

Central Minnesota Christian School
Adopted: [08/26/2024]

CENTRAL MINNESOTA CHRISTIAN SCHOOL

WELLNESS POLICY

I. PURPOSE

The purpose of this policy is to glorify God through the stewardship of our bodies (I Cor 6:19). Central recognizes the importance of promoting a healthy and nurturing environment for all the members of our school community. This wellness policy is designed to support the physical, emotional, and spiritual well-being of students, staff, and families. We will establish guidelines that promote student wellness, prevent and reduce childhood obesity, and ensure that school meals and other food and beverages provided on the school campus during the school day adhere to applicable minimum local, state, and federal standards.

II. GENERAL STATEMENT OF POLICY

A. Central Minnesota Christian School recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are integral to the educational process, and that good health enhances student attendance and learning.

B. The school environment should foster students' health, well-being, and learning abilities by encouraging healthy eating and physical activity.

C. Central Minnesota Christian School encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the community in the development, implementation, and periodic review and update of the school's wellness policy.

D. Children require access to nutritious foods and opportunities for physical activity to develop, learn, and thrive.

E. All students in grades K-12 will be provided with opportunities, support, and encouragement to engage in regular physical activity.

F. Central will offer students a variety of affordable, nutritious, and appealing foods that meet their health and nutrition requirements. We will also strive to accommodate the student body in meal planning, and ensure clean, safe, and pleasant eating environments with adequate time for meals.

III. WELLNESS GOALS

A. Nutrition Promotion and Education

Central Minnesota Christian School will teach, model, encourage and support healthy eating among students through nutrition education that is:

- a. Integrated into a comprehensive program aimed at providing students with the knowledge and skills to safeguard their health and develop lifelong healthy eating behaviors.
- b. Incorporated into health education classes and integrated into the broader curriculum when appropriate
- c. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities such as contests, promotions, taste testing, and field trips.

All foods and beverages marketed or promoted to students during the school day and the extended school day will meet or exceed Smart Snacks

Central will be mindful of using food as a reward or the withholding of food as a punishment

Central will encourage staff to model healthy eating behaviors

B. Physical Activity

Students will be provided with opportunities for physical activity and encouraged to adopt regular physical activity as part of their personal behavior. Health and physical education will reinforce the knowledge and skills necessary for maintaining a healthy lifestyle and reducing sedentary activities such as screen time.

- a. Physical Education: Central will provide quality physical education programs that promote physical fitness and overall well-being. PE classes will be offered regularly and will align with state standards

- Opportunities for physical activity will be integrated into various subject lessons, as appropriate.

b. Recess: All elementary students will have 20 or more minutes of recess on all days during the school year. Middle School and High School Students will receive breaks 3 times per(full) day with access to the gymnasium.

c. Extracurricular activities: The school will encourage participation in extracurricular sports and physical activity programs to provide additional opportunities for students to stay active and help them identify activities they enjoy and might engage in long term.

Classroom teachers will incorporate short physical activity breaks between lessons or classes, as appropriate.

The School prohibits the use or withholding of physical activity as a punishment during the school day and during the extended school day. The School will provide resources and training to school staff on appropriate ways to discipline students.

The School requires that physical activity opportunities be adapted in order to make them accessible to students with disabilities.

The School will provide support for walking, bicycling and other forms of active transportation for staff and students to and from school.

C. Mental and Emotional Health

The School will promote a positive social-emotional climate:

a. Counseling Services: Central will provide access to counseling services for students who may need support with mental or emotional health issues.

b. Character Education: Character education programs will be implemented to promote positive social and emotional development among students, focusing on virtues such as kindness, empathy, and resilience.

c. Mindfulness Practices: The school may incorporate mindfulness practices, such as prayer, worship, and Biblical meditation to help students manage stress and improve emotional well-being.

D. Spiritual Wellness

- a. Chapel Services: Central MN Christian School will hold regular chapel services or devotional times to nurture students' spiritual growth and provide opportunities for reflection and prayer.
- b. Bible Studies and Discipleship: The school will offer Biblical studies and discipleship programs to deepen students' understanding of Christian faith and values.
- c. Community Service: Encouraging students to participate in community service projects will foster a sense of compassion and responsibility toward others, aligning with Christian principles of service and stewardship.

E. Communications with Parents

Central Minnesota Christian School acknowledges that parents and guardians play a primary role in promoting their children's health and well-being.

The school will support parents' efforts to provide a healthy diet and regular physical activity for their children.

Parents will be encouraged to pack healthy lunches and snacks for their children and refrain from including beverages and foods without nutritional value.

Information about physical education and other school-based physical activity opportunities will be provided to parents, and support will be extended to their efforts to ensure their children remain physically active outside of school.

IV. STANDARDS AND NUTRITION GUIDELINES

A. School Meals

Central Minnesota Christian School will provide healthy and safe school meal programs compliant with all applicable federal, state, and local laws, rules, and regulations.

Nutrition services personnel will offer students a variety of affordable, nutritious, and appealing foods that meet their health and nutrition needs.

Clean, safe, and pleasant eating environments will be provided

All food and beverage offerings will meet or exceed applicable federal, state, and local laws, rules, and regulations, with school meals adhering to USDA nutrition standards.

Nutrition services personnel will adhere to all relevant federal, state, and local food safety and security guidelines.

Students will have access to hand washing or hand sanitizing before meals or snacks.

Sufficient time will be provided for students to eat after sitting down for meals, with meal periods scheduled at appropriate times during the school day.

The scheduling of tutoring, club, or organizational meetings or activities during mealtimes will be discouraged unless students are permitted to eat during such activities.

B. School Nutrition Services Program/Personnel

Central Minnesota Christian School has a designated Wellness Coordinator [School Nurse Carrie Asake] to oversee the nutrition services program, responsible for establishing nutrition guidelines and procedures to ensure food and beverage choices align with current USDA guidelines.

Continuing professional development will be provided to all nutrition services personnel to support the operation of the nutrition services program.

C. Competitive Foods and Beverages

All foods and beverages marketed and promoted on school grounds to students, outside of reimbursable meals, will be considered "competitive foods" and must adhere to USDA Smart Snacks in School (Smart Snacks) nutrition standards, along with any applicable state nutrition standards.

Smart Snacks standards aim to enhance student health and well-being, promote the consumption of healthy foods during the school day, and foster the development of healthy eating habits.

D. Other Foods and Beverages Made Available to Students

Central will offer foods that meet USDA Smart Snacks in School (Smart Snacks) nutrition standards, along with any applicable state nutrition standards.

E. Food and Beverage Marketing in Schools

School-based marketing will align with nutrition education and health promotion efforts.

Food and beverage marketing in schools will be limited to items that meet Smart Snacks nutrition standards.

The school will encourage students to make age-appropriate, healthy, food and beverage choices; including those available for individual purchase outside of reimbursement meal programs. This includes student council snack lines, vending machines, fundraising events, and concession stands.

V. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

A. Wellness Coordinator [School Nurse Carrie Asake]

The Wellness Coordinator, along with the Superintendent, will be responsible for overseeing wellness-related activities and ensuring policy implementation across all grades.

The Leadership team or designated official will ensure compliance within the school and report compliance matters to the wellness coordinator as needed.

B. Public Involvement

The wellness coordinator will facilitate participation from parents, students, kitchen staff, physical education teachers, school health professionals, the school board, school administrators, and the community in the development, implementation, and review of the wellness policy.

The school will provide resources and educational opportunities for parents to support their children's physical, emotional, and spiritual well-being at home

VI. POLICY IMPLEMENTATION AND MONITORING

A. Implementation and Publication

After approval by the school board, the wellness policy will be implemented.

Central will make the Wellness policy available on the website.

B. Annual Reporting

The wellness coordinator will annually inform the public about the content and implementation of the wellness policy. The wellness coordinator will make the policy and any updates to the policy available to the public.

C. Triennial Assessment

At least once every three years, the school district will evaluate compliance with the wellness policy to assess the implementation of the policy and create a report that includes the following information:

1. The extent to which schools under the jurisdiction of the school district are in compliance with the wellness policy;
2. The extent to which the school district's wellness policy compares to model local wellness policies; and
3. description of the progress made in attaining the goals of the school district's wellness policy.

The wellness coordinator will be responsible for conducting the triennial assessment.

VII. Conclusion

By implementing this comprehensive wellness policy, Central Minnesota Christian School aims to create a supportive environment where students, staff, and families can thrive physically, emotionally, and spiritually, in alignment with our Christian virtue, Biblical Wellness, and the guidelines established by the Minnesota Department of Education.