Dekalb PATH Academy

Wellness Plan and Policy
Dekalb PATH Academy Charter School Wellness Plan and Policy

Dekalb PATH Academy Charter School acknowledges its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity. Our Wellness Plan promotes lifelong wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. As many are aware, healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential. Additionally, the Wellness Plan also supports employee lifelong wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Specifically, Dekalb PATH Academy Charter School shall strive to accomplish the following Health Education, Physical Education and Wellness goals:

**Health Education**

PATH Academy’s Health Education curriculum is designed to provide the student with information that will promote a healthy lifestyle. Students will study different ways of creating and maintaining healthy lifestyles through anatomy and physiology, physical activity and fitness, nutrition, adolescent growth and development, understanding facts concerning illegal drug use, stress management for the purpose of wellness, chronic disease prevention, and improved quality of life. Additionally, the Health Education curriculum is designed to help students gain the knowledge and skills to make responsible and well-informed decisions regarding their health, gain an appreciation for the lifelong benefits of living a healthy lifestyle and encourage students to improve and maintain good health, prevent disease and injury - and reduce risky behaviors. Ultimately, students will acquire a ‘Health First Attitude’ via Wellness education.

**Evidence**

Health Education classes incorporate a variety of health and wellness related subject areas. Below are only a few subjects that are explored:

- Nutrition and Food Disorders
- Personal Hygiene and Disease Prevention
- Mental and Emotional Health
- Bullying
- Alcohol and Drug Use/Abuse
- Disease and Infection
- Dangers of Risky Behavior
- Environment
- Gaining Access to Health/Social Services
- Personal Safety
- Wellness Dimensions
- Sex Education that stresses the biological process of sex, a strict focus on procreation as the universal purpose of sexual intercourse and sexual intercourse consequence

**Wellness Promotion Activities**

1) Monthly Cafeteria Furniture Sanitation
2) 7th Grade CPR Training
3) Fruit Giveaway to students and parents
4) Smoothie Lunch (smoothies are made with leftover fruits from the week)
5) Scoliosis Screening
6) Yoga and Mindfulness Sessions
7) Handwashing Campaign
8) Body Mass Index Assessment
9) Walking for Leisure Activity
10) Good Nutrition and Wellness Promotion via posters and flyers
10) Dental Hygiene Awareness and Dental Essentials Giveaway

**Wellness Committee**
The School Wellness Committee meets quarterly to plan, implement, and review progress made on attainment of goals, evaluate nutrition and physical activity policies, and assess student health impact. The committee has a diverse member population made-up of administrators, teachers, parents and students. In addition, the wellness plan/policy is reviewed annually, and recommendations for changes are discussed during the committee meeting.

**Nutrition**

PATH Academy has partnered with one of the leading school lunch providers, Chef Advantage, to provide ours students with wholesome and nutritious meals. We have made a commitment to serve healthy meals and snacks to students which includes plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Our lunches are moderate in sodium and low in saturated fat. We also encourage students to monitor their nutritional needs - and their calorie requirements and intake. Assessing their calorie consumption is a Health Education subject that’s covered throughout the year in the classroom. The nutrition program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating habits and support healthy choices while accommodating food preferences and special dietary needs. Additionally, PATH students have access to healthy foods throughout the school day both through school lunches and other food items made available throughout the building—in accordance with Federal and state nutrition standards, students receive quality nutrition education that helps them develop lifelong healthy eating behaviors - and our students engage in nutrition and physical fitness promotion activities that promote student wellness.

**Physical Education**

PATH Academy's Physical Education curriculum is a sequential education program that has the essential focus of developing and maintaining each student's overall fitness, provides students with the knowledge and skills of a variety of sports and our PE program promotes positive attitudes that encourages a healthy lifestyle and instill life lessons. Additionally, PATH Academy's Physical Education curriculum promotes wellness and the development of skills and habits necessary for a lifetime of activity. The curriculum provide students with opportunities to achieve and maintain a healthy level of physical fitness and increase their knowledge of wellness (mind, body and spirit) and sports' concepts. The curriculum includes skill development and the application of sports rules and regulations. Strategies of success will be developed from the following forms of Physical Education & Physical Fitness:

Cardiovascular Endurance, Flexibility, Muscular Strength and Endurance, & Body Composition.

**Evidence**

PATH Academy adheres to the Georgia Health/Physical Education Standards. Lessons plans are a direct reflection of teacher creativity and the lesson plans are created to support the mandated state standards.

**Wellness in Physical Education Activities**

1) Physical Education classes are held two times per week for all grade levels. Physical Education classes are designed to address all six Wellness Dimensions: Social, Emotional, Spiritual, Intellectual, Occupational and Physical. 2) Daily recess is built into the school schedule to encourage physical activity for twenty-five minutes, and recess serves as means to promote social wellness. 3) The FitnessGram is used as the assessment tool for student physical fitness in all grades. 4) Student clubs that are wellness in scope are offered to all students. Examples of the clubs: Walking for Fitness, Gender-based Soccer, Kickball, Zumba, Yoga, Dodgeball, Cooking for Nutrition, and Ultimate Frisbee.