

Chapter 12 Wellness Policy for Jenison Christian School

Policy 12.01 Requirements

A. The Michigan State Board of Education recognizes and acknowledges that "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy."

B. The Jenison Christian School Administration believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus wide environment should provide ample opportunity to practice these skills on a daily basis.

C. The local school wellness policy is a written document that guides the local educational agency's (LEA), in this case Jenison Christian School, efforts to establish a school building environment that promotes students' health, well-being, and ability to learn.

D. The wellness policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). It is specific to LEAs that participate in the National School Lunch program.

E. The responsibility for developing, implementing, and evaluating a Wellness Policy is placed at the local level so the unique needs of each school under the LEA's jurisdiction can be addressed.

Policy 12.02 Wellness Committee Membership and Policy Leadership

A. The Wellness Committee

1. Rebecca Bruggink - Food Service Director
2. Penny Thatcher- Food Service Worker
3. Joe Oosterheert - Administrator
4. Sandy Brower - Assistant to Administrator
5. Alyssa Dykstra- PE Educator

B. Policy Leadership

1. Rebecca Bruggink - Food Service Director
2. Joe Oosterheert - Administrator
3. Sandy Brower - Assistant to Administrator

Policy 12.03 Nutrition
Standards

- A. The Food Service Director will offer school meals that meet USDA reimbursable nutrition standards.
- B. The foods and beverages sold during the school day outside of the school meals program will meet the USDA Smart Snacks in School nutrition standards 50% of the time.
- C. The classroom teachers will encourage the use of healthy food for classroom parties, snacks and celebrations.
- D. Water filling stations will be available in the school.
- E. Drinking water will be encouraged by 100% of the teachers. Students will be permitted to have water bottles at their desks.
- F. Sugary drinks (soda, sports drinks, energy drinks) in the classroom will be discouraged.
- G. Sugary foods (candy, fruit snacks, sugary gum) will not be the only option for student rewards.

Policy 12.04 Nutrition
Promotion/Education

- A. The Food Service Director and teachers will try to incorporate at least one of the following Farm to School activities.
 - 1. Local products will be incorporated at least once a week when seasonally possible.
 - 2. Fruit/vegetable plants will be grown in the school classroom when it matches the curriculum.
 - 3. School field trips will be taken to local farms.
- B. Any foods and beverages marketed or promoted to students on the school campus during the day will meet or exceed the USDA Smart Snacks in School nutrition standards at least 50% of the time.
- C. Nutrition education, a component of comprehensive health education, will be offered every year to all students as age appropriate.
- D. Nutrition information will be made available to parents/guardians and the community when

requested. This nutrition education may be provided via the hot lunch program and bulletin board posters.

E. Students will be encouraged to bring a refillable water bottle from home.

Policy 12.05 Physical Education/Activity

A. All elementary students and middle school students will receive at least 50 minutes of physical education a week.

B. Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

C. Students will have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness.

D. Planned instruction in physical education will teach cooperation, fair play, and responsible participation.

E. Planned instruction in physical education will include cooperative as well as competitive games.

F. Middle school students will have the opportunity to participate in extracurricular activities and intramural programs that emphasize physical activity.

G. Physical activity and movement will be integrated, when possible, throughout the school day.

H. Physical activity during the school day (including, but not limited to, recess, classroom physical activity breaks, or physical education) will not be withheld as punishment for any reason.

I. Physical activity clubs and intramurals will be available during before and/or after school hours (e.g. Running Club, sports teams).

J. The school will provide students with at least 25 minutes of active daily recess.

K. Physical activity will not be assigned to students because of poor behavior or punishment for any reason.

Policy 12.06 Other School-Based Wellness Activities

- A. The school will provide at least 20 minutes daily for students to eat.
- B. The school will provide attractive, clean environments in which the students eat.
- C. The school will schedule mealtimes so there is a minimum disruption by bus schedules, recess, and other special programs or events.
- D. Students, parents and other community members will have access to the unsecured areas of the school's outdoor physical activity facilities outside the normal school day.
- E. The school will offer before/after school clubs and activities that promote physical activity (e.g. Running Club, sports teams, Basketball and other sports tournaments).