



## WELLNESS POLICY

*Light Christian Academy understands that it must fully comply with the requirements of the final rule.*

### **Preamble**

Light Christian Academy recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Light Christian Academy is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

### **1. Local School Wellness Policy Leadership**

#### **District level**

Light Christian Academy will assemble a representative wellness committee that will meet annually to monitor and set goals for the development and implementation of its local school wellness policy. The wellness committee or individual members of the wellness committee may serve as the Healthy School Team or members of a Healthy School Team for Light Christian Academy. As required by K-20 Education Code 1003.453 the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The Lead Pastor/Chief Administrator of Ocoee Church of God dba Light Christian Academy, Bishop Thomas Odom, shall ensure overall compliance with the local school wellness policy.
- Parents, students, staff (including food service staff), faculty, the school board, school administrators, and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

#### **Campus level**

Each campus within Light Christian will establish an ongoing Healthy School Team that will meet at minimum annually to ensure compliance and to facilitate the implementation of the school's wellness policy.

- The school principal, vice principals, and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the school's wellness policy.
- At each campus, the lead pastor/chief administrator of the ministry will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team is responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-2.002);
  - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-2.002;
  - And reporting its school's compliance of the regulations to the lead pastor/chief administrator, who is responsible for ensuring overall compliance with (the LEA's) wellness policy.

**Light Christian Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.**

## **2. Nutrition Promotion**

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

At minimum, Light Christian Academy will strive to meet the following Nutrition Promotion goals:

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 10%.
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering nutritious, locally-grown food whenever possible within the school meals programs as well as in a la carte sales.
- The school, in partnership with community organizations and businesses, will work to creatively market and promote locally-produced food to students, through activities such as field trips to local farms and producers.

### **3. Nutrition Education**

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

At minimum, Light Christian Academy will strive to meet the following Nutrition Education goals:

- Nutrition education is included in the school's core curriculum for grades K-2nd. For grades 3<sup>rd</sup>-12<sup>th</sup>, teachers will create age- and level- appropriate lessons providing instruction in healthy eating behaviors. Lesson topics may include (but are not limited to) mindful eating, balanced meals, how to read nutrition facts labels.
- Nutrition activities will also be incorporated into the school program. These activities, such as creating a sample menu for family meals or planning a healthy snack for a classroom celebration, will provide hands-on applications of good nutrition practices to promote health and reduce obesity.
- The school will seek to provide an annual field trip experience for all grades to a local grower, producer, or restaurant. This field trip will include a discussion of the path of food from farm to table and/or a discussion of safe food handling practices.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

### **4. Physical Activity**

Light Christian Academy shall ensure that physical activity is an essential element of each campus's program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

At minimum, Light Christian Academy will strive to meet the following Physical Activity goals:

- All students in grades K-5 shall receive 60 minutes per week of structured physical activity. For grades 6-8, students shall receive 80 minutes of physical education per week in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education or its equivalent in high school as required. Personal fitness will be a required component of physical activities for high school students; additionally, personal fitness will be covered as part of the student's Health course.
- Students in grades 6-12<sup>th</sup> have the option of participating in interscholastic sports at the junior varsity and/or varsity level. Sports may include flag football, volleyball, basketball, soccer, track and field, archery, and flag corps.
- All elementary school students will have at least 20 minutes of recess per week. Additional recess will be encouraged for all elementary students as weather and classroom routine allows. Each campus will provide space, equipment, and an environment conducive to safe and enjoyable play.

- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week as part of their personal fitness plan. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events where applicable.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly, as appropriate. These physical activity breaks can be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments.
- When appropriate, the school will work with local community agencies to make it safer and easier for students to walk and bike to school.
- The school will provide access to free, quality drinking water for all students. Additionally, students will be permitted to keep a bottle of water at their desks or in the classroom.

## **5. Other School-Based Activities**

Light Christian Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

At minimum, Light Christian Academy will strive to meet the following Other School-Based Activities goals:

### **General Guidelines**

- The goals outlined by the wellness policy will be considered in planning school-based activities such as school events and field trips.
- Afterschool care will encourage healthy snacking and physical activity.
- Where applicable, Light Christian Academy shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Each campus within Light Christian Academy shall be in compliance with drug, alcohol and tobacco-free polices.

### **Eating Environment**

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Each campus will work with its vendor to provide nutritious, fresh, locally grown food where possible and feasible.

## **6. Guidelines for All Foods and Beverages Available from the School During the School Day**

Light Christian Academy shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

### **General Guidelines**

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs.
- Free, potable water will be made available to all children during each meal service.

### **Competitive Foods**

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
- Competitive foods include items sold a la carte in the cafeteria, school stores, and for in-school fundraisers.
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards as outlined by the NSLP guidelines for competitive food items.
  - Light Christian Academy may offer exempted competitive foods allowed under the standards for exemptions found in 7 CFR 210.11.

### **Standards for food and beverages available during the school day that are not sold to students**

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Fundraising**

- Any fundraisers that involve the sale of food will be limited to occurring outside of regular school hours and will only sell food designed to be consumed outside of school hours.
- The school administration is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the allowable maximum number of school days per school campus each school year.

## **7. Policy for Food and Beverage Marketing**

At this time, Light Christian Academy does not participate in food or beverage marketing on any of its campuses. If in the future the school chooses to allow in-school food and beverage marketing, it will meet competitive food (Smart Snack) standards.

## **8. Evaluation and Measurement of the Implementation of the Wellness Policy**

Light Christian Academy's wellness committee will update and make modifications to the wellness policy based on the results of the annual review and assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges, and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

### **Triennial Progress Assessments**

At a minimum, Light Christian Academy will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Light Christian Academy is in compliance with its local school wellness policy.
- The extent to which Light Christian Academy's wellness policy compares to model local school wellness policies.
- A description of the progress made in attaining the goals of the local school wellness policy.

## **9. Informing the Public**

Light Christian Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public by posting them on the school's website.

At minimum, Light Christian Academy will strive to meet the following goals for informing the public:

- Light Christian Academy will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- Light Christian Academy will present major wellness policy updates, as applicable, during meetings with the school board, health and wellness committee, and other interested groups or stakeholders.

## **10. Community Involvement**

Light Christian Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will actively communicate ways in which parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, representatives from the local agriculture community, food and nutrition

professionals, and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- (The LEA) will consider student needs in planning for a healthy nutrition environment.
- In order to encourage family involvement in making healthy nutrition choices, parents/guardians will be able to contact the school office and obtain information about their child's snack or lunch purchases, including an itemized list.
- The school will annually distribute to students' families informational flyers with ideas about healthy snacks or foods for celebrations. Where possible, this information will be translated into Spanish to better serve our community.
- At the final school board meeting of each year, the local school wellness policy will be discussed, and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.