

Chapel Hill Academy

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.

School Wellness Policy Building Annual Progress Report

School Name: Chapel Hill Academy Wellness Contact Name/E-mail: Margaret L. Simpson, msimpson@lenapope.org

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Promotion Goals					
1. All food service staff, teachers, and other school personnel shall consistently promote healthy nutrition messages within the school cafeterias, classrooms, and other appropriate settings.	X			Work with Education Service Center Child Nutrition Services to develop menus that are in compliance with this objective and are designed at least one month in advance.	
2. Chapel Hill Academy will share educational nutrition information with students, families and the community to promote healthy nutrition choices and overall wellness and	X			Menu choices are read over the announcements daily and menu is posted in the newsletter	
3. 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.	X			Menu is posted on the website and in the weekly newsletter	
Nutrition Education Goals					
1. Promote the adoption and support of healthy eating behaviors	X			School menus are planned in accordance to Federal guidelines	
2. Advocate for nutrition education to be a school-wide priority and integrate		X		COVID year and limited resources to implement nutrition education in conjunction with hybrid learning	Will revisit in a non-COVID year
3. Provide access to professional development concepts cross curricularly so that child nutrition staff are prepared to effectively deliver the	X			At beginning of school year campus admin will determine the staff involved in the nutrition	Ongoing evaluation

program.				education program and the appropriate professional development opportunities for those staff to attend	
Physical Education and Physical Activity Goals					
1. CHA will implement a coordinated health program with physical education and activity components that will offer the required amount of physical activity for all grades.	X			Have a certified PE teachers for Middle school and elementary school	
2. An environment that promotes safe, enjoyable, and developmentally appropriate fitness activities for all students	X			PE teachers follow state mandated minutes for exercise according to TEKS	
3. Offer professional development for teachers to integrate physical activity into the curriculum as deemed appropriate		X		No PD's being paid for due to COVID limitations	Will revisit in a non-COVID year
4. Staff participation in wellness education activities to promote active lifestyle changes to improve health	X			Conduct school wide wellness campaign once a school year Lack of participation due to technology and time constraints for entering required data	
5. 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.	X			Activities are highlighted on school newsletter, website and email info	
Nutrition Guidelines for All Foods Available to Students					
1. Allow sufficient time for students to eat their meals in the cafeteria facilities which are clean, safe, comfortable, and monitored;	X			Students are given 30 minutes to eat their meals	
2. Promote wellness for students and their families at suitable school and campus activities			X	Due to COVID	Will revisit in a non-COVID year
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					
1.					
2.					
3.					

4.					
Communication with Parents					
1.					
2.					
3.					
4.					
Food Marketing in Schools					
1. Signage that promotes healthy nutrition messages will be distributed within the school.	X			Food signage is displayed in kitchen lines and in each cafeteria.	Strive to switch out posters to keep marketing fresh and spark conversations amongst students.
Staff Wellness					
1.					
2.					