- We will also include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and school garden.

Nutrition Promotion

Peace Academy will strive to promote a healthier lifestyle with the following goals:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment by providing surveys and questioners. Students will be asked for their opinion.
- We will involve PTO more in the information material going out to the students and parents

Goals Physical Activity:

Peace Academy will strive to achieve the following goals:

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably before lunch and outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- All physical education will be taught by a certified physical education teacher.
- Physical education courses will provide an opportunity for students to learn, practice and be assessed on developmentally appropriate motor skills, social skills and knowledge
- WE will provide every student with opportunities to voluntarily participate in extracurricular physical activities that meets his or her needs, interests and abilities

Other School Based Activities

Peace Academy will strive to achieve the following goals:

- We will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- We encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- We will provide information to families, community based organizations and the general public about ways to promote healthy lifestyles.

Nutrition Guidelines for All Foods on Campus

The Peace academy will:

- Offer school meal menus (lunch, breakfast, snack) that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Oklahoma Department of Human Services, School Nutrition Program
- Follow the USDA Smart Snacks in School Standards for all foods sold in school.
- Follow USDA, Child Nutrition Programs policies on competitive foods and extra food sales Promote healthy and nutritious foods as recommended by the USDA Dietary Guidelines for Americans, including foods offered by vending machines, a la carte, beverage contracts, fundraisers, concessions stands, student stores and school parties.

Implementation and Review

The Wellness Policy will be completed at least once every three (3) years to help review policy compliance, assess progress, and determine areas of improvement. As part of that review, the Wellness Policy Council, which includes teachers, administrators, students, parents, Child Nutrition personnel, and community members, will review nutrition and physical activity policies; review nutrition and physical education policies and program elements; and review environmental provisions that support healthy eating and physical activity. Results and information about the Wellness Policy and its implementation will be posted on the school web page to inform the public, and will also be communicated using other venues such as PTA meetings, School Board, and School Student Council.

Oversight for the district Wellness Policy will be maintained by the Nuredin Giayash Director of Al café and the Peace Academy Wellness Policy Council.

Chair: Dean Zaheer
Members:
Badia Tiger- Parent
Aleta Alterkawi – Teacher
Shazia Malik – Al Café Manager
Mich Jena - Nutritionist
Ashley Seck –Physical Therapist
Aleemah Muhammad -Student

This Wellness Policy was accepted by the follow Advisors:

Director of Peace Academy — **Date** 8-6-19

Principal of Peace Academy — **Date** 8-6-19