



CEDAR SPRINGS PUBLIC SCHOOL DISTRICT

Food Service Department

Wellness Committee

Cedar Springs Public Schools (CSPS) is committed to increasing our students, staff, and the greater community's health and wellness. We recognize that good nutrition and regular physical activity affect the physical and mental health of Cedar Springs students. As a school district, we play an important role in assisting our students, staff, and families to learn about and establish healthy habits and behaviors. Wellness efforts to promote, support, and model wellness are best accomplished in collaboration with students, parents, staff, and the greater Cedar Springs community.

Cedar Springs Public Schools District Wellness Committee

A CSPS district wellness committee meets to establish goals for and oversee school health policies and programs, including development, implementation, and periodic review and update of the CSPS wellness policy. The wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. CSPS will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. The district will actively notify households/families of the availability of the annual report through the district newsletter and website. The wellness committee will update or modify the wellness policy based on the results of the annual progress reports, and/or as district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerge; and new Federal or State guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

If you would like to join the CSPS Wellness Committee, please contact: Dan Scoville at daniel.scoville@csredhawks.org.

Wellness Policy

CSPS in conjunction with the Board of Education has developed a wellness policy that sets forth goals in five key areas.

- Nutrition Education
- Physical Activity
- School-Based Wellness Activities
- Nutrition Promotion
- Promotion of Healthy Food Choices

WE CAN. WE WILL. WE ARE. TOGETHER.