

Wellness Plan Goals and Implementation

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
- 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 production and other healthy foods
- The Education Committee will serve as the “health council” to address nutrition and physical activity issues. A report will be presented and discussed annually at an Education 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 or 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
- Encourage and provide options for physical activity during the noon break each day

Goal 3: Pleasant Eating Experiences

Pella Christian High School will 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 are long enough 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, as appropriate. The goals for addressing other school-based activities that promote student wellness include the following:

- Installation of a water bottle filling station in an additional location
- Permit students to bring and carry water bottles filled with water throughout the day

Public Involvement

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

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.

3/2018