



## **Celeryville Christian School - Wellness Policy**

### ***Preamble***

The district is committed to the optimal physical and academic development of every student. For students to achieve personal, academic, developmental and social success, we must create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The district will align health and wellness efforts with other school improvement endeavors to ensure the optimal health and academic success of all students. Research shows that proper nutrition and physical activity before, during and after the school day are strongly correlated with positive academic outcomes. For example, student participation in the School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products is associated with lower grades. Participation in active transportation to and from school (e.g., walking and bicycling), recess, physical activity breaks, physical education and extracurricular activities involving physical activity results in better academic outcomes for students. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This local school wellness policy (LWP) outlines the district's approach to ensuring that the school environment provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff and schools in the district. Specific measurable goals and outcomes are identified within each section.

### ***Compliance Officer***

The compliance officers for the Celeryville Christian School Wellness Policy will be the Wellness Coordinator and the Food Service Coordinator. They will work together to ensure compliance to the policy, be responsible for reporting results of compliance audits, and will work together to promote health and wellness among students, staff, and families.

### ***Policy Contributors***

In developing policy, garnering input from various stakeholders is imperative. The following sub groups are engaging the Wellness Policy: students, teachers of physical education (PE), school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review and update of the Wellness Policy.

### ***Policy Publication***

The Wellness Policy will be shared with the public via the school webpage. Students and families will also receive a hardcopy of the Wellness Policy in their welcome packets. Adjustments to the Policy will also be posted on the website and shared with school families.

## ***Policy Review***

The Wellness Policy will be reviewed at least once per year. The results of that review will include the following: the extent to which the policy has been adhered to, the extent to which the Wellness Policy compares to model local school wellness policies, and the progress made in attaining the goals within the Wellness Policy. These results will be posted on the website for public access.

## ***Nutrition Standards***

All food in the School Breakfast Program, School Lunch Program, and After School Snack program will comply with the standards set forth by the National School Lunch, Breakfast, and After School Snack program guidelines. Any snack offered through the school will abide by the rules of the Smart Snack standards.

## ***Nutrition Education***

Students in grades K-12 will receive purposeful instruction in nutrition and health. Specifically, Kindergarten will participate in the Mercy Health Food Program to develop positive eating habits and by providing healthy snack instruction for students. All students will participate in Physical Education in which there will be instruction on healthy eating habits at each grade level. Students in grades 9-12 will be required to participate in Health Class which will directly correlate with healthy eating instruction and healthy physical habits as they develop into adulthood.

## ***Physical Education Activities***

Teachers will encourage physical activity. Recess and Physical Education classes will not be taken away for punitive measures. Alternatives may be sought (such as walking routes) to interactive activities, but teachers should always promote healthy physical activity whenever possible. Physical Education will be required for every grade level each year.

## ***Other Activities***

CCS will strive to implement additional extracurricular physical activity opportunities (such as intramural sports, interscholastic sports, and engaging field trips).

## ***Goals***

- Promote health and wellness through purposeful instruction in Physical Education and Health to every grade level.
- Develop intramural activities to promote health and wellness that will engage students and families throughout the school year.
- Promote programs that encourage healthy habits during out-of-school times (The Hope Center, Interscholastic Sports, Willard Parks & Recreation).
- Serve whole vegetables and fruits during meal offerings throughout the day to encourage consumption of these items throughout the year.