



Believers In Christ Christian Academy Wellness Policy

Healthy, fit students do better in school, are more likely to attend school, and perform better academically.

Obesity in children and adults is a growing concern in the United States. Believers In Christ has determined that in order to help children achieve better in the classroom and live active and healthy lives, we must educate students, parents and staff on the positive effects of healthy living which includes nutritious meals and physical activity. Our wellness policy seeks to develop healthy nutritional habits that aide in the development of each child. Our policy is in accordance with federal guidelines.

Policy Leadership

Believers In Christ Christian Academy Principal will have oversight of the development of the wellness policy. The Principal shall implement and oversee the policy by leading the review, update and evaluation of the policy.

Public Involvement

Believers In Christ will invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of the policy. The list may include:

- Administrators
- Teachers
- Students
- Nutritionists
- Culinary Professionals
- Community member/parent
- School Food Authority Representative
- Medical/Healthcare worker

School Meals

Every student will be served a nutritious/healthy meal (breakfast and lunch) that meets or exceeds current nutrition requirements as established under the Healthy Hunger-Free Kids Act of 2010

(www.fns.usda.gov/default/files/dietaryspecs.pdf).

Fresh vegetables and salad options are available daily. Meal preparations are done according to and beyond school nutrition requirements by our site chef and culinary staff.

Foods Sold Outside of Meals Program

Believers In Christ **does not sell** any food outside of the school meals program at this time.

Foods Provided but Not Sold (e.g. parties, celebrations, rewards)

Believers In Christ will adhere to the healthy snacks established standards. All food and beverages sold outside of the meal program shall meet these standards. (Nutritious Standards for All Foods Sold in Schools. (Smart Snacks)

Believers In Christ encourages that foods offered on the school grounds meet or exceed the USDA Smart Snacks in School Nutrition Standards. This also includes foods provided for celebrations and parties by staff and family

Believers In Christ Christian Academy Wellness Policy

members. We understand the importance of improving nutritional choices that will help students develop healthy eating habits.

Food/ Beverage Marketing

Believers In Christ **does not** market foods and beverages outside of the nutrition program at this time. For the future, we will limit the amount of food and beverages allowed for marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA rule.

Nutrition Education

Learning experiences in and out of the classroom will educate and reinforce healthy living. Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social studies and electives.

We provide healthy nutritional choices that expose our students to a variety of fresh foods and their preparation.

Students have access to clean drinking water.

Education on how to prevent diabetes and other health conditions is a part of the wellness program. We also partner with Prevent Blindness for vision screenings.

Children are instructed in proper handwashing and cleanliness to promote a healthy lifestyle and prevent the spread of disease.

Nutrition Promotion

Believers In Christ nutrition services shall use the Smarter Lunchroom Self –Assessment Scorecard to help determine ways to improve the school meals environment.

Physical Activity

Physical activity will be incorporated into the classroom lessons daily using Multiple Intelligences Theory. The students move throughout the day utilizing bodily kinesthetics in addition to recess at the elementary levels. Each subject area will be a spring board for moving and staying active and must include movement.

We also incorporate physical fitness classes, interactive sports, basketball, kickball, cheerleading, and dance etc. into our day. Physical activity is also included as a part of our morning assemblies.

Physical activities include but are not limited to the following:

Bowling, dancing, skating, hiking, running and rock climbing activities are scheduled periodically throughout the year for all children as well as outdoor activities.

Recess is scheduled as a part of the elementary experience.

Staff are active participants and models of eating well and exercising for improved health.

Parents play an important role in keeping kids active. So to help the children, we must include family activities that get everyone moving.

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Believers In Christ Christian Academy Wellness Policy

We will host activities to help parents get involved in healthy living.

Other School- Based Strategies for Wellness

Believers In Christ will offer a minimum of one family focused event that supports healthy nutrition and activities.

Triennial Assessment

Believers In Christ will evaluate compliance with the wellness policy no less than once every three years.

Update & Inform

Believers In Christ will actively inform and update families and the public about the content and updates to the policy through written notification via school website and meetings.

Believers In Christ Christian Academy Wellness Policy

A List of prospective activities:

Wellness Events

September is Welcome back!

November is Explore Healthy Food Choices

- Test and create as many new vegetable recipes as you can. Then share your favorites with the class.

January is a Scavenger Hunt of the four main food groups

- Spend a week putting the foods you eat in the proper categories and post them on the refrigerator at home.

February is Pizza Praise Party Time!

- Create your best healthy pizza (complete with calorie count)

March is Healthy Menu Contest:

- Which class can create the best healthy menu for breakfast or lunch options?

April is step it up! : Walking Challenge-

- Walk to keep up your health. Try to reach 10,000 steps a day. Record the number of steps daily for each family member.

May is the Water Challenge:

- Drink at least 8 glasses daily. Create a bar graph showing the number of glasses of water each one drinks for the month.

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