

Carolus Online Academy

K–12 School Wellness Policy

Supporting Healthy Students Wherever They Learn

At **Carolus Online Academy (COA)**, we believe healthy students are better prepared to learn, grow, and succeed. Although our students learn virtually, promoting physical activity, healthy choices, emotional well-being, and lifelong wellness remains an important part of our school community.

Our Local School Wellness Policy establishes our commitment to creating a virtual school environment that supports the **whole child**. COA works in partnership with students, families, teachers, staff, and community members to encourage healthy habits that extend beyond the virtual classroom and into students' homes and communities.

Our Wellness Goals

Carolus Online Academy is committed to helping K–12 students develop the knowledge, skills, and habits necessary to make healthy choices throughout their lives.

Our wellness program focuses on:

- Physical activity and physical fitness
- Quality physical education
- Nutrition education
- Healthy lifestyle choices
- Social and emotional well-being
- Safe and supportive learning environments
- Family and community involvement
- Staff wellness
- Development of lifelong healthy habits

Because COA is a virtual school, wellness opportunities are designed to be accessible from home and adaptable to students' individual needs, abilities, and available space.

Physical Education

COA recognizes physical education as an important part of a well-rounded education.

Students participating in physical education are provided opportunities to develop age-appropriate knowledge and skills related to:

- Movement and motor skills
- Physical fitness
- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility and mobility
- Personal fitness planning
- Safe participation in physical activity
- Sportsmanship and responsible behavior
- Goal setting and self-assessment
- Lifelong physical activity

Physical education instruction is aligned with applicable **South Carolina academic standards for physical education**.

In our virtual environment, teachers provide activities that can be safely completed at home with limited space and little or no specialized equipment whenever possible. Modifications and alternative activities may be provided to support students with different abilities and individual needs.

Daily Movement Matters

COA encourages students to be physically active beyond scheduled physical education classes.

Because virtual learning can involve extended periods of sitting and screen use, students are encouraged to incorporate movement throughout their school day.

This may include:

- Stretching and movement breaks
- Walking
- Dancing
- Outdoor play
- Active games
- Fitness activities
- Recreational sports
- Family physical activities
- Age-appropriate exercise and fitness challenges

Families are encouraged to help students create a safe space for movement and provide opportunities for physical activity throughout the week.

Our goal is to help students understand that **physical activity is not limited to PE class—it is part of a healthy lifestyle.**

Nutrition Education

COA supports nutrition education that helps students develop the knowledge needed to make informed food and beverage choices.

Age-appropriate nutrition concepts may be incorporated into health, physical education, science, and other learning opportunities.

Students may learn about topics such as:

- Food groups and balanced meals
- Fruits and vegetables
- Hydration
- Reading nutrition labels
- Healthy snacks
- Portion awareness
- The relationship between nutrition and physical activity
- Making healthy food choices
- The role nutrition plays in physical and mental well-being

Our approach emphasizes **education, balance, and healthy decision-making** rather than focusing on body size or appearance.

Healthy Choices at Home

Because our students learn primarily from home, families play an especially important role in supporting student wellness.

COA encourages families to:

- Provide access to water throughout the school day.
- Encourage nutritious meals and snacks.
- Establish regular meal and snack routines when possible.
- Provide opportunities for physical activity.
- Encourage students to take appropriate movement and screen breaks.
- Support consistent sleep routines.
- Create a safe area for students to participate in virtual physical activity.
- Model healthy habits as a family.

We recognize that every family's circumstances are different. Our goal is to provide education, encouragement, and practical strategies that families can adapt to their individual needs.

Student Mental, Social, and Emotional Wellness

Wellness includes more than physical health.

COA strives to create a school culture in which students feel **safe, respected, supported, included, and connected.**

Students may receive age-appropriate instruction and resources related to:

- Stress management
- Healthy coping strategies
- Positive relationships
- Communication skills
- Responsible decision-making
- Self-management
- Digital citizenship
- Bullying prevention
- Asking for help
- Building confidence and resilience

School staff work together to identify and connect students and families with appropriate school or community resources when additional support may be needed.

A Safe Virtual Learning Environment

Student safety remains a priority during online learning and physical activity.

Students are encouraged to:

- Clear an appropriate space before participating in physical activity.
- Wear clothing and footwear appropriate for the activity.
- Keep water available.
- Follow teacher safety instructions.
- Use household objects as exercise equipment only when specifically instructed and when they can be used safely.
- Use modifications when appropriate.
- Stop exercising and notify an adult if they experience pain, dizziness, difficulty breathing, or feel unwell.

Parents and guardians are encouraged to communicate with school staff regarding medical conditions, disabilities, injuries, or other circumstances that may affect a student's participation.

Supporting All Students

COA believes wellness opportunities should be inclusive and accessible.

Whenever appropriate, physical activity and wellness opportunities may be modified to account for:

- Student age and developmental level
- Physical ability
- Disability
- Medical needs
- Available space
- Available equipment
- Individual learning needs

Our goal is to encourage participation and personal improvement rather than comparison among students.

School Meals and Nutrition Standards

As a virtual school, COA's food-service environment may differ significantly from that of a traditional brick-and-mortar school.

When COA participates in, coordinates, provides, sells, or otherwise administers food or meal programs subject to federal or state nutrition requirements, the school will follow applicable **USDA, federal, and South Carolina requirements.**

Any school-sponsored food or beverage activities that fall under applicable federal nutrition standards will be conducted in accordance with those requirements.

Staff Wellness

Healthy schools are supported by healthy employees.

COA encourages staff members to model positive wellness behaviors and participate in opportunities that support:

- Physical activity
- Mental and emotional well-being
- Work-life balance
- Healthy nutrition
- Positive relationships
- Stress management

Staff members are encouraged to model healthy attitudes toward physical activity, nutrition, and personal wellness when interacting with students.

Family and Community Partnership

Wellness works best when schools and families work together.

COA welcomes participation and input from members of our school community, including:

- Students
- Parents and guardians
- Teachers
- School administrators
- Physical education and health educators
- School support personnel
- Community members
- Health and wellness professionals

Families and community members may provide feedback regarding school wellness priorities and the Local School Wellness Policy.

School Wellness Committee

COA will maintain a school wellness committee or wellness leadership structure to support implementation of this policy.

The committee will help:

- Review wellness initiatives.
- Identify areas for improvement.
- Establish wellness goals.
- Encourage student and family participation.
- Review implementation of the Local School Wellness Policy.
- Provide opportunities for community input.

- Assist with required wellness assessments and policy updates.

Participation opportunities will be communicated to the school community.

Measuring Our Progress

COA is committed to making our wellness policy meaningful rather than simply maintaining a written document.

The school will periodically review its wellness practices and evaluate progress toward established wellness goals.

As required by applicable federal regulations, COA will conduct a **triennial assessment** of its Local School Wellness Policy and its implementation.

The assessment will consider:

- Compliance with the wellness policy;
- Progress toward established wellness goals;
- How the policy compares with model wellness policies; and
- Opportunities to strengthen student wellness practices.

Results will be made available to the public as required.

Keeping Our Community Informed

Transparency and community involvement are important parts of our wellness program.

COA will make its Local School Wellness Policy available to families and the public and will provide information about policy implementation, updates, and required assessments.

The policy will be reviewed periodically and revised when necessary to reflect changes in student needs, school programs, state or federal requirements, and best practices.

Our Commitment

At Carolus Online Academy, **school may be virtual, but student wellness is very real.**

We are committed to helping our students become healthy, active, confident learners by providing opportunities to **move more, make informed choices, care for their physical and emotional well-being, and develop healthy habits that can last a lifetime.**

Through the partnership of our students, families, staff, and community, we will continue working to create a virtual school culture where **healthy students are ready to learn, grow, and thrive.**

Questions or Feedback

Parents, guardians, students, staff, and community members are encouraged to participate in our school wellness efforts and provide feedback regarding this policy.

Carolus Online Academy

Supporting healthy minds, healthy bodies, and successful students—wherever learning happens.