

Student Wellness

1. Implementation & Measurement

The District Coordinated Health Team shall implement this policy and measure how well it is being managed and enforced. The District Coordinated Health Team shall consist of the department administrator from each of the four coordinated school health modules:

- *Health Education
- *Physical Education
- *Health Services
- *Counseling, Psychological & Social Services
- *Healthy School Environment
- *Health Promotion Staff
- *Family/Community Involvement

The Superintendent will assign the District Coordinated Health Team leader. Representation from parents, teachers, and students will be used as needed. Administrative strategies will be developed consistent with this policy addressing further changes and recommendations for future years. The District coordinated Health Team shall report to the Board annually on the District's programs and strategies to meet the purpose and intent of this policy.

2. Nutrition Education

Opportunities will be provided for all Pre-K-12 students to receive appropriate Nutrition Education that teaches them knowledge, skills, and values needed to adopt healthy eating behaviors.

3. Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices.

The District Coordinated Health Team will establish Nutrition Standards for snack vending machines located in our school buildings, school day events, and after-hour activities.

4. Physical Education and Physical Activity Opportunities

Certified physical education teachers trained in best practice shall offer developmentally appropriate physical education every year to all students of the District. A quality physical education curriculum will be taught using the Michigan Physical Education Content Standards and Benchmarks as the basis. Physical Education classrooms shall engage students in a variety of activities that encourage lifelong participation.

Rules Accepted: 2007

Student Wellness

The Grand Rapids Christian School Association is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement..

In accordance with the Child Nutrition Reauthorization Act of 2004 (PL 108-265), the Board hereby establishes the following rules and regulations in compliance with national guidelines for implementation & assessment, Nutrition Education, Nutrition Standards, and Physical Education and Physical Activity Opportunities.

Legal References:

- *Section 204 of Public Law 108-265, Child Nutrition & WIC Reauthorization Act of 2004.
- *Richard B. Russell National School Lunch act (42 U.S.C. 1751 et. Seq.)
- * Child Nutrition Act of 1966 (42 U.S.C. 1771 et . Seq.)
- *Michigan Department of Education Health Education Content Standards & Benchmarks, July 1998
- *Title VII-U.S. Department of Agriculture; Chapter 11-Food & Nutrition Service, Dept. of Agriculture.
- *Part 210- National School Lunch Program

Policy Adopted: 2007