

608.4 Student Wellness Policies

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

I. Sully Christian School exists “to assist parents in equipping their children mentally, physically, and spiritually to be effective disciples of Jesus Christ.” In educating students about the body, we strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life. The school is governed by the board of directors and strives to maintain a learning and working environment that promotes and protects children’s health, well being, and ability to learn by supporting healthy eating and physical activity.

Therefore:

A. Sully Christian will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing local nutrition and physical activity practices and policies. The Food Service Chairman has the responsibility of monitoring and evaluating the Wellness Policies on Physical Activity and Nutrition. The food Service Committee and the Education Committee will serve in an advisory roll regarding the wellness policies on physical activity and nutrition. The Food Service Chairman reports to the Board..

B. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis. This will include an articulated curriculum, offering a wide range of activities leading to lifelong physical health.

C. To the extent possible, foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.

D. Food Service personnel will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings, and adequate time for students to eat.

E. To the extent it is possible; SCS will participate in available federal school meal programs.

F. SCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community service.

G. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Hot Lunch Act.

II. Wellness Program Components

A. Component 1: A Commitment to Nutrition & Physical Activity

1. Nutrition education and physical activity are included in the school’s daily educational program from kindergarten through grade eight.

2. Principal supports the development of healthy lifestyles for students, and establishes and enforces policies that improve the schools nutrition environment. He/she will address issues such as the kinds of foods available on the school campus; mealtime schedules; dining space; nutrition education; and physical activity.

3. SCS staff, students, and parents are part of the policy-making process and support a healthy school nutrition environment.
4. SCS foodservice staff is part of the education team and participate in making decisions and policies that affect the school nutrition environment.
5. The Education Committee will serve as the “health council” to address nutrition and physical activity issues.

B. Component 2: Quality School Meals

1. SCS offers lunch and students are encouraged to participate.
2. The Child Nutrition Programs are administered by school foodservice staff that is properly qualified according to current professional standards.
3. SCS foodservice staff has appropriate pre-service training and regularly participate in professional development activities.
4. SCS meals are offered at prices students can afford.
5. Menus are planned with input from students and include local, cultural, and ethnic favorites of the students.
6. Menu meets nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at proper temperatures. SCS foodservice staff uses food preparation techniques to provide school meals that are lower in saturated fat, sodium, and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk.
7. SCS meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.
8. SCS meal participation rates are approximately the same for paying students as for students eligible for full and reduced priced meals.
9. Food safety is a key part of the school foodservice operation.

C. Component 3 – Other Healthy Food Options

1. All foods and beverages that are available at school contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Plate .
2. If foods are sold in competition with school meals, they include healthy food choices offered at prices children can afford.
3. If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.
4. If foods are sold in competition with school meals, they are not more highly marketed than the reimbursable school meals.
5. There are appropriate restrictions on students’ access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available.
6. SCS encourages parents to provide a variety of nutritious foods if students bring bag lunches from home.

D. Component 4: Pleasant Eating Experiences

1. Meal periods are scheduled at appropriate times; schools do not schedule tutoring, pep rallies, club and organization meetings, and other activities during meal times.

2. Meal periods are long enough for students to eat and socialize.
3. There are enough serving areas so that students don't have to spend too much time waiting in line.
4. Schools encourage socializing among students, and between students and adults.
5. Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.
6. Drinking fountains are available for students to get water at meals and throughout the day.
7. Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.

E. Component 5: Nutrition Education

1. Students in kindergarten through eight receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Students receive nutrition messages throughout the school that are consistent and reinforce each other.
3. State and district health education curriculum standards and guidelines include nutrition education and physical education.
4. SCS links nutrition education activities with the coordinated school health program.

F. Component 6: Marketing

1. Healthy eating and physical activity are actively promoted to students, parents, teachers, administrators, and the community.
2. SCS considers students needs in planning for a healthy school nutrition environment. They ask for input and feedback and listen to what they have to say.
3. Students receive positive, motivating messages about healthy eating and physical activity throughout the school setting.
4. SCS promotes healthy food choices and does not allow advertising that promotes less nutritious food choices.

Reviewed annually