



## VIBRANT MINDS CHARTER SCHOOL

TK-6 Grade, Free, Public Education

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<https://www.vibrantminds.us/>

<https://www.facebook.com/VMCharterSchool//>

### WELLNESS POLICY SUMMARY

Due to children's needs to access healthy foods and to be physically active in order to grow, learn, and thrive, Vibrant Minds Charter School (VMCS) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, the policy of VMCS includes the following:

- The school will engage scholars, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing VMCS's school-wide nutrition and physical activity policies.
- All scholars in Grades TK-6th will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide scholars with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of scholars; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for scholars to eat.
- To the maximum extent practicable, VMCS will participate in available federal school meal programs, including the School Breakfast Program and National School Lunch Program (including after-school snacks).
- VMCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

**COMPLETE WELLNESS POLICY AVAILABLE IN THE MAIN OFFICE**

Reviewed: 10/21/19

Approved: