

Christian Life School Wellness Plan

Revision: September 6, 2011

Implementation Measurement Core Areas:

- Nutrition Education
- Physical Activity
- Other School-Based Activities
- Nutrition Guidelines for Foods Available During the School Day

Implementation Measurement Planning

- Objectives
- Measurements
- Timeframes

IMPLEMENTATION MEASUREMENT PLANNING:
Nutrition Education

OBJECTIVE What do we want to accomplish?	INDICATOR What markers will show that change occurred?	MEASUREMENT TOOL How will we document change?	PERSON RESPONSIBLE Who will do the measuring?	TIMELINE Start and end dates
Nutrition Education is part of the school's health curriculum and/or stand-alone classes.	The Health curriculum is reviewed on a periodic basis. Assessment will review curricular units, objectives, timeframes, measurements, activities, and textbooks.	Change will be documented in the Curriculum Guide.	Elementary Teachers, Secondary Health Instructors, Administration	Curriculum review is held on a subject-by-subject rotational basis. Each subject is reviewed every 5 years.

IMPLEMENTATION MEASUREMENT PLANNING:
Physical Activity

OBJECTIVE What do we want to accomplish?	INDICATOR What markers will show that change occurred?	MEASUREMENT TOOL How will we document change?	PERSON RESPONSIBLE Who will do the measuring?	TIMELINE Start and end dates
<p>All students in grades K4-2 will receive physical education twice a week, grades 3-6 will receive physical education three times a week, and grades 7-10 will receive daily physical education as outlined in the Association of Christian Schools International (ACSI) guidelines. Students with disabilities, special healthcare needs, and those in alternative educational settings will be included.</p>	<p>Curriculum will be reviewed on a periodic basis to ensure all objectives for PE time are met. Scheduling for all PE will be reviewed to ensure PE timeframe objectives are met.</p>	<p>PE schedules are logged, printed, and kept on file to ensure accountability.</p>	<p>PE instructors, Administration</p>	<p>PE Schedules are developed on a yearly basis.</p>

IMPLEMENTATION MEASUREMENT PLANNING:
Other School-Based Activities

OBJECTIVE What do we want to accomplish?	INDICATOR What markers will show that change occurred?	MEASUREMENT TOOL How will we document change?	PERSON RESPONSIBLE Who will do the measuring?	TIMELINE Start and end dates
<p>The 9th & 10th grade health class will host a Health Fair in the spring of the year they have health instruction (every other year).</p>	<p>The fair will include booths designed and developed by students.</p> <p>The booths will each have a different theme related to health and wellness.</p> <p>The fair will be attended by students in the rest of the school, parents, and other invited guests.</p>	<p>The health fair is a curricular activity. The activity is an assigned task and will be reviewed and graded according to objectives developed by the instructor.</p>	<p>The 9th & 10th grade health instructor.</p>	<p>The project will be held every other year when Health Instruction is taught to 7-12th grades in the 2nd semester of that year.</p>

IMPLEMENTATION MEASUREMENT PLANNING:

Nutrition Guidelines for Foods Available During the School Day

OBJECTIVE What do we want to accomplish?	INDICATOR What markers will show that change occurred?	MEASUREMENT TOOL How will we document change?	PERSON RESPONSIBLE Who will do the measuring?	TIMELINE Start and end dates
<p>The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act 1996 as amended, and with applicable laws and regulations of the state of Minnesota. The school will comply with the USDA regulations and state policies.</p>	<p>The school's wellness policy, civil rights policy, and HACCP policies will come to full compliance.</p>	<p>The school will use the policy development tools available through the MN Department of Education, Food & Nutrition Department.</p>	<p>The policies are reviewed by the MN Dept of Education, Food & Nutrition Department.</p>	<p>Review yearly each spring before the end of the school year.</p>