



CHANNING HALL

Nutrition and Physical Activity Wellness Policy

Purpose and Philosophy

To optimize student performance potential, Channing Hall promotes a healthy school by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. Channing Hall supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Channing Hall seeks to contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

Opportunities for Physical Education and Physical Activity

A quality physical education program is an essential component for student health and learning. A sequential, developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the State Core Physical Education Curriculum. Physical activity includes regular instructional physical education, participation in an outdoor program, as well as extracurricular activities.

Opportunities for Nutrition Education

A quality nutrition education program is an essential component for all students in order to influence students' eating behaviors toward lifelong health. Nutrition education topics shall be integrated within Channing Hall's lunch program, physical education program and other subjects at each grade level. The nutrition education program shall focus on students' eating behaviors, lifestyle, and nutritional science, based on theories and methods proven effective by published research and consistent with the State Core Health Education Curriculum.

Nutrition Guidelines for Foods Available in Schools

Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals. Other food items on school grounds and at school-sponsored activities during the instructional day will include healthy snack options.

Monitoring and Policy

The Administration will ensure compliance with this policy, and will, as necessary, revise the policy and develop working plans to facilitate its implementation.