

## **Wellness Policy**

Greece Christian School recognizes that proper nutrition and physical activity greatly contribute to students reaching their full academic, physical and mental potentials and is therefore committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

### **NUTRITION**

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Lunch Program is a federally assisted meal program operating in public and nonprofit private schools. It provides nutritionally balanced, low-cost or free lunches to children each school day and is accessible to all children. Participation is both encouraged and promoted by Greece Christian School, in accordance with Greece Central School District.
- Greece Christian School will offer a school lunch program with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture. Greece Christian encourages students to make food choices based on the most current Dietary Guidelines for Americans.
- Nutrition education in the classroom is provided and promoted. We understand that positive presentation of nutrition education will encourage students to make choices in eating and physical activity that improves wellness. Our elementary wing has incorporated some new texts that have a health and wellness section and we will continue to review new materials that can be used in the classrooms to promote healthy wellbeing.
- All snacks and beverages made available on campus for purchase during the school day are consistent with the USDA Smart Snack guidelines.
- Parents wishing to celebrate their child's birthday at school, are encouraged to buy snacks for the class from the lunchroom, where all snacks meet the Smart Snacks guidelines.
- Greece Christian School will provide adequate lunch time and space for students to enjoy eating healthy foods and socializing.

## **PHYSICAL ACTIVITY**

- Students will be given opportunities for physical activity during the school week through physical education classes, recess periods, walking field trips, and the integration of physical activity into the academic curriculum. Each grade participates in two, 30 minute physical education periods weekly and have a recess time every day that may consist of either gym or playground access or outdoor time.
- An effective physical education program is appropriately staffed and equipped to enable active participation of students of all abilities in physical activities of sufficient intensity and duration to provide a significant health benefit.
- After school activities of physical activity are also provided through interscholastic athletic teams. Such teams include basketball, volleyball and soccer for middle school students.

## **IMPLEMENTATION & EVALUATION**

- The Food Service Director will be assigned to ensure compliance with standards of the Local Wellness Policy. They will work alongside a variety of collaborators such as the school nurse, teachers, parents, students and administrators to develop the wellness policy.
- They will ensure compliance with nutrition policies within the school food service area.
- Assessments can be repeated every three years to help review policy compliance, assess progress, and determine areas of improvement.
- The Wellness Policy will be distributed annually to all families and is accessible on our school website.