

CCA WELLNESS POLICY GOALS:

1. School Staff

The school will create and strengthen, or work within existing school staff to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The staff also will serve as resources to school site for implementing the policies. (The school staff includes a group of individuals such as the school food authority, parents, students, and representatives of the public.)

2. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Program 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

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

- CCA, to the extent possible, operate the School Breakfast Program.
- CCA, to the extent possible, will arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- CCA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, Open House meetings/Parent Night, or other means.

Free and Reduced-Price Meals

CCA 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. Toward this end, CCA may provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Meal Times and Scheduling. CCA:

- 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 am. and 1 pm. by grade;
- 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;
- will make water fountain available to all students during meal times.

Sharing of Foods and Beverages. CCA 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.

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Clifton Christian Academy aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level 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 classroom instruction 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;
- includes training for teachers, workshops for teachers and other staff.

Daily Physical Education K – 8. Students in grades K through 8 including students with special health needs will receive daily physical education (100 minutes weekly). Physical education will be taught by the classroom teacher to further go across the curriculum which will involve participation in moderate to vigorous physical activity.

Integrating Physical Activity in the Classroom Setting. Classroom health education will complement physical education at least 15 minutes a day by reinforcing the knowledge and self-management skills incorporated into lesson plans. Short activity physical break-outs will be incorporated between classroom lesson or classes as appropriate.

Staff Physical Activity. Teachers and other staff will not use physical activity as punishment (e.g., running laps or pushups) or withhold opportunities for physical activity (e.g. recess or physical education).

The school 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 a website, newsletter, or other take-home materials, special events, or physical education homework.

Staff Wellness. CCA encourages 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. Staff will be encouraged to participate in a six-week program hosted by the community (Clifton SDA church or a hospital healthcare facility). This plan will be a discussion with the staff members to

promote staff health and wellness based on input solicited from the CCA staff.

Food and Beverage Marketing and Fundraising. Food marketing/fundraising will be consistent with nutrition education and health promotion. CCA will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

School Sale Policy. Food and beverages offered or sold at school sponsored events outside of the school day will meet the nutritious standards of our lunch and breakfast program.

Communications with Parents. CCA will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. CCA will 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. In addition, CCA will provide opportunities for parents to share their healthy food practices with others at Parent Night.

Monitoring and Policy Review.

Monitoring. Principal will ensure that the nutrition policies of USDA/ODE comply. CCA will follow the guidelines of reports every 5 years to the Child Nutrition USDA Meals Initiative and make changes as needed.

Assessment. Assessments will be repeated every 3 years to help review policy compliance, assess process and determine area in need of improvement. As part of the review, CCA will review our nutrition and physical activities policies; provision of an environment that supports healthy eating, physical activity, and education policies. CCA will as necessary revise the Wellness Policy and develop a work Action Plan to facilitate their implementation.