

## **Chattanooga Girls Leadership Academy Wellness Policy**

The Chattanooga Girls Leadership Academy recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, the plan below shall be followed by all. Teachers, school health professionals, parents, administrators, and interested citizens can participate in the development of wellness policies.

### **COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT**

CGLA strives to ensure that all schools offer a healthy, safe and a supportive environment for students, parents and visitors. To further this goal, CGLA shall implement all state and federal laws and regulations to the development, curriculum, services, standards, staffing and assessment of wellness programs.

CGLA shall implement the management of new and existing wellness-related programs and services in schools based on State law, State Board of Education Standards and Guidelines. The SNP Supervisor shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines for the school.

#### **I. School Health Advisory Council**

The advisory council will consist of a group of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives and members of the public. The council will serve as a resource to school health committees for implementing the local wellness policy as a part of the school improvement plan. The primary responsibilities of the council include, but not limited to:

- Developing, monitoring, reviewing and as necessary, revising physical activity and nutrition policies;
- Encouraging CGLA to create and implement an action plan related to modules from the *School Health Index*;
- Ensuring that the results of the action plan are annually reported to the School Health Advisory Council; and
- Ensuring that school level results include measures of progress on each indicator of the *School Health Index*;

CGLA will consider the recommendations of the School Health Advisory Council in making any policy changes that affect the healthy learning environment.

#### **II. Commitment to Nutrition**

All foods offered to students during the school day will meet nutrition standards as defined by the USDA in accordance with the Healthy, Hunger-Free Kids Act of 2010 and Tennessee Department of Education. The National School Lunch program requires an LEA to follow legislation with the higher nutritional standard.

Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged.

### **III. Nutrition Education**

CGLA shall ensure the following: (1) Nutrition education will be integrated into all areas of the curriculum such as math, science, language arts and social studies as appropriate, (2) Students will have an awareness to eat a variety of foods (i.e. fruits, grains, vegetables, lower fat food items) and be physically active, (3) Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community and (4) CGLA will provide information to families that encourage them to teach children about health and nutrition and to provide nutritious meals for their families.

### **IV. Commitment to Physical Activity**

CGLA recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Students in grades six through twelve (6-12) a minimum of ninety (90) minutes of physical activity per week which may include walking, jumping rope, playing sports, or other forms of physical activity that promote fitness and well-being. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active.

### **V. Assessment of Wellness Policy**

Executive Director and Governance Board will evaluate and oversee school compliance with the policy. The School Health Advisory Council will monitor progress made toward attaining policy goals.

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