

# Wellness Policy

The School Board of Grace Christian Academy is committed to providing a learning environment that supports and promotes wellness, good nutrition, and active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn. The entire school environment shall be aligned with healthy school goals to positively influence students' beliefs and habits and promote health and wellness, good nutrition and regular physical activity. In addition, school staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

The purpose of this policy is to ensure a total school environment that promotes and supports student health and wellness: helps to reduce childhood obesity; supports nutrition education, physical activity and other school based activities designed to promote student wellness; provides nutrition guidelines for all foods available during the school day; and designates one or more persons with operational responsibility for this policy.

## **Goals for Nutrition Education (1)**

Students in Pre-school through grade 8 shall receive nutritional education. The program will be designed to provide students with the knowledge and skills necessary to adopt healthy eating behaviors and aimed at influencing students' knowledge attitudes and eating habits.

To maximize classroom time and to achieve positive changes in students' eating behaviors, nutrition education shall be integrated into other school subjects like math, science, language arts, physical education, etc.

## **Goals for Physical Education (1)**

Students in Pre-School through grade 8 shall participate in daily physical activity which will include either supervised recess or physical education period.

## **Nutrition (2)**

Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans. (e.g. provide a variety of fruits and vegetable choices; serve low fat and fat free dairy products, ensure that whole grain products are served).

In order to promote healthy eating, no vending machines will be allowed in the building. Students are also encouraged to bring healthy snacks.

## **Meal Service (3)**

Grace Christian academy will provide meals to all students in compliance with the USDA Nondiscrimination policy and will not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of

section 10 of the Nutrition Act (42 U.S.C 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C 1758(f)(1), 1766(a)), as those regulations and guidance applies to schools.

#### **Plan Assessment/Review (4-5)**

This policy will be reviewed and assessed annually at the first GCA Board meeting of the fiscal year. Review/assessment will involve parents, representatives of the school food authority, school administration, and the public.

#### **Classroom/Student Safety**

Every Student, Teacher, visitor is required to wear an industrial quality eye protective device when participating in or observing activities that involve cutting, sawing, grinding, or stamping of any solid materials; tempering or kiln firing of any other materials; use of chemical, caustic, or hot liquids or solids.

Toxic art supplies, as defined in section 105/135 of the Illinois School Code, U.S.Care not used in Grades K-8 grade. Art supplies containing toxic substances should be used in grades 7 and 8 only if materials are properly labeled as required by section 105/135 of the Illinois School Code.