

Calvin Christian School Wellness Policy

BELIEF STATEMENT

The Board of Directors of Calvin Christian School are committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

“Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you? If anyone destroys God’s temple, God will destroy him; for God’s temple is sacred, and you are that temple.”

I Corinthians 3:16-17

INTENT

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness, helps to reduce childhood obesity, and meets the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Illinois School Code.

RATIONALE

A disturbing number of children are inactive and do not eat well. The result is an alarming 16 percent of children and adolescents are overweight - - a three-fold increase since 1980. Congress passed the Child Nutrition and WIC Reauthorization Act of 2004 on June 30, 2004. Recognizing the role schools can play in health promotion, this law requires local education agencies participating in a program authorized by the National School Lunch Act or the Child Nutrition Act of 1966 to develop a local wellness policy. The objectives of the wellness policy are to improve the school nutrition environment, promote student health and reduce childhood obesity. In addition, Public Act 094-0199 amends the Illinois School Code, requiring the Illinois State Board of Education to establish a state goal that all public and nonpublic schools have a wellness policy.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases. Schools and school communities have a responsibility to help students acquire the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. Well-planned and well-implemented wellness programs have been shown to positively influence children’s health.

WELLNESS PROGRAM FOR CALVIN CHRISTIAN SCHOOL

A. **Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

B. **Support and promote proper dietary habits contributing to students’ health status and academic performance.**

Students will be offered, and Calvin Christian School (CCS) will promote, nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System published jointly by the U.S. Department of Health and Human Services and the Department of Agriculture.

C. Allocate time in the school day for students to be engaged in physical activity.

Physical activity should be included in a school’s daily education program from grades pre-kindergarten through eight. Physical activity should include regular instructional physical education, co-curricular activities, and recess.

WELLNESS PROGRAM GOALS

Student Nutrition Goals

Nutrition education will be included in the curriculum for all grades that is consistent with relevant Illinois Learning Standards. The instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include, but are not limited to:

- Knowledge of food guide pyramid
- Guide to a healthy diet
- Healthy heart choices
- Food labels
- Sources and variety of foods
- Major nutrients
- Diet and disease
- Serving sizes
- Understanding calories
- Proper sanitation
- Healthy snacks
- Identify and limit junk food
- Healthy breakfast

Physical Activity Goals

- A. Students shall participate in physical education two times per week that enables them to achieve and maintain a high level of personal fitness, emphasizes self-management skills, including energy balance (calories in minus calories out), and is coordinated within a comprehensive health education curriculum.
- B. Students shall be provided opportunities for physical activity through daily recess times.
- C. Because students should engage in a minimum of sixty (60) minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.

Goals for Other School-Based Activities Designed to Promote Student Wellness

Parent Nutrition Education:

Nutrition education will be provided to parents in the form of handouts, postings on the CCS website, or presentations that focus on nutritional value and healthy lifestyles.

SCHOOL NUTRITION AND WELLNESS COMMITTEE

With the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, a School Nutrition and Wellness Committee will be established. The committee would meet a minimum of two times annually and include representatives from the Board of Directors, administration, classroom teachers, physical education/health teachers and parents.

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