

**Health and Wellness Policy
New Testament Christian Academy
Revised August 2018**

New Testament Christian Academy
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The Administration and Board of New Testament Christian Academy supports the health and wellbeing of the Academy's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board and Academy to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the Academy meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Policy Leadership

The Director shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy.

School Wellness Committee

To assist in the creation of a healthy school environment, the Academy shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

Nutrition Standard for All Foods

The Academy is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The Academy participates in USDA child nutrition programs, including [NSLP, SBP]. All meals are accessible to all students. Withholding food as a punishment shall be strictly prohibited. All meals are appealing and attractive and served in clean and pleasant settings. Drinking water is available for students during mealtimes. When drinking bubblers are not present in the cafeteria, water cups/jugs can be made available. Students are provided at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch after being seated. The Academy is a "closed" campus school meaning that students are not permitted to leave the school grounds during the school day. Lunch shall be scheduled following recess for elementary students. Lunch shall be served between 10:55am - 1:10pm. Menus shall be posted in the Academy Office and in classrooms. Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional

which is completed by the Academy's vendor. All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

School Meal Program Participation

The Academy will notify parents of the availability of the breakfast, lunch, and summer food programs and be encouraged to determine eligibility for reduced or free meals; allow students the opportunity to provide input on menu items; restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings; explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

Foods and Beverages Sold Outside of School Meals

All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages), meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule.

{<http://www.fns.usda.gov/healthierschoolday/toolsschoolsfocusingSMARTsnacks>}

The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.

Foods Offered / Provided Not Sold

The Academy encourages that foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the Academy standards. Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior. Student affirmation and encouragement are promoted and celebrated in diverse manners at the Academy and do not have to include food.

Fundraising

Fundraising during and outside school hours sell only nonfood items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc. Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during and/or outside of the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. The Academy adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization

per school per year. All other fundraisers sold outside of the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day

Nutrition Education

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be available each year to all students of the Academy. The Academy aims to teach, model, encourage, and support healthy eating by providing nutrition education. Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education is available as part of a sequential, standards based program designed to provide students with the knowledge and skills necessary to promote health. Nutrition education will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and Media literacy and the problems associated with food marketing to children. Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition. Teachers will be encouraged to integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects. Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.

Nutrition Promotion

The Academy is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services are aware of the use of the Smarter Lunchroom Self Assessment Scorecard to determine ways to improve the school meals environment. School nutrition services shall implement at least one Smarter Lunchroom techniques at school.

Physical Activity

The Academy shall provide students with age and grade appropriate opportunities to engage in physical activity. The Academy shall refer to the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources. The Academy shall seek to develop a comprehensive, schoolbased physical activity program (CSPAP), that includes the following components: physical education, recess; second recess, classroombased physical activity; go noodle, walk to school; and out of school time activities. Children and adolescents should participate in at least 40 minutes of physical activity every day.

The District shall also provide opportunities for students to participate in physical activity. Physical activity during the school day shall not be withheld as punishment.

Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt). Outdoor recess shall be offered weather permitting [above 40 degrees]. Recess monitors/teachers shall encourage students to be active during recess. Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible. Teachers shall offer short (approximately 15 -30 minute) activity breaks throughout the school day.

Resources and ideas are available through

[\[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf\]](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf) Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.

Academy facilities shall be made available to students and community members [Open Gym takes place on Saturdays in the facility / Exercise - Zumba class takes place in the facility]. Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, emails, flyers.

As appropriate, schools shall support students, staff, and parents’ efforts to maintain a healthy lifestyle. The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student wellbeing. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is encouraged to drink out of mugs and cups and not eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos).

Other: Staff Wellness

The Academy will implement the following activities below to promote health: Educational activities for school staff members on healthy lifestyle behaviors, healthy menu items for staff luncheons, eye/vision and hearing screenings for students, encouragement of staff members to eat healthy, take vitamins, exercise and set medical appointments for screening for cancer, heart disease, diabetes, and other diseases. The Academy will also offer annual professional learning opportunities and resources for staff (ex. Stress Relief and Managing Stress Seminar Workshop).

Community Engagement

The Academy will work with community partners, including New Testament Church Health Ministry to support school wellness. The Academy will actively inform families and the public about the events hosted by the New Testament Church Health Ministry and content of and any updates to the policy through the website.

Monitoring and Evaluation

At a minimum, schools should conduct an assessment of the wellness policy every three years, report to the stakeholders the finding of the evaluation, and update the policy as appropriate. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The Academy will notify school staff, students, and households/families of the availability of the wellness report the Academy website. The report will be made available at www.ntcacademy.org. The Academy's wellness policy will be updated as needed based on evaluation results, changes, emersion of new health science information/technology, and/or new federal or state guidance are issued. There is a focus review committee that meets twice per year to review and evaluate the Wellness Policy.

Overview

Nutrition and physical activity influence a child's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. New Testament's wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits. Decisions made in all school programming need to reflect and encourage positive messages regarding nutrition and physical activity.

School Nutrition Guidelines

The primary goal of nutrition education is to influence students' behaviors by enhancing their knowledge and skills to help them make healthy eating choices. New Testament will seek to provide nutrition education, which can be integrated into all subject areas. New Testament will seek to provide opportunities for students to practice skills in order to foster lifelong healthy eating habits.

The policy at New Testament Christian Academy is to:

1. Provide a positive environment and appropriate knowledge regarding food
2. Integrate nutrition into health education and other core curricula like math, science, language arts, etc.
3. Encourage staff and students to utilize healthy, nutritious food choices when using food as a part of class or student incentive programs.
4. Encourage staff and students to seek out nutritious choices whenever appropriate when curricular-based food experiences are planned.
5. Reduce student access to foods of minimal nutritional value.

School Physical Activity Guidelines

The primary goal for physical activity education is: to provide opportunities for students to develop the knowledge and skills for specific physical activities; to maintain physical fitness; to ensure students' regular participation in physical activity, and to teach short-and-long-term benefits of a physically active and healthy lifestyle.

The policy at New Testament Christian Academy is to:

1. Give students opportunities for physical activity through physical activities and/or recess, and integrate physical activity into the academic curriculum.
2. Provide opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics, recess and physical activity clubs.
3. Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. Encourage teachers and other school staff to promote enjoyable, lifelong physical activity among students.

Other School-Based Activities

The primary goal for school-based activities is to create a total environment that is conducive to healthy eating while encouraging students to be physically active.

The policy at New Testament Christian Academy is to:

1. Provide a clean, safe, enjoyable meal environment for students with minimum wait time.
2. Encourage all students to participate in the meal program and protect the identity of students who eat fee and reduced price meals.
3. Encourage fundraising efforts that are supportive of healthy eating.
4. Make drinking fountains available so students can get water during meals and throughout the day.
5. Provide opportunities for ongoing professional training and development for employees in the areas of nutrition and physical education.
6. Encourage the school community to serve as role models in practicing healthy eating and being physically active, both in school and out of school.

EXTRA:

*Specific goals for nutrition promotion, nutrition education, physical activity, and other school based activities that promote wellness. *Standards and nutrition guidelines for all foods and beverages sold to students on campus during the school day. *Standards and nutrition guidelines for all foods and beverages provided, but not sold, to students during the school day. *Policies for food and beverage marketing. *Description of public involvement, public updates, policy leadership, and evaluation plan.