

Springfield Christian School Policies

WELLNESS

As required by law, the Springfield Christian School (SCS) Board of Education establishes the following wellness policy for the SCS as a part of a comprehensive wellness initiative.

The Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of the students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop the healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board of Education sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the School shall:
 1. Include nutrition education in a sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 2. Integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 3. Display nutrition education posters, such as the Food Pyramid Guide, in the cafeteria.
 4. Grant the school cafeteria to serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

- B. With regard to physical activity, the School shall provide appropriate physical education and physical activity:
 1. **Physical Education**
 - a. A sequential, comprehensive physical education program shall be provided for students in K-8 in accordance with the SCS physical education academic curriculum and benchmarks adopted by the State.
 - b. The SCS physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

- c. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes and skills necessary to engage in lifelong, health-enhancing physical activity.
- d. The sequential, comprehensive SCS physical education curriculum shall stress the importance of remaining physically active for life.
- e. Teachers properly certificated/licensed in the subject area of physical education, shall provide all instruction in physical education.
- f. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- g. Planned instruction in physical education shall include cooperative as well as competitive games.
- h. On an annual basis, physical education teachers shall participate in concussion training.
- i. Physical Education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The Principal and/or teacher shall notify parents or guardians about the possible concussion or head injury.
- j. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury shall not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

2. **Physical Activity**

- a. Physical activity and movement shall be integrated, when possible, across the SCS curricula and throughout the school day.
- b. The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.

C. With regard to other school-based activities the School shall:

- 1. Schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 2. Encourage students, parents, and other community members to access the school's outdoor physical activity facilities outside the normal school day.
- 3. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

4. With regard to nutrition promotion, the School shall encourage students to increase their consumption of healthful foods during the school day.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy, entitled Food Service, the food service program (SCS academic curriculum excluded) shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. The school food service program may involve students, parents, staff, and school officials in the selection of competitive food items to be sold in the schools.
- E. When providing a snack for individual classrooms, staff and faculty will adhere to the Smart Snack Plan.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the School's implementation and progress under this policy. The Superintendent shall develop administrative guidelines necessary to implement this policy. This policy was approved by the Board of Education on April 26, 2016.