

WELLNESS POLICY

Chapel Hill Academy (CHA) will support and promote the general wellness of all students by applying measurable goals to promote sound nutrition, student health, and maximize efforts to reduce childhood obesity.

The local School Health Advisory Council (SHAC), on behalf of the school board, shall review and consider evidence-based strategies and techniques, and shall develop nutrition guidelines for wellness goals, as required by law. In the development, implementation, and review of these guidelines, and goals, the SHAC shall encourage participation by parents the school lunch program management, physical education teachers, health care professionals, and school administrators.

Wellness Plan

The SHAC provides a wellness plan to implement the school's nutrition guidelines and wellness goals. The wellness plan, at a minimum, will address:

- Strategies for requesting involvement and input from individuals expressing interest in the wellness plan and policy;
- Targets, goals, appraisals, and actions for achieving the wellness goals;
- Systems for evaluating the implementation of the wellness goals; and
- Effective communication regarding Chapel Hill Academy's wellness policy and plan.

Nutrition Guidelines

Chapel Hill Academy's nutrition guidelines for reimbursable school meals and all other foods provided, or marketed to students during the school day shall be intended to support student health and decrease childhood obesity. The guidelines shall be in compliance with federal regulations, except when the school allows an exemption for fundraising activities as permitted by state and federal rules.

Wellness Goals: Nutrition Promotion and Education

Chapel Hill Academy will implement, in accordance with law, a coordinated school health program with a nutrition education component. Chapel Hill Academy's school's nutrition promotion activities shall encourage student participation in the National School Lunch Program, the School Breakfast Program, the Farm to Market Program and any other supplemental food and nutrition programs offered by the school.

Chapel Hill Academy establishes the following goals for nutrition promotion.

- All food service staff, teachers, and other school personnel shall consistently promote healthy nutrition messages within the school cafeterias, classrooms, and other appropriate settings;

- Chapel Hill Academy will share educational nutrition information with students, families and the community to promote healthy nutrition choices and overall wellness and
- Chapel Hill Academy will ensure that food and beverage advertisements accessible to students during the school day contain only products that meet the federal guidelines for meals and competitive foods.

The school established the following goals for nutrition education:

- Promote the adoption and support of healthy eating behaviors;
- Advocate for nutrition education to be a school-wide priority and integrate
- Provide access to professional development concepts cross curricularly so that child nutrition staff are prepared to effectively deliver the program.

Wellness Goals: Physical Activity

Chapel Hill Academy will implement a coordinated health program with physical education and activity components that will offer the required amount of physical activity for all grades.

The following goals will promote physical activity:

- An environment that promotes safe, enjoyable, and developmentally appropriate fitness activities for all students;
- Offer professional development for teachers to integrate physical activity into the curriculum as deemed appropriate;
- Staff participation in wellness education activities to promote active lifestyle changes to improve health; and
- Encourage parental involvement by continuous support and active participation in their children's lives. Staff will seek out more opportunities that focus on family wellness.

School-Based Activities

Chapel Hill Academy promotes the following goals to create an environment that is instrumental to healthy eating, promotes physical activity, and declares a continuous wellness message through other school-based activities:

- Allow sufficient time for students to eat their meals in the cafeteria facilities which are clean, safe, comfortable, and monitored;
- Promote wellness for students and their families at suitable school and campus activities; and
- Provides opportunities for employee wellness activities and involvement through an agency-based wellness program and other agency events.

Implementation

The Child Nutrition Coordinator shall oversee the implementation of this policy and the development and implementation of the wellness plan including appropriate administrative procedures.

Evaluation

Chapel Hill Academy will comply with all federal requirements for evaluating the wellness policy and the wellness plan, including the school's level of compliance with the policy and plan. On an annual basis, the SHAC will assess and prepare a report of the school's progress toward meeting the goals listed within this wellness policy and within the wellness plan, including a summary of the school's major activities and events that are tied into the wellness program.