



# Wellness Policy

(Updated February 8, 2022)

Ivy Academy recognizes the link between student wellness and academic achievement. In order to implement overall wellness for students, we have established the mandatory plan below for Ivy Academy. (We welcome the participation of teachers, school health professionals, parents, administrators, and interested citizens participate in the development of wellness policies.)

## COMMITMENT TO ENSURING A HEALTHY SCHOOL ENVIRONMENT

Ivy Academy strives to ensure a healthy, safe and a supportive environment for students, parents and visitors.

To further this goal, Ivy Academy shall implement all state and federal laws and regulations to the development of curriculum, services, standards, staffing and assessment of a wellness program.

Ivy Academy shall implement the CDC's Coordinated School Health (CSH) approach to managing new and existing wellness-related programs and services in schools based on State law, State Board of Education CSH Standards and Guidelines. In addition, Ivy Academy pledges to our stakeholders to continue refraining from using potentially harmful chemicals, such as cleaners, pesticides and herbicides, when an effective alternative exists. For example, we do not use chemical aerosol air fresheners in our buildings or anywhere students are gathered. We only use pure essential oils, such as pure citrus oil, that generally do not solicit a physical reaction.

The Charter School Health Coordinator, Grace Miller, shall be responsible for overseeing compliance with the State Board of Education CSH Standards and Guidelines in our building.

### 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. Ivy's Strategic Plan Leadership Team also serves as the School Health Advisory Council, as the groups' compositions are the same.

The primary responsibilities of the council include, but are not limited to:

- Developing, monitoring, reviewing and, as necessary, revising physical activity and nutrition policies;
- Encouraging Ivy Academy to create and implement an action plan related to modules from the

School Health Index;

- Ensuring that the results of the action plan are reported annually to the School Health Advisory Council; and
- Ensuring that school level results include measures of progress on each indicator of the School Health Index.

Ivy Academy 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

We will encourage everyone at Ivy to see that all foods offered to students by school staff or brought from home be nutritious and beneficial to students' health, and that no food brought in from the outside interferes with student consumption of healthy meals.

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

Proposed Wellness Policy – Public Review 2/7/2022

## III. Nutrition Education

Ivy Academy 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. Currently, students have nutrition classes during 8th block Explore and also additional supplemental classes/field studies on a rolling basis.

(2) Students will be encouraged and trained 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. A minimum of once per year, nutrition personnel will offer a nutrition class to our families.

(4) Ivy will provide information to our families that encourage them to teach children about health and nutrition and provide nutritious meals for their families.

## IV. Commitment to Physical Activity

Ivy Academy recognizes that physical activity is extremely important to the overall health of a child, which we will promote.

All students shall receive at least 90 minutes of physical activity per week during the school day.

Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity as an integral part of the class.

Students shall be encouraged by staff whenever possible to be physically active.

#### V. Assessment of Wellness Policy

The administrative cabinet will evaluate and oversee school compliance with the policy. The Ivy Academy Health Advisory Council will monitor progress made toward attaining policy goals.

If you would like to join the School Nutrition Community Input team, please contact Grace Miller at [gmill@ivyacademychattanooga.com](mailto:gmill@ivyacademychattanooga.com).