

Troy Christian Schools' Wellness Policy

The Board of Trustees supports a school environment that encourages and models nutritious eating habits and physical activity, which promotes academic success and lifelong health.

We shall foster in our students an understanding of healthy foods and the acquisition of skills that promote lifelong healthy eating habits and physical activity through a coordinated effort that involves TCS staff, students, parents, and community members. The following components will be incorporated as appropriate: food services, family and community involvement, health education program, physical education program, health services, staff wellness, counseling, psychological and social services, and other efforts to promote a healthy school environment. This coordinated effort will contribute to students' knowledge of nutrition and physical activity in the following ways:

Students will:

1. learn to use appropriate resources and tools to make informed and educated decisions about lifelong health;
2. practice making healthy food and physical activity selections as an integral part of the school day through: school meals, vending machines, special events, physical education classes and extracurricular activities;
3. create and maintain personal nutrition and physical activity plans through setting goals and activities that recognize the connection between healthy eating and physical activity; and
4. recognize the various influences (i.e.: family, community, culture, marketing and advertising, peers) on nutrition and physical activity choices.

The above goals will be achieved by implementing the following procedures.

1. Nutrition Education
 - a. Elementary school nutritious snack policy

- b. Fourth grade health curriculum
- c. Junior high and high school health curriculum
- d. Examples of material used in curriculum: team nutrition packets, snack pyramid/activity pyramid, colors to go by, and season nutrition.

2. Physical Activities

- a. Physical education classes
 - i. Kindergarten – 40 minutes per week
 - ii. First – fourth grades: 80 minutes a week
 - iii. Fifth grade: 55 minutes per week
 - iv. Sixth grade: 1 whole day per month (lifetime physical activity)
 - v. Seventh and eight grades: 3 hours and 20 minutes a week for a nine-week quarter
 - vi. Ninth – twelfth grades: 3 hours and 20 minutes a week for four nine-week quarters during the whole four years
- b. Presidential Fitness first grade – sixth grade
 - i. Fall testing
 - ii. Spring testing
- c. Fourth – sixth grade yearly track and field afternoon time with another school
- d. Cross country enrichment activities in third – sixth grades
- e. Recess Time
 - i. Kindergarten: 1 hour a week (15 minutes daily)
 - ii. First – third grades: 3 hours and 15 minutes a week (average 40 minutes daily)
 - iii. Fourth grade: 3 hours and 15 minutes a week (average 40 minutes daily)
 - iv. Fifth – sixth grades: 2 hours a week (average 25 minutes daily)
- f. Elementary extracurricular activities
 - i. Basketball
 - ii. Cheerleading
 - iii. After school enrichment physical fitness – one class per nine week quarter with junior high and high school fitness leaders
- g. Junior high and high school extracurricular activities
 - i. Volleyball
 - ii. Basketball

- iii. Football
- iv. Cheerleading
- v. Track/field
- vi. Cross country
- vii. Wrestling
- viii. Tennis
- ix. Gold
- x. Soccer
- xi. Softball
- xii. Baseball

3. Other activities for student wellness

- a. Nutritious snack at monthly elementary birthday lunches with the principal
- b. Child wellness tips in the parent page and listed on the school website
 - i. Recipe for nutritious snack
 - ii. Suggestion for physical activity
- c. Yearly elementary school-wide activity to promote wellness

4. School lunch program

- a. Monthly collaboration of cafeteria personnel
- b. Experimentation of more nutritious alternatives

5. Measuring implementation

- a. Graphing individual and school-wide progress from fall to spring of Presidential Fitness results
- b. Compiling statistics from after school enrichment classes
 - i. Number of classes offered
 - ii. Number of students participating
 - iii. Number of older students mentoring
 - iv. Evaluation by students of benefit of class
- c. Staff evaluations of school wellness policy
- d. Cafeteria personnel evaluating success of nutritious alternative
- e. Compiling the number of students involved in extracurricular physical activities each quarter
- f. Parent advisory council feedback about wellness program