



# *Lexington Academy*

**Principal:** A. Hernandez  
**Parent Coordinator:** Y. Cantor

**Assistant Principal:** S. Garren  
**Assistant Principal:** T. Ratto

## **Lexington Academy/PS/MS 72M Wellness Policy**

**Lexington Academy/PS/MS 72 is committed to providing a school environment that enhances the learning and development of lifelong wellness practices.**

**To accomplish this:**

- **Lexington Academy, through our partnership with the Office of School Food, will use child nutrition programs that comply with federal, state and local requirements.**
- **Nutrition education will be provided to all students. We will promote healthy choices.**
- **School based activities will be consistent with local wellness policy goals. Healthy snacks will be offered during class parties, etc. As a suggestion, in order to limit the amount of sugar at class parties, please try to limit putting candy in party bags if used. You might want to include pencils, stickers, or erasers instead of candy. In addition, since families usually provide birthday cake or cupcakes for celebrations, a suggestion would be to provide water as a substitute to drinks with sugar.**
- **Soda, which is high in sugar, will not be permitted at Lexington Academy.**
- **All food and beverages available during the school day will be consistent with the dietary guidelines outlined by the Office of School Food.**



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- **We will provide a safe and comfortable environment that allows ample time and space for eating meals.**
- **Food and/or physical activity will not be used as a reward or punishment.**
- **We ensure that all students participate in physical activity daily in a multitude of ways such as:**
  - **Organized recess in the school yard, cafeteria, gym, and soccer field.**
  - **Various activities aligned to Move To Improve.**
  - **Mighty Milers**
  - **NYCFC Soccer**
  - **Teachers vs Students activities.**
- **Parents will be provided with nutrition education opportunities to promote healthy choices at home and so that they can reinforce what the students learn in school.**