

Local Wellness Policy

CHANDLER PARK ACADEMY PURPOSE AND GOALS

The Chandler Park Academy recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Chandler Park Academy has a responsibility to culture a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

A Local Wellness Policy Committee or a similar community-based working group is responsible for establishing and measuring the implementation of the district's Local Wellness Policy. Committee members work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

SCOPE

This Chandler Park Academy Wellness Policy Template includes:

- Section 1.0 Guidelines for establishing a district Local Wellness Policy Committee;
- Section 2.0 Nutrition standards for all foods and beverages available to students on each school campus during the entire school day;
- Section 3.0 Goals for nutrition education;
- Section 4.0 Goals for physical activity;
- Section 5.0 Goals for other school-based activities designed to promote student wellness;
- Section 6.0 Roles of district faculty, school staff, and food service personnel in a healthy school environment; and
- Section 7.0 A plan for measuring policy implementation