



**Jubilee Christian Academy
Wellness
Policy and Procedures**

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Introduction

In Congress, they recognizes that schools play a vital part in student health, in prevention of adolescent obesity, and problems that are connected to poor nutrition and physical inactivity. To better encourage this role, Congress passed a law ([Section 204 of Public Law 108 - 265](#)) (PDF, 14KB). Each local school that is participating in a food program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq) shall establish a local school wellness policy by School Year 2006."

The legislation also places the wellness policy as a responsibility of the local level, so that the individual needs of each district can be addressed. According to the requirements for the Local Wellness Policy, school districts must make goals for nutrition education, physical activity, campus food provision, and other school-based activities that are set up to promote student wellness. Additionally, districts are required to involve a broad group of individuals in policy development and to have a plan for measuring implementation.

TO ACHIEVE THESE POLICY GOALS; the following policies have been developed and implemented.

I. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Jubilee Christian Academy aims to teach, encourage, and support healthy eating by students. JCA should provide nutrition education and engage in nutrition promotion that:

- * is offered K-8 as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- * is part of not only health education classes, but also integrated into core subjects such as math, science, language arts, social sciences, and elective subjects;
- * includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- * promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- * emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- * links with school meal programs, other school foods, and nutrition-related community services;
- * will train staff in nutrition education and implement the principles of the health curriculum in all grades

These activities will be measured and monitored in the classroom through quizzing and assessment and as a school through observance of NSLP eating standards and Presidents Physical fitness program participation.

II. Physical Activity Opportunities and Physical Education

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally- recommended amount of daily physical activity (*as recommended by the NASPE standards*) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- * classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- * opportunities for physical activity will be incorporated into other subject lessons;
- * classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Daily Physical Education (P.E.) K-8

Jubilee Christian Academy will make every effort to ensure that all students in grades Pre-K-8th grade, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

All physical education will be taught by a qualified physical education teacher. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which teachers and/or P.E. teachers will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Jubilee Christian Academy will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School.

Jubilee Christian Academy will offer extracurricular physical activity programs. Jubilee Academy will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

When possible, JCA will provide opportunities outside of designated school hours for parents to participate in physical activities with the students through various activities like skate night, bowling leagues, and fairs.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

III. School-Based Activities to promote wellness and monitoring of current activities for adherence to health and nutrition guidelines

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually. Examples of such events would be:

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will not primarily involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will have fundraising activities that promote physical activity or non-food income, such as Walkathons and Field Days or the sale of coupon books.

Rewards

Jubilee Christian Academy will not use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Celebrations

JCA should limit celebrations that involve food during the school day to no more than one party per class per month. A list of party items must be approved by the Food Service Director or Administrative designee to ensure nutritional content. JCA will disseminate a list of healthy party ideas to parents and teachers.

Communications with Parents

Jubilee Christian Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Jubilee Christian Academy will send home nutrition information, and provide school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Jubilee Christian Academy will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, Jubilee Christian Academy will provide opportunities for parents to share their healthy food practices with others in the school community.

Jubilee Christian Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through newsletters, take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, Jubilee Christian Academy will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is required.

Staff Wellness

Jubilee Christian Academy highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Safe Routes to School

Jubilee Christian Academy will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, Jubilee Christian Academy will work together with local public works, public safety, and/or police departments in those efforts. Jubilee Christian Academy will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation.

IV. Nutritional Quality of Foods and Beverages Sold and Served on Campus will be monitored in the following manners:

JCA will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, JCA will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, on cafeteria menu boards, or other point-of-purchase materials. The following areas will be monitored for compliance to USDA guidelines.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- *be appealing and attractive to children;
- *be served in clean and pleasant settings;
- *meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- *offer a variety of fruits and vegetables;
- *serve low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); unless note from doctor is on file stating whole milk is required.
- *ensure that half of the served grains are whole grain.
- *Water will be available to all students and staff free of charge

- *Will provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA

Meal Time and Scheduling

Jubilee Christian Academy:

- * will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- * should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- * should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- * will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- * will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Breakfast/Lunch Program

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- *JCA will, to the extent possible, operate the USDA School Breakfast/Lunch and Snack Program.
- *JCA, to the extent possible, will utilize methods, such as advertising, serving popular yet healthy items, and free before school supervision in order to serve school breakfasts that encourage participation
- *JCA will serve breakfast to students and will notify parents and students of the availability of the USDA School Breakfast/Lunch and Snack Program and the nutritional content of the meals through the enrollment process, newsletters, take home materials and other means.
- *JCA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- * Jubilee Christian Academy will 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. We provide meals at no charge to all children, regardless of income and this will eliminate the identification of students who fall into the free and reduced price meal category.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Jubilee Christian Academy will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. Jubilee Christian Academy provides snacks

through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal programs. As part of the Jubilee Christian Academy's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Jubilee Christian Academy will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Middle/Junior High

*In middle/junior high, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

***Allowed:** Water without added caloric sweeteners; 100% fruit and vegetable juices unflavored low-fat milk and unflavored or flavored fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

***Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine.

Foods

A food item sold individually:

- * will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters), no more than 10% of its calories from saturated, and 0 % trans fat;
- * will have no more than 35% of its *weight* from added sugars;
- * will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items;
- * will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- * A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not

limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit portion sizes of foods and beverages sold individually and listed below (individually wrapped items will be limited to one serving per package):

- * Chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- * One ounce for cookies;
- * Cereal bars, granola bars, muffins, bagels;
- * Frozen fruit desserts, including, but not limited to, low-fat or fat-free ice cream or non-frozen yogurt;
- * Twelve fluid ounces for beverages, excluding water; and
- * The portion size of a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

V. Monitoring and Policy Review

School Board Health Policy Committee Responsibilities

Monitoring

Jubilee Christian Academy will create, strengthen, or work within existing School Board Health Policy Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The JCA Wellness Board also will serve as a resource to the school for implementing those policies.

The CEO or Executive Director of the wellness committee, JaDean Stricker, will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each department the director will ensure compliance with those policies in his/her area and will report on the school's compliance to the executive director. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the executive director. Also, the executive director will monitor policies to ensure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Policy Review

To help with the school's development of the wellness policies, JCA will conduct an annual baseline assessment of the school's existing nutrition and physical activity environments and policies.

- The results of this assessment will be compiled to identify and prioritize needs.
- Tim Fox and JaDean Stricker will be the designees with operational responsibility for ensuring that the school is meeting the local wellness policy.

- A public appeal will be made Bi-Annually at the school orientation and Grandparents and God Friends Day for suggestions from the public pertaining to revisions and changes in the school wellness policy.

The school wellness policy can be located on the JCA Website at the following link:

www.jcakids.org

Assessments will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement and report these findings to the school board. As part of that review, Jubilee Christian Academy will review our nutrition and physical activity policies and program elements; and provision of an environment that supports healthy eating and physical activity. Jubilee Christian Academy, will as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

This Wellness Policy was approved and adopted by the school board and wellness policy committee members on April 13, 2012