

# **Avoyelles Public Charter School Wellness Statement**

APCS is dedicated to creating an environment that supports the health, wellbeing, and academic success of all students, faculty, and staff. A focus on wellness is considered crucial for fostering a positive and supportive learning environment.

Our commitment to wellness outlines efforts to establish an environment that promotes students' health, well-being, and ability to learn. Physical, mental, and social health are prioritized through various initiatives and programs.

## **Key Aspects of Our Wellness Focus**

- **Nutrition and Healthy Eating:** Healthy eating is supported by promoting nutritious food choices in school meals and encouraging healthy snacks. Nutrition education is provided, and non-food-based rewards are encouraged for students.
- **Physical Activity:** Physical activity is considered important for overall health and well-being. Opportunities for physical activity are offered through physical education classes and the integration of movement into the classroom setting.
- **Mental and Emotional Well-being:** Mental health is recognized as integral to overall well-being. A supportive environment is provided that fosters respect, connectedness, and positive peer relationships. Students are encouraged to seek support if they are struggling with academic stress or personal challenges by visiting with trusted staff members or by visiting our school counselor.
- **Healthy and Safe Environment:** A clean and safe environment is provided with good air quality and opportunities for physical activity. The focus is on creating a supportive and nurturing environment that promotes a sense of belonging.

**Please remember that for the safety of ALL students, if your child has been sick, they must be fever-free for 24 hours to return to school.**

- If you have any health questions or concerns, please visit the link to our School Based Health Center or call (318) 739-0212.