

Wellness Policy

Grand Haven Christian School recognizes the important connection between a healthy diet and a student's ability to learn effectively to meet achievement standards in school. GHCS also recognizes the school's role in creating an environment that fosters healthy nutrition and quality physical activity.

- I. Nutrition Education
 - A. Appropriate nutrition education shall be integrated into the general education curriculum of the school.
 - B. The teaching staff will be responsible to provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies to promote healthy eating habits.
 - C. Nutrition education will include sharing information with families and the broader community to positively impact students and the health of the broader community.
 - D. The school shall provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for the students.
 - E. Students shall be encouraged to start each day with a healthy breakfast.

- II. Physical Activity
 - A. Quality physical activity shall be integrated where possible throughout the school day.
 - B. Time allotted for physical activity shall be consistent with national and state standards.
 - C. A daily recess period shall be provided where physical activity is encouraged.
 - D. Physical education shall include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
 - E. Adequate equipment will be available for all students to participate in physical education. Physical activity facilities on school grounds shall be safe.
 - F. The school shall provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Each child shall be recognized and guided toward his/her personal best as a measure of success.
 - G. Students will work toward performing within their ability in order to achieve and maintain physically active lifestyles.
 - H. After-school care shall encourage physical activity and healthy eating habit formation.

- III. National Guidelines for Foods on Campus
 - A. All food and beverages sold during school hours shall meet nutrition standards and other guidelines set by federal and state government as well the any policies set by Grand Haven Christian School.

- B. Nutrition services shall take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Nutrition services shall offer a variety of age appropriate healthy food and beverage selections for elementary and middle school students.
 - C. Food items served and sold shall reflect the cultural diversity of the student body.
 - D. Nutritious and appealing foods such as fruits, vegetables, and whole grain products shall be available during the school day.
 - E. The sale of soft drinks and candy are not allowed during the school day.
 - F. Classroom snacks will feature healthy choices.
 - G. Nutrition education will be encouraged during classroom snack times, not just during meals.
 - H. Advertising of foods and beverages shall be consistent with established nutrition standards.
- IV. Vending Machine and Fundraising Guidelines
- A. All food items sold or provided will follow the 35%-10%-35% guidelines:
 - 1. 35% or less of total calories from fat.
 - 2. 10% or less of total calories from saturated fat.
 - 3. 35% or less of total calories from sugar by weight.
 - B. Snack foods and side dishes must meet the USDA and Michigan state standards for minimal nutritional value.
 - C. Be limited to the following maximum portion sizes:
 - 1. One and one-quarter ounces for chips, cracker, popcorn, cereal, or jerky
 - 2. Two and one half ounces for trail mix, nuts, seeds or dried fruit.
 - 3. Three ounces of bakery items
 - 4. Three fluid ounces for frozen desserts, including but not limited to ice cream.
 - 5. Twelve ounces for beverages.
 - D. Fruits and vegetables shall be offered as options.
 - E. Sales of food items will comply with the nutrition guidelines and portion size guidelines listed above..
 - F. Teachers or parents providing food items to students for class celebration or for incentive purposes will follow the nutritional guidelines and portion size guidelines listed above.
 - G. School sponsored fundraising activities will follow the nutritional guidelines and portion size guidelines listed above if food or beverage items are being sold at any school-sponsored event. Administrators will work with parent groups, students, and staff to utilize the available resources for the selection of non-food sales fundraising options.
- V. Eating Environment
- A. All schools shall contain pleasant eating areas for students with adequate time for unhurried eating while fostering good manners and respect for fellow students and their environment.
 - B. Lunch periods shall be scheduled as near the middle of the school day as possible.

- C. Drinking water shall be available for students at mealtimes.
 - D. Food shall not be used as reward or punishment for student behaviors, unless as part of a student's Individualized Education Plan (IEP).
- VI. Child Nutrition Operations
- A. The child nutrition program shall be financially self-supporting
 - B. The child nutrition program shall ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
 - C. The school shall strive to increase participation in the available federal child nutrition programs (e.g. school lunch).
- VII. Food Safety – Food Security
- A. All foods on campus shall comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points plans and guidelines shall be implemented to prevent food illness in schools.
 - B. For the safety and security of the food and facility, access to the food service shall be limited to child nutrition staff and authorized personnel.
 - C. When school become aware of a student with severe food allergies, a plan to mitigate exposure to those foods will be developed by the administrator, food service, teacher, and parents of the student.
- VIII. Review
- The GHCS school board shall revise and update this policy as needed.