



CENTRAL CHRISTIAN ACADEMY

WELLNESS POLICY

Policy Compliance

Central Christian Academy's Wellness Policy is enforced by a team of five members:

Mrs. Kate Fisher, Principal
Mrs. Edy Ayon, Food Service Director
Mrs. Rachel Kocher, Parent
Mrs. Katie Segers, Parent
Mrs. Margarita Glaum, Physical Education Teacher

The principal shall be responsible to monitor the school, programs and curriculum to ensure compliance with this policy. Other members of the team help facilitate the execution of the policy. The principal shall annually report to the Board on compliance with law and policies related to the students' wellness. This report may include:

- Assessment of school environment regarding student's wellness issues.
- Evaluation of food service program.
- Review of all foods and beverages sold in the school for compliance with establish nutritional guidelines.
- Listing of activity and programs conducted to promote nutrition and physical activity.
- Recommendation for policy and/or program revision.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members.

The school shall inform and update the public, including parents/guardians, students, and others in the community about the contents and implementation of this policy.

Nutrition Education

Central Christian Academy (CCA) has strived to provide nutritional education to its staff, students and their families. The following techniques explain how CCA will continue nutritional education:

1. Nutrition education is integrated into the curriculum such as health, math, science, language arts and social studies.
2. Nutritional education information is reviewed by a qualified nutrition professional.
3. Nutrition education is also shared with Central Christian families via an informational column in our weekly newsletter.
4. Students and families are instructed about the importance of starting the day with the healthy breakfast and encouraged and reminded to do so.

Physical Activity

CCA is dedicated to supporting extra- curricular sports programs as well as qualified physical education both in the gym classes is and normal classroom time.

1. Teachers are encouraged to integrate physical activity into learning.
2. Certified Physical Education teacher plans and oversees the curriculum and activity in the physical education routines and classes.
3. Recess restriction is NOT used as a form of discipline.
4. CCA participates in the “Punt Pass and Kick” program during annual field day.
5. Although several extra extracurricular physical teams are already being held at school, we continue to participate in the distribution of community sports programs as well as offer the school facilities for any other organized sports related activities.

Other School Based Activities

CCA continues to support school -based activities available to their students and families. All after school programs incorporate the guidelines set forth in the Wellness Policy including references to nutritional education and nutritional snack options.

1. CCA offers yearly physicals for members of sports teams as well as hearing scans and eye exams for all its students. Height and weight are measured for each student and BMI's are calculated. Parents are notified of the results and BMIs that fall above 85 % and below 5 % are referred to the child's personal physician for follow up. Follow up appointments are also recommended for any abnormal hearing and eye screenings.
2. CCA continues to distribute information on State assistant medical and dental health insurance programs for its students and families.
3. CCA is dedicated to continuing a local wellness committee to implement and improve nutrition and physical activity in school.

Nutritional Guidelines for All Foods on Campus

CCA continues to strive to meet the state standards for well-balanced nutritious lunch meals. We are proud of our record that proves our dedication to high quality and well-rounded food service for all our students.

1. Food providers at CCA continue to take every measure to ensure that students access to food and beverage meet federal, state, and local alliance and guidelines. Food providers offer a variety of age-appropriate healthy meals and beverages selected for its students and K through eighth grade.
2. Families, teachers, students and school officials are engaged in choosing the competitive food selection for CCA.
3. Promotional activities are limited to programs that are requested by school officials to support teaching and learning. All promotional activities and schools are connected to activities that encourage physical activity, academic achievement or positive youth development and follow local guidelines.

4. Food providers all supply advertising materials that encourage smart choices and nutritional gain for its students.
5. Classroom snacks and school party/celebrations shall feature healthy choices including fruits, vegetables, water, 100% fruit juice, and low-fat/nonfat milk. Foods with sugar as the first ingredient will be limited to two or three items.
6. All food and beverages offered for sale to students outside of the reimbursable meals apart from a limited number of exempt fundraiser permitted by the state shall follow federal Smart Snack in School Standards.

Eating environment

CCA is committed to maintaining a clean comfortable eating environment for its students.

1. CCA provides 30 minutes for students to eat their lunch.
2. CCA lunch periods are scheduled in the middle of the school day.
3. CCA cafeteria has parent volunteers to assist so that students do not have to spend too much time waiting in line.
4. CCA staggers the lunch start time so that the number of students in line is always kept a minimum.
5. Access to drinking water is always available for the students at mealtime. Low fat (1%) white and nonfat chocolate milk are offered daily as part of reimbursable meals.
6. Food is not used as a reward or punishment for student's behavior.