

Challenge Charter School

Local Wellness Policy



2016-2017

Challenge Charter School Wellness SAC Committee

Site Advisory Committee

Philosophy

On June 30, 2004, the President of the United States signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of the law requires schools participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that addresses student wellness and the growing problem of obesity, by the end of the school year following July 2006. Challenge Charter School believes in a coordinated and comprehensive approach to staff and student wellness. Challenge Charter School since its inception has promoted healthy eating and snack habits; Challenge has also encouraged daily psychical exercise believing that children of all ages who begin each day as healthy individuals. One of the schools main goals as defined by its Charter Document is: to remove health related obstacles which prevent children from learning.

- Learn more.
- Learn better.
- Are more likely to complete their formal education.

Challenge Charter School also believes that the combination of healthy students, healthy staff, and a healthy school will improve...

- Educational outcomes - gaining knowledge and skills, higher performance on student assessments.
- Educational behaviors – reduced absenteeism, fewer behavior problems, and active involvement in the learning process.
- Student attitudes – positive interest in learning, more alert students, increased academic aspirations, and greater involvement in the school community.

Healthy School Environment

Challenge Charter School will...

- Ensure that all school buildings and grounds, structures, buses and equipment will meet all current health and safety standards, and be clean, safe, and in good repair.
- Make drinking fountains available to all students and staff throughout the school day.
- Require that all school buildings and grounds maintain an environment that is free of tobacco, alcohol, and other prohibited substances during the school day.
- Support the personal safety of all students by establishing a set of recess rules and a code of conduct that ensures physical and emotional safety.
- Encourage an environment free from harassment, threats, and violence.
- Create an environment where all students, parents/caregivers and staff members are respected, valued, and accepted, with high expectations for personal behavior and accomplishments.

- Continue to implement our Environmental Health Policy.

Health Services

School staff, teachers, nurses, administrators, will work together to having and ongoing approach to helping students build health – related knowledge and skills. Challenge Charter School believes an effective health care policy not only promotes academic achievement, but also improves the mental and physical health of students.

The primary goal of our health policy is to...

- Maximize the use of current expertise within our staff.
- Use outside agencies and resources to promote health and wellness for students, families, staff and community, when necessary.

Nutrition/food Services

Academic performance and quality of life are affected by the availability of food choices in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. Therefore, Challenge Charter School will work to assure that all food choices served or sold on school grounds are consistent with current nutritional standards.

To accomplish this goal, Challenge Charter School will...

- Offer healthy food choices.
- Provide a clean, safe, meal environment for students.
- Provide enough space and serving area to ensure all students have access to meals with minimum wait time.
- Encourage all students to participate in school meal programs, with the identity of students who eat free and reduced – price meals being protected.
- Ensure adequate time for students to eat healthy foods with their peers.
- Schedule lunchtime as near the middle of the school day as possible.
- Assure that students will receive consistent nutritional messages throughout school, classrooms, and cafeteria.
- Ensure that all school celebrations and fundraising efforts are supportive of healthy eating.
- Make every effort to accommodate special dietary needs.

Health/Nutrition Education

Challenge Charter School strives to educate our students to make healthy decisions and lead a health lifestyle. This is a broad and on – going task that is best accomplished through the coordination of many disciplines at all grade levels. While primary delivery

may be from the elementary classroom teacher, all content areas will be encouraged to incorporate, apply, encourage, and model health – related knowledge and skills at all grade levels.

Physical Education

Challenge Charter School will promote good health by encouraging students to lead physically active lifestyle both in and out of school.

Challenge Charter School believes that Physical Education and physical activity are essential elements of a school's instructional program, and will therefore work to meet Arizona's standard in Physical Education. The primary goals of a comprehensive physical education program are to...

- Provide opportunities for every student to develop the knowledge, skills and attitudes necessary for specific physical activities.
- Maintain student' physical fitness.
- Ensure students the short – and long – term benefits of a physically active and healthful lifestyle.

The Physical Education program will...

- Be designed to stress physical fitness and encourage healthy, Active lifestyles.
- Be provided to all students, kindergarten thru 6th grade.

In addition to the Physical Education program. Challenge Charter School will provide additional opportunities for Physical activity including, but not limited to...

- Field day.
- After – school programs that encourage physical activity examples might be a basketball clinic, gymnastics, dance, etc.
- Daily Recess.

Staff Wellness

Challenge Charter School is fully aware that healthy staff members can more effectively perform their duties and serve as powerful role models for healthy living. The school will support wellness activities that staff would like to take part in when ever it is possible.

Parent Involvement

One of the biggest benefits at Challenge Charter School is our approach to parent involvement and impute through our Site Advisory Council (SAC). This approach gives

Challenge the opportunity to have parent and Community input when ever we implement a new policy.

Resources

- Arizona Department of Health
- www.nasbe.org/HealthySchools
- www.schoolnutrition.org
- www.healthierus.gov/dietaryguidelines
- Arizona Department of Education

This policy will be reviewed on an annual basis.