



6750 N Dunkirk St.
Aurora, CO 80019
Phone: 303-217-5152
Fax: 303-217-5153
info@highpointacademy.net
www.highpointacademy.net

Preschool Wellness Policy

Our Wellness policies are integral to teaching health education to all of our students. By allowing them to practice healthy habits daily and observe adults doing the same, students are better able to internalize these lifelong positive behaviors.

These policies are not meant to be restrictive. Instead, they are meant to lead HPA students, staff, families, volunteers, and community members to a better understanding of the extreme importance of taking care of the only bodies we are given, for life.

Due to preschool licensing requirements, High Point Academy's preschool follows slightly different wellness policies than the rest of the school.

Daily Policy

- Children drink plain water throughout the school day. At lunch, children may drink unflavored milk, 100% fruit juice, or water. Drinks that are carbonated or flavored, including carbonated or flavored waters, are not permitted.
- Fast food is not allowed at High Point Academy. If parents wish to feed their children fast food for lunch, parents must take their student off campus in order to do so. In addition, any food that comes to school needs to be brought in containers from home and should not include any wrappers or bags with restaurant logos.
- Candy is not permitted at any time during the school day.
- Food-based rewards are explicitly prohibited. HPA seeks to help students develop a healthy relationship with food and does not want to teach that food is something that needs to be earned.
- To role model healthy behaviors, teachers, instructional aides, parent volunteers, and all other adults on campus will adhere to the same wellness practices as the students. Adults who choose to eat fast food must eat it off campus.

Snack Policy

- Children eat fresh fruits and vegetables combined with a small serving of protein. Acceptable fruits and vegetables: fresh only, not dried. Try sliced apples, carrot sticks, celery sticks, grapes, cherries, strawberries, grape tomatoes, cantaloupe chunks, pineapple, broccoli, cauliflower, zucchini sticks, sweet pea pods and more! Acceptable sources of protein: string cheese, sliced cheese, cottage cheese, yogurt, nuts, nut butters (peanut, almond, cashew, etc.), hummus, sliced lean turkey or chicken.
- Children drink plain water with snack.

Celebration Policy

- All celebrations (parties for holidays, birthdays, rewards, etc.) focus on activities, not food. If teachers or parents wish to provide food, those foods must meet the snack policy requirements.