

Christ the King School Wellness Policy

Detroit, Michigan

Purpose

Christ the King School is committed to fostering an environment that promotes student health, wellness, and learning. We believe that promoting proper nutrition, physical activity, and overall well-being positively impacts academic achievement and lifelong health. This wellness policy is designed to meet the requirements of the Healthy, Hunger-Free Kids Act of 2010 and to ensure the health and well-being of all students.

I. Wellness Committee

A Wellness Committee will oversee the implementation, evaluation, and periodic review of this policy. The committee will include parents, students, school staff, administrators, and community members. The committee will meet at least twice per year.

II. Nutrition Education

Christ the King School will promote healthy eating habits through a comprehensive nutrition education program:

1. Nutrition education will be integrated into the core curriculum and taught at all grade levels (K-8).
2. The program will teach students the benefits of healthy eating, balanced diets, and proper portion sizes.
3. Teachers will provide age-appropriate lessons on nutrition in collaboration with the school cafeteria staff to reinforce healthy food choices.
4. The importance of fruits, vegetables, whole grains, and water will be emphasized.

III. Physical Activity

The school will provide opportunities for physical activity during and after school hours to ensure students are physically active:

1. Physical education (PE) classes will be provided for all students, meeting or exceeding state guidelines.
2. All students will have at least 20 minutes of supervised recess daily to encourage unstructured physical activity.
3. Opportunities for extracurricular physical activities, such as sports teams and after-school programs, will be available.
4. Teachers are encouraged to incorporate short physical activity breaks during classroom time to promote movement and attentiveness.

IV. Nutrition Guidelines for All Foods Available on Campus

To promote healthy eating, Christ the King School will implement the following nutrition guidelines for all foods and beverages sold or served:

1. All school meals provided through the National School Lunch Program and School Breakfast Program will meet or exceed federal nutrition standards.
2. The school will offer a variety of fruits, vegetables, whole grains, and low-fat or non-fat dairy options.
3. Snacks and beverages sold through vending machines, school stores, and fundraising activities will meet Smart Snacks in School nutrition standards.
4. Celebrations and school events involving food should include healthy options, such as fruit, vegetables, and water, and limit sugary treats.
5. The school will ensure that clean drinking water is readily available to students throughout the school day.

V. Health and Wellness Promotion

1. The school will create a safe and supportive environment that encourages healthy lifestyle choices.
2. Teachers and staff will model healthy behaviors, such as making nutritious food choices and participating in physical activities.
3. The Wellness Committee will organize annual health-related events such as wellness fairs, walk-a-thons, or nutrition workshops for students and their families.
4. The school will collaborate with community partners to enhance wellness initiatives, such as dental health programs and vision screenings.

VI. Parent and Community Involvement

Christ the King School values the role of parents and the community in promoting healthy lifestyles for students:

1. The school will provide parents with information about healthy eating and physical activity through newsletters, website updates, and workshops.
2. The Wellness Committee will seek input from parents, students, and community members in the development and review of the wellness policy.
3. Families will be encouraged to reinforce healthy habits at home by preparing nutritious meals and promoting physical activities.

VII. Monitoring and Evaluation

1. The principal and designated wellness coordinator will monitor the implementation of the wellness policy and report progress to the Wellness Committee annually.
2. The Wellness Committee will assess the school's compliance with the policy and evaluate its effectiveness in promoting student health.

3. The committee will use student health data, including physical fitness assessments and nutrition education participation, to measure outcomes.
4. The wellness policy will be reviewed every three years and updated as needed based on the evaluation results and any changes in federal or state requirements.

VIII. Public Notification

Christ the King School will make this wellness policy publicly available:

1. The wellness policy will be posted on the school's website and accessible to all students, parents, and staff.
2. The Wellness Committee will provide periodic updates to the school community on the implementation and progress of the wellness initiatives.

By implementing this wellness policy, Christ the King School aims to create a school environment that supports and promotes the health and well-being of all students, preparing them for a lifetime of healthy choices and academic success.

Approved by: Christ the King School Administration

Effective Date: 8/26/24