

Wellness Policy on Physical Activity and Nutrition

Pella Christian High School's mission is to educate and nurture each student to serve in God's world. Pella Christian High School's board, staff, and administration are committed to this mission. For this to occur, students must have the opportunity to achieve personal, academic, physical, and emotional success. That necessitates that our learning environment must be positive, safe, and health promoting in each sphere of influence.

Pella Christian High is governed by a board of trustees and works to provide a comprehensive learning environment for the developing and practicing lifelong wellness behavior. The entire school environment should be aligned to healthy goals for our the whole student. Because of this commitment and belief, the PCHS board, administration, and staff commit to the following goals:

- Nutrition Education and Promotion: PCHS will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating habits.
- Physical Activity: PCHS will provide students with opportunities to engage in physical activity that meets the standards of the Iowa Healthy Kids Act.
- Other School Based Activities that Promote Wellness: As appropriate, PCHS will support students, staff and parents' efforts to maintain a healthy lifestyle.

The following guidelines will be adhered by:

1. PCHS will engage students, parents, teachers, food service professional, health professionals, school board members, school administration and other interested community members in developing, implementing, monitoring, and reviewing local nutrition and physical activity practices and policies. The food service committee, in conjunction with the education committee will serve as the local review committee of this policy.
2. All students in grades 9-12 will have opportunities, support, and encouragement to be physically active on a regular basis. This will include an articulated curriculum, offering a wide range of activities leading to lifelong physical health.
3. 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.
4. Food Service personnel will provide students with access to a variety of affordable nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning, and will provide clean, safe, and pleasant settings, and adequate time for students to eat.
5. To the extent it is possible, PCHS will participate in available federal school meal programs.
6. PCHS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community service.

7. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and National School Hot lunch Act.
8. PCHS will only allow the marketing and advertising of foods and beverages that meet the Smart Snacks in School nutrition standards on campus during the school day.

The principal shall implement and ensure compliance with the policy by;

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, food service director, PE teachers, school board, and the public to participate in the development, implementation, and periodic review and update of the policy;
- Publicizing the policy to the public on the school website, newsletters, and handbooks. This information shall include compliance and progress being made in attaining the goals of the policy; and
- Developing regulations which shall include specific wellness goals and indicators for the measurement of progress consistent with applicable law and policies.

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