



**New Testament Christian Academy**  
**Local Wellness Policy**  
**2024-2025**

*“Train up a child in the way he should go and when he is old he  
will not depart from it.”*

*Proverbs 22:6*

**Mission Statement**

### Policy Preamble

New Testament Christian Academy (hereto referred to as NTCA) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. NTCA believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines NTCA's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day. The NTCA food director is responsible for reviewing the wellness policy each school year. NTCA welcomes stakeholders' (staff, students, parents, etc.) suggestions for policy input for improving the wellness of our students, staff, and families.

### Policy Leadership

The designated official for oversight of the wellness policy is R. Johnson -Director and S. Nelson - Staff. The officials shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

NTCA shall convene a Wellness Committee that meets at least one time during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

NTCA shall invite a diverse group of members to participate in the development, implementation, and periodic review and update of the wellness policy. Members may include:

- Administrator
- School food service representative
- Other staff with food service experience and/or administrative experience

### Nutrition Standards for All Foods

NTCA is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

#### *Standards and Guidelines for School Meals*

NTCA is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. The policy should include a link to USDA meal pattern requirements or list individually.
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.

## **School NTCA: New Testament Christian Academy**

- The school campus is “closed” meaning that students are not permitted to leave the school grounds during the school day.

### *Foods and Beverages Sold Outside of the School Meals Program*

- Excluding exceptional fundraisers, all food and beverages sold and served outside of the school meal programs (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The policy should include a link to the USDA Smart Snacks standards or list individually.
- NTCA adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards (School nutrition standards do not include food provided at celebrations and parties and classroom snacks brought by staff, students, or family members.) Otherwise, foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards. Students may access the share table for additional servings.

## **Nutrition Education**

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education shall be provided to families as well.

## **Nutrition Promotion**

Posters may be displayed to promote nutrition.

## **Physical Activity**

## **School NTCA: New Testament Christian Academy**

NTCA shall provide students with age and grade appropriate opportunities to engage in physical activity.

### *Physical Education*

Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.

## **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

### *Staff Wellness*

NTCA will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- The school shall provide a blood-pressure monitor, an oxygen monitor, and a scale for the staff members to use to self-monitor their health.

### *Community Engagement*

NTCA shall work with community partners, including the health department and dental clinics to support NTCA wellness.

## **Monitoring and Evaluation**

NTCA wellness policy will be updated as needed based on evaluation results, NTCA changes, emergence of new health science information/technology, and/or new federal or state guidance are issued.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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