

Corning Christian Academy

Wellness Policy

Corning Christian Academy is committed to providing a school environment that promotes and protects students' health, well-being, and ability to learn, by supporting healthy food choices, quality social, emotional, behavioral development, and physical activity.

Our school is committed to serving healthy meals, which include plenty of fruits, vegetables, whole grains, fat-free and low-fat milk, moderate in sodium, and low in saturated fats, and meet the nutritional needs of our students within their caloric requirements.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. Our school supports increased emphasis on nutrition, as well as physical activity at all grade levels to enhance the well-being of our youth. Therefore, it is the policy of the board to:

1. Provide students with access to nutritious food
2. Provide opportunities, support, and encouragement to be physically active on a regular basis
3. Provide accurate information related to these topics
4. Provide a clean, safe, and pleasant setting in which to eat, along with adequate time to do so

PURPOSE:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Research indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of obesity, some cancers, diabetes, and other chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavioral and academic achievement in school.

GOAL:

Students at Corning Christian Academy shall possess the knowledge and skills necessary to make nutritious food and physical activity choices for a lifetime. Our staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, our school adopts this wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

GUIDELINES/STANDARDS:

Healthy food preparation techniques will be implemented.

Fruits and/or vegetables will be offered at the school.

To promote hydration, free, safe, unflavored water will be available to all students throughout the school day.

Beverages such as sweet tea and fruit drinks containing less than 50 percent fruit juice will not be offered to students.

Students will be offered a variety of skim and low fat milk, meat and/or beans, fruit and/or vegetables, and whole grain on a daily basis.

Meals will be posted on the school's website.

PHYSICAL ACTIVITY:

As a part of our school policy, there will be physical activity for all students. Students in grades Kindergarten through 12th grades will participate in physical education classes each week.

Every effort will be made to keep physical education classes with a student to teacher ratio similar in size to classroom ratios. Quality PE has an appropriate teacher to student ratio, which helps provide more time on task, moderate to vigorous physical activity opportunities, and a safer PE classroom.

Students will participate in an annual health-related fitness test at the beginning and end of each school year. (i.e. President's Challenge to Physical Fitness)

Elementary students (grades K through 6th) will have at least 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes. Recess will complement, not replace, PE class.

Teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever possible.

Our school also recognizes that our students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic breaks throughout the school day. These physical activity breaks will complement, not replace, PE class and recess.

Students in grades 7th-12th will also be encouraged to participate in voluntary school physical activity programs, such as interscholastic sports.

All playgrounds and other recreational equipment will meet the recommended safety standards for design, installation, and maintenance.

SCHOOL-BASED ACTIVITIES:

Students will be provided with a clean, safe, and enjoyable meal environment.

Students will be provided with an adequate amount of time to eat lunch: a minimum of 20 minutes from the time the student is seated.