

Central Christian School Wellness Policy

Adopted August 13, 2006

Updated June 14, 2019

Introduction:

Central Christian School (hereto referred to as the School) is committed to the godly development of every student. The School believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments throughout the school year.

All decisions on wellness policy, actions and procedures will be made under the guidance of the Bible and the model of Jesus Christ. Where there is conflict between USDA requirements and the theology of Central Christian School, the school will default to scripture as the overriding source of direction.

This policy outlines the School's approach to ensuring environments and opportunities for all students to practice healthy eating and active physical behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the School have access to healthy foods throughout the school day – both through school lunch meals and other foods available on the school campus – in accordance with Federal and state nutrition standards;
- Students receive nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- School families are engaged in supporting the work of the School in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School establishes and maintains an infrastructure for oversight, implementation, and communication about monitoring of the policy and its established goals and objectives.

I. School Wellness Committee

Committee Role and Membership

The School will assemble a school wellness committee (hereafter referred to as the WC) that interacts at least three times per year to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school-level wellness policy.

The WC membership will represent all school levels and include (to the extent possible), parents, students, cafeteria leadership, health teachers; school administrators, school board members; and a health professional.

Leadership

The Superintendent or designee will convene the WC and facilitate development of and updates to the wellness policy, and will oversee the school's compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and School Community Engagement

Implementation Plan

The School will develop a plan to manage and coordinate the execution of this wellness policy. This wellness policy and the progress reports can be found at www.ccscomets.org.

Recordkeeping

The School will retain records of compliance with the requirements of the wellness policy in the school operations office. Documentation maintained in this location may include:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including a committee roster;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;

Annual Notification of Policy

The School will inform families each year of basic information about this policy. The School will make this information available via the school website and/or school-wide communications. The School will provide as much information as possible about the school nutrition environment.

Triennial Progress Assessments

At least once every three years, the School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the School's wellness policy.

The person responsible for managing the triennial assessment and contact information is the Operations Director who oversees food service operations.

The School will notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. At that time, the revised wellness policy will be made available to school families.

Outreach and Communications

The School will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The School will use electronic mechanisms, such as email or displaying notices on the school's website.

III. Nutrition

School Meals

The school is committed to serving healthy meals to children, with plenty of fruits, vegetables and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification). The school meal programs aim to model healthy eating to support the development of lifelong healthy eating patterns and support healthy nutrition choices.

The School participates in the USDA child nutrition program called the National School Lunch Program (NSLP). The school is committed to serving meals that;

- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet current nutrition requirements established by local, state, and Federal statutes and regulations.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will participate in continuing education/training opportunities.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The School will make drinking water available where school meals are served during mealtimes. The School installed seven new, filtered water fountains with a rapid water bottle filling resource prior to the 2017-2018 school year.

Competitive Foods and Beverages

The School is committed to ensuring that foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards and are only offered after school hours (8am-3pm.)

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold infrequently through fundraisers on the school campus during the school day by student clubs or organizations.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors. Students and staff will receive nutrition messages throughout the school year. Nutrition promotion also may include marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a holistic approach by school staff, teachers, parents, and students.

The School will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through ensuring foods and beverages promoted and provided to students meet the USDA Smart Snacks in School nutrition standards

Nutrition Education

The School will teach, model, encourage and support healthy eating by all students. The School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Teaches media literacy with an emphasis on food and beverage marketing

Essential Healthy Eating Topics in Health Education

The School will sift all teaching on health, nutrition and eating through the core values of school centered on the teachings of Jesus Christ and the Bible.

The School may include in the health education curriculum a selection of the following topics on healthy eating:

- Understanding healthy eating in the context of the Bible and Godly living as demonstrated in scripture
- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits and vegetables
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Importance of water consumption
- Importance of eating a nutritious breakfast
- Making healthy choices when eating at restaurants
- Awareness of eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture

Food and Beverage Marketing in Schools

The School is committed to providing an environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the School to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, and are consistent with the School's wellness policy.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags.
- Displays, such as on vending machine exteriors
- Advertisements in school publications or school mailings.

IV. Physical Activity

The school will provide opportunities throughout the school day for students of all ages to engage in physical activity during free time, recess, physical education classes, classroom activities and co-curricular sports.

To the extent practicable, the School will ensure that its building, grounds and facilities are safe and that equipment is available to students to be active. The School will conduct facility reviews and repairs.

Physical Education

The School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. Students will be provided equal opportunity to participate in physical education classes. The School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary School students in each grade will receive physical education for at least 60 minutes per week throughout the school year

Middle School students: the purpose of middle school physical education is to explore a wide variety of physical activities designed to aid in the development of coordination, agility, speed, strength, endurance, flexibility and rhythmic movement. Activities will include team and individual sports, cooperative games and non-competitive activities and physical fitness. Classes will be taught in three week units.

High School students: are required to take the equivalent of a half academic year of physical education. This requirement can be met by playing a sport or by other physical education waiver plans.

The School physical education program will promote student physical fitness through individualized fitness and activity assessments.

Physical Activity Topics in Health Education

Health education will be required in all elementary grades (elementary) and the school will require middle and high school students to take and pass at least one health course. The School may include in the health education curriculum a selection of topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Decreasing sedentary activities, such as TV watching
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Dangers of using performance-enhancing drugs, such as steroids

Recess (Elementary)

All elementary schools will offer at least **20 minutes of recess** on all days during the school year. If recess is offered before lunch, the school will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms available to students to ensure proper hygiene prior to eating and to oversee that students are using these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct **indoor recess**, teachers and staff will follow indoor recess procedures that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be physically active.

Classroom Physical Activity Breaks (Elementary and Secondary)

The School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers may incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing professional development resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The School will encourage students to be physically active before and after school.

V. Other Activities that Promote Student Wellness

The School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts work towards the same set of goals and objectives promoting student well-being.

The School will encourage coordination of content across curricular areas that promote student health, such as teaching nutrition concepts in other academic disciplines.

School-sponsored events will adhere to the wellness policy guidelines as appropriate. School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The School may develop relationships with hospitals, universities/colleges, or local businesses in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The School will promote to parents and families the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The WC will encourage staff to implement concepts of the wellness policy in their own lives. The School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

The School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating, nutritious choices and weight management that are accessible and free.

Professional Learning

When feasible, the School will offer learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help school staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing school reform or academic improvement plans/efforts.