

Exhibit A

School Wellness Policy

Toledo Preparatory Academy is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. In this policy, Toledo Preparatory Academy will address the following:

- Goals for nutrition education
- Goals for physical activity
- Nutrition guidelines for all foods available at school
- Goals for other school-based activities designed to promote student wellness
- Guidelines for reimbursable meals
- Plans for evaluating implementation of the policy

Goals for nutrition education:

- Toledo Preparatory Academy will implement health objectives related to diet, nutrition, and exercise
- Nutrition guidelines, food pyramid charts, suggestions for healthy food choices, and/or other messages related to health and nutrition will be posted in areas accessible to students
- The school lunch period(s) will be scheduled to provide nourishment at a reasonable time for students
- Additional breaks will be permitted, as needed, for students to maintain energy levels

Goals for physical activity:

- Toledo Preparatory Academy will support and promote an active lifestyle for all students
- Toledo Preparatory Academy will provide instruction to not only complete the graduation requirements for Physical Education, but to continue healthy habits after the course
- Teachers are encourage to integrate physical activity into their courses where feasible
- Students will be encouraged to participate in community sports programs and to be physically active outside of school

Nutrition guidelines for all foods available at school:

- The school lunch program will follow nutritional guidelines established by Ohio Department of Education, Office of Child Nutrition Services
- The school will evaluate food products available to students on premises, and set nutritional guidelines for all food and beverages

- Water coolers are available in every building

Goals for other school-based activities designed to promote student wellness:

- Teachers and staff will be offered training in nutrition as needed, and in physical activities conducive to learning and appropriate for classrooms
- Toledo Preparatory Academy will provide parent education on nutrition and the benefits of physical activity through newsletters and/or parent meetings during the course of the school year
- The school encourages the use of non-food rewards for student achievement and/or behavior

Guidelines for reimbursable meals:

- Schools will continue to follow the state and federal guidelines and procedures for reimbursement for school lunch, breakfast or special milk programs

Plans for evaluating implementation of the policy

- Toledo Preparatory Academy will survey students and/or parents on eating choices and behavior and physical activities outside of school. Surveys will be done annually and results will guide potential changes to the school's wellness policy.

[END]