

## **Holland Christian Schools Wellness Policy**

Holland Christian Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievements.

### Nutrition Education

Every year, all students K-12 shall receive nutrition education that is aligned with Michigan Health Education Content Standards and Benchmarks. Nutrition education that teaches the knowledge, skills and values needed to adopt healthy lifestyles shall be integrated into the curriculum. Education shall be offered throughout the school district including dining areas, classrooms, and PE classes

### Nutrition Standards

HCS shall follow and comply with the National School Lunch Program meal patterns and standards established by the USDA and regulated by the MDE. HCS shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Foods and beverages that compete with HCS policy of promoting a healthy school environment shall be discouraged. See the outline of HungerFree/Healthy Kids Act at the HCS food service website.

### Physical Education

A comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State. Physical education classes shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate motor skills and social skills, as well as knowledge. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

### Other School-Based Activities Designed to Promote Student Wellness

The Holland Christian community holds the K-6 Walkathon fundraiser which promoted activity and replaces selling candy bars. Holland Christian holds family fun nights and school field day activities for each school.

For our HC staff we have Priority Health which oversees our district wellness program which all full-time and part-time staff are encouraged to participate.

Every month our Hot Lunch program hosts a nutrition newsletter on our website, along with the lunch menu which has wellness tips.

### Implementation and Measurement

All employees of the Holland Christian District are encouraged to be a positive healthy lifestyle role model for students. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The District shall work through its School Wellness Team and building level staff to find cost effective ways to encourage staff wellness.

3/2018

Members of Wellness Committee: 2018-2019

Nancy McCarthy  
Dave DeBoer  
Janna Dantuma  
Janet Howell  
Miska Rynsburger  
Erin Wyma

### Wellness Committee Meetings

11/23/16 7:15 – 8:00am High School  
2/17/17 7:15 - 8:00 am High School  
  
10/13/17 7:15 – 8:00am High School  
  
3/16/18 7:15 – 8:00 am High School