

IRETON CHRISTIAN SCHOOL WELLNESS POLICY

PREAMBLE

The board promotes healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the basic health status of students. Improved health optimizes student performance potential.

The school provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The school supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day (8:30am to 3:30pm) should meet or exceed the school nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high quality meals.

The school's wellness committee is comprised of: board member, parent(s), cook, principal, physical education instructor, dietician/nurse, community member(s), and student(s). The school wellness policy committee will develop a plan to implement and measure the schools wellness policy and monitor the effectiveness of the policy. The committee will evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of the policy.

I. NUTRITION EDUCATION AND PROMOTION

The school will provide nutrition education and engage in nutrition promotion that:

- **Is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in other subjects.**
- **Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, etc.**
- **Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.**
- **Emphasizes caloric balance between food intake and physical activity.**
- **Links with meal programs, other foods, and nutrition-related community services.**
- **Includes training for teachers and other staff.**

II. PHYSICAL ACTIVITY

Physical Education-

The school will provide physical education that:

- Is at least 2-3 times a week.
- Is for all students in K-8 for the entire school year.
- Is taught by a certified physical education teacher.
- Includes students with disabilities.
- Engages students in moderate to vigorous activity during at least 50% of physical education class time.

Daily Recess-

The school will provide recess for students that:

- Is at least 30 minutes a day (K-4 60 minutes a day)
- Is preferably outdoors.
- Encourages moderate to vigorous physical activity through provision of space and equipment to use.
- Discourages extended periods of inactivity (i.e. periods of two or more hours).

Physical Activity and Punishment-

Employees should not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Other Physical Activity Opportunities-

The school will provide:

- Students in grades 5-8 the opportunity to participate in intramurals twice a week.

III. OTHER SCHOOL BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The school will:

- Offer health education that complements physical education and reinforces self-management skills to maintain a physically active lifestyle.
- Discourage sedentary activities, such as watching TV, playing computer games, etc.
- Provide opportunities for physical activity to be incorporated into other subjects and lessons.
- Encourage teachers to provide short physical activity breaks between lessons or classes, as appropriate.
- Promote physical activity beyond the physical education class, but help students to see it as a personal behavior.

IV. NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE AT SCHOOL

The school will:

- Meet standards for cafeteria meals.
- Encourage parents to pack healthy lunches and snacks.
- Provide parents a list of foods that meet the school's snack standards and ideas for healthy celebration/parties, and rewards.
- Provide opportunities for parents to share their healthy food practices with others in the school community.
- Include sharing information of home nutrition information in newsletters.

V. IMPLEMENTING AND MONITORING THE POLICY

Monitoring- In the school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance with the board.
- The food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the principal.
- A report by the committee will be provided to the principal, school board, wellness committees, parent/teacher organizations, and health services personnel.
- The principal will develop a summary report for the state as mandated by the state.

Policy Review- In the school:

- An initial assessment will be developed by the committee.
- Assessments will be done on a yearly basis to help review compliance, assess progress, and determine areas in need of improvement. The school will revise the wellness policy and develop work plans to facilitate their implementation.