

Bethel Christian Academy

School Wellness and Nutrition Policy

RATIONALE

The inter-relationships of nutrition, physical activity, and learning have long been studied and extensively documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical, mental and spiritual growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to the reduction of risk factors for many chronic diseases, so we should 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 behavior and academic achievement in school. It is anticipated that students will learn to make appropriate choices related to health and fitness. Staff wellness is also an integral part of a healthy school environment, since school staff can serve as daily role models for healthy behaviors.

Key Verse

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." - 1 Corinthians 6:19-20 (NLT)

STATEMENT GOAL

All students at Bethel Christian Academy shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff members at Bethel Christian Academy are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Bethel Christian Academy adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff.

COMMITMENT TO NUTRITION

Bethel Christian Academy will:

- Offer school breakfast & lunch programs with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and U.S. Department of Health and Human Services, by following the guidelines as depicted in the *Dietary Guidelines for Americans, 2010* and the Ohio Department of Education, Office of Child Nutrition Programs, and by following the nutrition standards as depicted in the *Alliance for a Healthier Generation* food and beverage guidelines. Each meal served will meet the guidelines for a USDA reimbursable meal.
- Encourage students to make choices based on the *Dietary Guidelines for Americans, 2010* by emphasizing menu options that feature fruit and vegetables, especially dark-green, red and orange vegetables and beans and peas, whole grains, fat-free and low-fat dairy products.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards, including adequate training and participation in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
- Use the Ohio Department of Education's free computer software to access the nutritional value of foods as a tool in menu planning.
- Require food safety as a key component of all school food operations by following effective food safety practices for all foods prepared, sold and served by the school food service staff and ensure that all food service permits are current for the school site.
- Comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans will continue to be implemented to prevent food illness in school.

- For the safety and security of the food and facility, access to food service operations will be limited to school food service staff and authorized personnel following U.S. Department of Agriculture food security guidelines.
- Provide free fresh drinking water via a properly maintained water fountain at meals.
- Provide students with access to hand washing or hand sanitizing prior to meals and snacks.
- Follow Ohio Department of Education policies on competitive foods and extra food sales, aka “a la carte”.
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Encourage all school-based organizations to use services, contests, etc. that utilize non-food items and/or healthful foods for fundraising programs.
- Make efforts to ensure students lunch period begins in a timely manner to provide adequate time for students to eat and enjoy school meals (a minimum of 10 minutes after sitting down for breakfast and 18 minutes after sitting down for lunch).
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits.
- Make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

COMMITMENT TO NUTRITION EDUCATION

Bethel Christian Academy will:

- Integrate nutrition education into other areas of the curriculum.
- Provide students with basic knowledge of nutrition, combined with skill-practice in program-specific activities designed to promote healthy eating habits.
- Adequately prepare staff responsible for nutrition education by regularly participating in professional development activities to effectively deliver an accurate nutrition education program.

COMMITMENT TO PHYSICAL ACTIVITY

Bethel Christian Academy will:

- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student-centered and taught in a positive environment by a physical education instructor.
- Strive to have students meet the benchmarks of the State Board’s physical education standards for grades K through 8 developed by the National Association for Sport and Physical Education, in compliance with local wellness policies prescribed by the federal Child Nutrition and WIC Reauthorization Act.
- Plan for at least 50 percent of physical education class to be spent participating in moderate to vigorous physical activity.
- Provide opportunity for students in pre-kindergarten through 5th grade to have at least 20 minutes per day of supervised recess, preferably outdoors, during which moderate to vigorous physical activity will be encouraged verbally and through the provision of space and equipment.

COMMITMENT TO COMPREHENSIVE HEALTH EDUCATION

Bethel Christian Academy will:

- Utilize age-appropriate curriculum for health education for all grades.
- Have age appropriate health instruction on abstaining from choosing alcohol, tobacco, or drugs.

COMMITMENT TO IMPLEMENTATION

Bethel Christian Academy will:

- Establish a plan for the implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Designate a staff person to prepare an annual report regarding compliance with standards for food and beverage sales.

GUIDELINES FOR FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY **A LA CARTE BEVERAGES AND FOODS**

Bethel Christian Academy will:

- Comply with the most recent guidelines for competitive foods issued by the *Alliance for a Healthier Generation* with respect to the sales of all a la carte food items, both vended and available for purchase from school food service.
- Restrict all students from accessing vending machines located on the school property during the regular school day and before- and after-school programs, including periods in which students are participating in school-sponsored extracurricular activities, academic, or enrichment programs.