

PHOENIX Community Learning Center Wellness Policy
This policy can be found on PHOENIXclc.org

PHOENIX Community Learning Center recognizes that a healthy child has a greater capacity for learning and improved school attendance. PHOENIX Community Learning Center is committed to providing a school environment that care for the total child academically ,socially,emotionally and physically. In order to assist students in the development of lifelong wellness practices, PHOENIX Community Learning Center is committed to accomplishing these goals through education, food service and school based activities using an evaluative system for implementation and measurement.

I. EDUCATION

GOAL: Students will increase their understanding of the health/wellness benefits of good nutrition and physical activity.

OBJECTIVE 1: PHOENIX Community Learning Center will create a format for teaching nutrition education as it relates to school and home.

ACTIVITIES

- a. Nutrition education will be offered in the school cafeteria and classroom with coordination between food services and staff and teachers.
- b. Students will receive nutrition message throughout school that are consistent and reinforce each other.
- c. School will promote healthy food choices and minimize advertising less nutritious choices.

OBJECTIVE 2: PHOENIX Community Learning Center will create a format for teaching the importance of physical and health education both at school and outside the school environment.

ACTIVITES

- a. Physical Education classes will use the National Physical Standards as their curriculum standards.
- b. The Health curriculum will align with the National Standards.
- c. Certified teachers will teach all physical education and health classes.
- d. Health and Physical Education classes will be taught be certified health and physical education instructors at the secondary levels.
- e. PHOENIX Community Learning Center will provide information to students of community actives that promote health education and physical actives.

OBJECTIVE 3: PHOENIX Community Learning Center Staff, food service personnel, students and parent will work collectively to support a healthy school nutrition environment.

ACTIVITIES

- a. The school building will establish a wellness committee.
- b. List of wellness committee and contact information.
- c. Open invitation for the public to be involved with the committee.

II. FOOD SERVICE

GOAL: Qualified professional will administer the school meals program and provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students.

OBJECTIVE: To the maximum extent practical, our school will participate in the federal school meal programs.

ACTIVITIES

- a. PHOENIX Community Learning Center will encourage students to participate in lunch and breakfast meal program.
- b. Meals served to students will be appealing attractive, and served in clean and pleasant settings.
- c. PHOENIX Community Learning Center's food services will make every effort identification of students eligible for free and reduce meals.

III. SCHOOL BASED ACTIVITIES

GOAL: PHOENIX Community Learning Center will support students in the development of lifelong wellness practices especially as the relate to nutrition and physical activities.

OBJECTIVE 1: PHOENIX Community Learning Center will encourage practices that allow for good nutritional habits.

ACTIVITIES

- a. PHOENIX Community Learning Center school meals should be scheduled at appropriate time and with adequate duration.
- b. PHOENIX Community Learning Center will provide access to hand washing or sanding prior to meals.
- c. PHOENIX Community Learning Center should discourage students from sharing food or beverages with one another during meal times as a safety precaution.
- d. PHOENIX Community Learning Center will investigate the possibility of scheduling lunch periods to follow recess periods.
- e. PHOENIX Community Learning Center will encourage the use of nutritious snacks for school parties, eat.

OBJECTIVE 2: PHOENIX Community Learning Center will support practices that allow for the commitment to physical activities.

ACTIVITIES

- a. Students will have adequate opportunity to be physically active at school in ways other than Physical Education Class.
- b. PHOENIX Community Learning Center will make equipment available for students to use during recess.
- c. PHOENIX Community Learning Center will follow the National Standards for Physical Education Curriculum.

IV. IMPLEMENTATION and MEASUREMENT

GOAL: PHOENIX Community Learning Center will create a School Wellness Committee.

OBJECTIVE 1: The School Wellness Committee may consist of parents, students and food service staff, teachers, administrators and the community.

OBJECTIVE 2: The School Wellness Committee will meet at a minimum of twice a year.

ACTIVITIES

- a. The School Wellness Committee will implement the policy goal and objectives.
- b. The School Wellness Committee will monitor activities as they relate to goals and objectives.
- c. The School Wellness Committee will formally review the success and failures of the policy.
- d. The School Wellness Committee will suggest revisions in the PHOENIX Community Learning Centers Wellness Policy.