

Victor Valley Christian School Wellness Policy

The objective and purpose of our wellness policy is to improve school nutrition, as well as help reduce childhood obesity. The policy meets the requirements of the Child Nutrition and WIC Reauthorization Act, which was passed by Congress in June, 2004.

VVCS will establish an ongoing School Wellness Committee that will meet to review and establish goals for and oversee school health and safety policies and programs, including developing implementation and periodic reviewing and updating of this Wellness policy. This wellness committee will consist of parents, students, the school food service director and staff, physical education teacher, and an administrator.

The qualified child nutrition professionals at VVCS are committed to providing students access to a variety of affordable and appealing nutritious foods, that meet the health and nutrition requirements set forth by the Child Nutrition and WIC Reauthorization Act, as well as the needs of students. All students, K-12 will be given opportunities, encouragement, and support to become physically active on a daily basis and make it a way of life. All foods and beverages served or sold at school will meet the nutrition guidelines by the Dietary Guidelines for Americans. Only smart snacks will be sold to students during school hours, and from 12:00am to 30 minutes after school is dismissed. School clubs and athletics will follow the smart snack guidelines during these specified hours also.

Statement of Belief

I Corinthians 6:19-20 states “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body. In committing to this scripture from God, Victor Valley Christian School is dedicated to providing a school environment that promotes and safeguards our students’ health, ability to learn, and well-being, by encouraging them to have healthy lifestyle habits. We will strive to provide a campus environment where our students are taught healthy habits and the knowledge associated with physical activity. We will also encourage and help our school staff model a healthy eating lifestyle as a part of their daily life. The objective and purpose of this policy is to ensure a school environment that promotes and supports student health and wellness, and helps to reduce childhood obesity.

Program Foundation

The link between nutrition and learning is clearly visible. Healthy eating patterns are necessary for students to achieve their full academic potential, full physical and mental growth and lifelong health. Healthy eating is linked to reducing the risk of mortality and the development of a variety of chronic diseases. Schools and their communities have a responsibility to help students, staff, and parents gain the knowledge and skills necessary to establish and maintain lifelong healthy eating patterns. A well-planned and well-implemented wellness program will show positive influence in a child’s overall wellbeing.

The U.S. Surgeon General has stated that regular physical activity is one of the most important things people can do to maintain and improve their physical and mental health, and overall well-being. The risk of heart disease, high blood pressure, colon cancer and diabetes can be significantly reduced by integrating physical activity into healthy lifestyle habits. A well-planned and well-implemented wellness program will show positive influence in a child’s overall wellbeing.

Wellness Goals

To ensure the health and well-being of each student, Victor Valley Christian School is committed to the following:

*Nutrition guidelines for all foods available during the school day are in place, and monitored daily. The Food Service Director will be responsible for the implementation.

*All children have access to adequate and healthy food choices on scheduled school days, and at a reasonable price.

* Foods sold at school during the school day meet or exceed the nutritional standards required by the National School Lunch Program (NSLP) and Smart Snacks in Schools standards.

*Fundraising food sales that are not compliant will not occur on the school grounds, during the school day (6:00 am to 3:00pm). These items will only be sold 30 minutes after the close of a school day.

*The Food Service Director will recommend that celebrations that involve food during the school day be limited to no more than one food or beverage that does not meet nutrition standards for Smart Snacks in Schools. Information regarding healthy options will be shared with parents and teachers.

*School meals are served in a clean and safe setting, with adequate time provided for students to eat in accordance with state and federal standards and guidelines

*Food service personnel shall have adequate pre-training and regularly participate in professional development activities that provide strategies for providing tasty, appealing, and healthy school meals.

*Food Service Director shall work closely with suppliers to obtain foods and beverages that meet the nutrition requirement of school meals, and individually sold items.

*Food Service Director shall take every measure to ensure that student access to foods and beverages on school meet federal, state, and local laws and guidelines.

*To help eliminate competition with nutritionally balanced school meals, and enhance student safety, it is recommended that students are not permitted to leave campus to purchase food and/or beverages. The exception is the senior class on Fridays.

*All students (K-6) have a 20 minute recess and a 20 minute lunch period in-which outdoor physical activity is encouraged. Outdoor activities include sporting games, as well as a variety of playground equipment. K-6 grade students also participate in a physical education period of 30 minutes, twice a week. We also offer a afterschool activities such as cheerleading and Tae Kwon Do, which further encourage physical exercise.

*junior high and high school students have the availability to playing sports during their break and lunch periods. In addition, all junior high students are required to take one full semester of PE each year. High school students are required to take two full years of PE, as a part of their graduation requirements. We also offer a variety of team sports throughout the school year.

*For the safety and security of food, access to any area involved in storage, preparation, or service of food shall be limited to authorized personnel.

Implementation and Community Involvement

*The wellness team members will be responsible for the development of the wellness policy, for measuring the implementation of the wellness policy, and for revising the wellness policy as needed.