

Clifton Christian Academy Wellness Committee

Updated March 11, 2024

The Clifton Christian Academy Wellness Committee will convene at least once a year to establish goals for and oversee the school's health and safety policies and programs. The Wellness Council is comprised of the individuals found (on this document) below. In developing, implementing, and reviewing the guidelines and goals of the Wellness Policy, the committee will allow participation from the following individuals: other administrators, teachers, staff, students, parents/guardians, school board members, Clifton SDA Church members.

Name	Position/Title
D'Shauna Edwards, MPH-Committee Chair	Public Health Professional
Kerrilyn Komer	School Nurse
Adelina Simpson	Principal/Administrator
Leonard Dwyer	School Board Member
Benjamin Sun-Carbajal	Teacher
Nelson Cabrera Lopez	Parent
Aldair Salvatierra Garrido	Student
Jason Howard	Food Service Provider

Clifton Christian Academy Wellness Policy

Introduction

This Wellness policy outlines CCA's approach to nutrition, health, and wellness through the implementation of measurable goals to promote sound nutrition and health through nutrition education, physical activity, and other school-based activities.

Our school wellness policy is in accordance with the tenants of the Seventh-day Adventist Health Message outlined by Ellen G. White. It promotes the adoption of a plant-based diet and consuming whole grains, fruits and vegetables, legumes and nuts, healthy fats, and water in abundance; it strongly discourages the consumption of processed foods and foods high in saturated fats and sugar.

The CCA Wellness Policy establishes the following guidelines to ensure:

- CCA students receive quality nutrition, health, and wellness education to influence their decision to adopt a healthy lifestyle and make choices that positively impact their overall well-being;
- CCA engages in nutrition, health, and wellness promotion by displaying creative menus and posters and through health education;
- CCA students have access to free or affordable, vegetarian breakfast and lunch items each school day through the National School Lunch Program (NSLP), School Breakfast Program, and Fresh Fruit and Vegetable Program;
- CCA students have ample opportunities for physical activity during the school day through our physical education (P.E.) program and recess;
- CCA staff members are encouraged to adopt and practice healthy lifestyle behaviors.

The CCA Wellness policy applies to all students and teachers at CCA.

I. Wellness Policy Implementation

CCA will convene a Wellness Council that meets at least once per year to establish goals for and oversee school health and safety policies and programs. The Wellness Council is composed of at least one administrator, teacher, staff member, student, parent, school board member, and school nurse.

In developing, implementing, and reviewing the guidelines and goals of CCA's Wellness Policy and plan, the Wellness Committee will allow participation from other CCA administrators, teachers, staff members, students, parents/guardians, school board members, and Clifton SDA Church members.

II. Nutritional Quality of Foods and Beverages Served on Campus

School Meals

CCA will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including the following:

- fruits and vegetables
- whole grains
- meat alternatives, legumes
- fat-free and low-fat milk
- access to free drinking water (via the water bottle filling station)

Mealtimes and Scheduling

- After sitting down with their food in front of them, students will have at least 20 minutes to eat for lunch.
- School meals will not be withheld as punishment.
- Staff members will advocate for hand washing before students eat meals or snacks and students will have access to hand washing stations (in either the classroom and/or restrooms).

Sharing of Foods and Beverages

To ensure the health and safety of children with food allergies, intolerances, voluntary dietary restrictions, and religious beliefs, students are prohibited from sharing their foods or beverages with others during meal or snack times. Students are also prohibited from sharing foods to prevent cross-contamination and exposure to illness. This information is available to parents/guardians, students, and stakeholders in the school handbook and website.

Food as a reward: Our staff members are highly encouraged to celebrate students with non-food items (i.e. school supplies, small toys, computer time). Snacks used as a reward must meet the USDA Smart Snacks guidelines. Snacks should not be offered during mealtimes—breakfast, lunch—as this competes with the National School Breakfast and Lunch Programs.

III. Physical Education and Health Education

A. Health education classes pertaining to general wellness are taught by the school nurse.

B. Health education is also taught by classroom teachers in specific science units pertaining to health and wellness (i.e. hygiene).

IV. Physical Activity Opportunities

A. Students at CCA received at least 20 minutes of recess per school day. Depending on the weather, students have access to either the gymnasium, outdoor playground, or outdoor field. While free play is encouraged, students may engage in organized activities.

B. All students take physical education classes at least 2 hours per week. Students engage in cardiorespiratory exercises, generally through organized game activities.