



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

## Kindergarten through 8<sup>th</sup> Grade Wellness Guidelines (Revised May 2016)

Our wellness guidelines 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 guidelines are meant to support the health and well-being of HPA students, families, volunteers, and community members. HPA staff will do their best to enforce this policy fairly and consistently.

**Please note:** Due to preschool state licensing requirements, HPA's preschool follows slightly different wellness guidelines and practices. See the preschool wellness policy for more details.

### Daily Guidelines

- Children can only drink plain water throughout the school day with the exception of juice that may be served at breakfast and lunch.
- Candy is not permitted at any time during the school day.
- **Food based rewards are prohibited.** HPA seeks to help students develop a healthy relationship with food, and does not want to instill the idea that food is something that is earned.
  - There are ideas for healthy celebrations in the classroom on the HPA website.
- To role model healthy behaviors, teachers, IAs, parent volunteers, and all other adults on campus will adhere to the same wellness guidelines and practices as students.

### Snack Guidelines

- To encourage additional servings, only fruits and vegetables are permitted at snack time.
  - Sliced apples, carrot sticks, celery sticks, grapes, cherries, strawberries, melon, broccoli, sweet peppers, or pea pods
- If students bring snacks or drinks that do not meet the above requirements, they will be politely instructed to return them to their backpacks.

### Lunch Guidelines

- Lunches at HPA are provided through a community partnership.
- **Fast food is not allowed at HPA.** If parents wish to feed their students fast food for lunch, parents must take their student off campus to do so. Or, if you provide your



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

student with fast food for lunch it needs to be brought in containers from home, and should not include any wrappers or bags with logos.

- Water, milk, and 100% fruit juices are permissible in the lunchroom.

### **Celebration Guidelines**

- At HPA, we strive to focus our celebrations focus on activities, not food. These include, but are not limited to, holiday parties, birthdays, and individual, school-wide, and whole-school contests.
- If parents wish to provide their student's class with food or drink for a celebration, those foods and drinks must meet the snack policy requirements.
  - Check out these websites for ideas:
    - [www.actionforhealthykids.org/storage/documents/parent-toolkit/CelebrationsF3A.pdf](http://www.actionforhealthykids.org/storage/documents/parent-toolkit/CelebrationsF3A.pdf)
    - [www.rmc.org/what-we-do/heal/](http://www.rmc.org/what-we-do/heal/)
    - [www.choosemyplate.gov/downloads/celebrate/MakingCelebrationsHealthyAndActive.pdf](http://www.choosemyplate.gov/downloads/celebrate/MakingCelebrationsHealthyAndActive.pdf)

### **PE and Wellness Curriculum**

- HPA provides physical education for all k-8 students 2 times per week.
- Students are provided with 30 minutes or more of recess each day throughout the week.
- All students attend wellness as one their specials classes 1 time per week while in grades k-6. The wellness curriculum is comprehensive, and includes all aspects of health and wellness including, but not limited to, nutrition, exercise, bones and muscles, social/emotional health and feelings, healthy relationships, bullying, personal hygiene, germs, and safety.

### **After-School Activities**

- Please make sure your student athlete has plenty of water and fresh snacks; in this situation we encourage snacks with protein including nuts.
- On campus, HPA student athletes are not permitted to have sodas, energy drinks, or flavored drinks.
- Students should be prepared with healthy snacks if they are participating in any other after-school activity.



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

### **Staff Wellness**

- Our school community supports and encourages all staff members to live a healthy lifestyle, and staff is encouraged and supported to model these behaviors, and are expected to follow the wellness guidelines.
- Staff members are offered opportunities to participate in activities that encourage physical activity, healthful eating, or other aspects of wellbeing.

### **Fundraisers**

- At HPA we encourage the use of fundraisers which are not based around food, and, instead, promote health and wellness (i.e. Boosterthon Fun Run).
  - Fundraisers that are food related will be healthy offerings.