

IRETON CHRISTIAN SCHOOL WELLNESS POLICY

PREAMBLE

The board promotes healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The school supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the basic health status of students. Improved health optimizes student performance potential.

The school provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The school supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day (8:30am to 3:30pm) should meet or exceed the school nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high quality meals.

The school's wellness committee is comprised of: board member, parent(s), cook, principal, physical education instructor, dietician/nurse, community member(s), and student(s). The school wellness policy committee will develop a plan to implement and measure the schools wellness policy and monitor the effectiveness of the policy. The committee will evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of the policy.