

## **Calvin Christian School Health and Wellness Policy**

### **I. Purpose:**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity within the context of our Christian commitment.

### **II. General Statement of Policy**

- 1) Calvin Christian School (CCS) attests in faith that we are all created by God and are called to honor that creation by honoring our bodies. We must strive to develop the discipline of healthy lifestyle choices in order to glorify God.
- 2) Calvin Christian School recognizes that nutrition education and physical education are essential components of the education process, and that good health fosters student attendance and education.
- 3) The school environment should promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
- 4) Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- 5) All students in grades K – 12 will have opportunities and encouragement to be physically active on a regular basis.
- 6) Students' lifelong eating habits are influenced by the types of food and beverages available to them. Schools have a responsibility to help students establish and maintain lifelong healthy eating patterns.

### **III. Guidelines**

#### **A. Nutrition Education and Promotion**

- 1) Students at Calvin Christian School will receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education will be framed in the context of what God has commanded us in His Word.
- 2) All school personnel will strive to model and reinforce positive nutritional concepts.
- 3) CCS discourages the regular use of foods, including candy/sweets, or beverages as rewards for academic performance or good behavior (unless this practice is specifically noted in a student's individual education plan or behavior intervention plan.)
- 4) Teacher's use of food as learning tools or as manipulatives should be practiced with discretion and only on a limited basis.
- 5) Classroom celebrations should encourage healthy choices and portion control.

- 6) Children wishing to celebrate their birthdays at school should limit treats to one per child. Non-food items such as pencils or stickers are encouraged. A book or a gift to the classroom in lieu of individual treats should also be considered. The classroom teacher should be notified in advance if a birthday treat will be brought to the classroom.
- 7) Snacks served during the school day or in after-school care should make a positive contribution to children's diets and health. School personnel will assess if and when to offer snacks based on timing, children's nutritional needs and other considerations.

#### B. Communication with Parents

- 1) It is important that students receive consistent messages from the home and school regarding good nutrition and healthy lifestyles.
- 2) CCS recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
- 3) The school will encourage parents to pack healthy lunches, snacks, beverages, and treats for their own children.
- 4) Parents, students or volunteers who wish to bring food that will be shared among students must get permission from the classroom teacher prior to bringing this food to school.
- 5) Due to allergies as well as dietary restrictions and parental preferences, students are discouraged from sharing food, snacks, or candy with their classmates without teacher permission.

#### C. Additional Notes

- 1) The school will provide students' access to hand washing or hand sanitizing before they eat meals or snacks.
- 2) The school will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times of school day.
- 3) The school will discourage tutoring, class meetings, or activities during mealtimes, unless students may eat during such activities.