

# CA COLOGNE ACADEMY

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Cologne Academy has increased physical activity breaks incorporated throughout the school day using active classroom techniques throughout the school and increased recess time for K-4 grade. All students are actively participating in a high quality physical education program and after school program offerings and participation have grown. We support healthy eating by students by providing meals that comply with current USDA Dietary Guidelines for Americans and encourage parents to pack healthy lunches and snacks, refraining from including beverages and foods without nutritional value. Cologne Academy discourages the use of foods or beverages as rewards. Cologne Academy sees the importance of overall wellness in students and work towards teaching strategies to encourage lifelong health and wellness.