

PCHS Wellness Plan Goals and Implementation (Updated 6.10.22)

Goal 1: Nutrition Education and Promotion

Pella Christian High School will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect his/her health and develop lifelong healthy eating behaviors
- Educate students, staff, and parents regarding Smart Snack guidelines on social media and in Nutritional Health and Health classes
- Ensure nutrition education and promotion are not only part of the health education classes, but also integrated into other classroom interactions
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and other healthy foods
- The Executive Committee will serve as the “health council” to address nutrition and physical activity issues. A report will be presented and discussed annually at an Executive Committee Meeting regarding nutrition and physical activity.

Goal 2: Physical Activity

Pella Christian High School will provide students and staff with opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goals for addressing physical activity include the following:

- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits
- Engage students in moderate to vigorous activity during at least 50% of PE class time
- Encourage teachers to provide short physical activity breaks as appropriate
- Ensure physical activity is not used for or withheld as a punishment

Goal 3: Pleasant Eating Experiences

Pella Christian High School will participate in the National School Lunch Program and provide students and staff the opportunity to enjoy their lunch experience.

- Meal periods are scheduled at an appropriate time and other activities are not scheduled during meal times
- Meal periods meet the required time for students to eat and socialize
- Adults properly and regularly supervise dining rooms and serve as role models for students
- Hand sanitizing or washing equipment are located in convenient and accessible places so that students can properly sanitize their hands before meals

- The monetary accounting system protects the identity of students who eat free or reduced price meals

Goal 4: Other School-based Activities that Promote Student Wellness

Pella Christian High School will support student, staff and parents' efforts to maintain a healthy lifestyle. School based activities that promote wellness help ensure a whole-school approach to the PCHS Wellness Program. The goals for addressing other school-based activities that promote student wellness include the following:

- Installation of water bottle filling stations
- Permit students to bring and carry water bottles filled with water throughout the day
- Create a wellness link on the PCHS website that contains school meal information, the wellness policy, and the assessment of implementation.
- Encourage students to bring a healthy morning snack
- Encourage staff to bring healthy foods and snacks for class celebrations and activities
- School vending machines are disabled midday for one-half hour before and after lunch is served
- To the extent possible, foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans

Qualification of Food Service Staff

Qualified nutrition professionals will administer the school meal program. As part of Pella Christian High School's responsibility to operate a food service program, Pella Christian High School will:

- Provide continuing professional development for all nutrition professionals
- Provide staff development programs that include appropriate certification and/or training programs for food service employees, according to their levels of responsibility
- Provide the USDA-established continuing education hours and training for all food service employees

Food Safety

All foods made available through the PCHS Food Service Department will follow food safety and security guidelines and comply with the State and local food safety and sanitation regulations, Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in the school. For the safety and security of the food and facility, access to the food service operations will be limited to food service staff and authorized personnel.

Public Involvement

Pella Christian High School has a process for permitting parents, students, food service staff, PE teachers, school board members, and administration to participate in the development, implementation, review, and update of the policy every three years.

The policy is publicized on the school website, newsletters, and handbooks.

The principal invites suggestions or comments concerning the development, implementation, and improvement of the School Wellness Policy. As such, interested persons are encouraged to contact the principal.