

**CERTIFICATION OF RESOLUTION
ADOPTION OF SCHOOL WELLNESS POLICY**

Mount Auburn Preparatory Academy

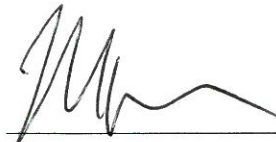
The Governing Authority of **Mount Auburn Preparatory Academy** (the "School") hereby resolves as follows:

The School shall adopt the School Wellness Policy (with / **without**) amendment. The School Wellness Policy is attached as Exhibit A, attached hereto and incorporated herein as if restated.

Moved by Gray, seconded by Jenkins

Board Member Name/Initials	AYE	NAY	OTHER (Not Present, Abstain, etc.)
Vatina Gray	✓		
Krystiana Hansen			Not present
Holly Jenkins	✓		
Kristin Miller			Not present
Matt Wahlert, Chairman	✓		

Executed and adopted by a vote of the Board on this 27 day of September, 2018.



*Matt Wahlert, Chairman
Mount Auburn Preparatory Academy*



HERE

Exhibit A

School Wellness Policy

Mount Auburn 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, Mount Auburn 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:

- Mount Auburn 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:

- Mount Auburn Preparatory Academy will support and promote an active lifestyle for all students
- Mount Auburn 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 encouraged 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

- Mount Auburn 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

- Mount Auburn 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]