



Wellness Policies on Physical Activity and Nutrition

Seacoast Christian Academy is committed to providing an education environment that promotes and protects the health and well-being of its students by supporting a healthy eating and physical activity. Our goal is to enhance the school environment by helping students develop lifelong health and wellness practices in the areas of nutrition, health, physical activity and food service.

Thus, Seacoast Christian Academy is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Seacoast Christian Academy that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in Preschool ages 1-5 and grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will be verified to have met compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003).
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program).
- Seacoast assures that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issues by USDA.
- Seacoast will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Seacoast Christian Academy has created a school health committee that has developed and will implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. This committee will serve as a resource to our school for implementing those policies. (Our committee is comprised of parents, students, and school and food representatives).

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

School Meals

Meals, beverages, and snacks served through the National School Lunch and Breakfast Programs will:

- be consistent with the Federal regulations for school meals and the Smart Snacks in School nutrition standards
- 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;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Seacoast will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, and school newsletter.

Breakfast.

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

- Seacoast will, to the extent possible, operate the School Breakfast Program.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Seacoast 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, Seacoast may utilize electronic identification and payment systems; promote the availability of school meals to all students.

Meal Times and Scheduling

Seacoast will make every effort to:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45a.m. and 1 p.m.;
- not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in school. Staff development programs will include appropriate certification and/or training programs for nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Seacoast 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.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. The School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

School-Sponsored Events (such as field day, parent nights, performances)

Food and beverages offered or sold at school-sponsored events outside the school day will meet the nutritional standards for meals and foods and beverages sold individually.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

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.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
 - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by Seacoast Christian Academy food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Seacoast Christian Academy aims to teach, encourage, and support healthy eating by students. Seacoast will 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 in 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 and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Physical education classes will be offered twice a week and recess daily for elementary students
- Middle and High school students will be offered PE or dance for 55 minutes daily as an elective. In addition, there are opportunities for after school activities include flag football, football, basketball, baseball, softball and volleyball.
- Extended day care will provide opportunities for organized play and physical exercise.
- Seacoast will provide additional opportunities for students to participate in our dance program, karate after school program, and an after school sports program
- opportunities for physical activity will be incorporated into other subject lessons
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate

Communications with Parents

Seacoast will support parents' efforts to provide a healthy diet and daily physical activity for their children. Seacoast 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. Seacoast will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, Seacoast will provide opportunities for parents to share their healthy food practices with others in the school community.

Seacoast 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.

Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Seacoast will only market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- **Seacoast's** nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education Preschool ages 1-5 years old

All students' ages 1-5 years old, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily recess of at a minimum 30 minutes in the morning and 30 minutes in the afternoon.

Daily Physical Education (P.E.) K-5

All students in grades K-5, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools will discourage extended periods (*i.e.*, periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Education (P.E.) Middle and High School

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

Physical Activity Opportunities Before and After School

Seacoast will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment.

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

V. Monitoring and Policy Review

Monitoring

At Seacoast, the principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal. The effectiveness of our school’s wellness policy will be evaluated and the results will be presented to the Board of Directors with recommended revisions annually

Policy Review

Seacoast will review our current nutrition and physical activity policies and wellness program. Assessments will be completed annually to help review policy compliance, assess progress and determine areas of needed improvement.

To help with the initial development of the schools wellness policies, Seacoast will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Seacoast 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.

Evaluation and Measurement of the Implementation of the Wellness Policy

Seacoast’s wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial 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

Seacoast will conduct an assessment of 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 Seacoast is in compliance with the local school wellness policy;

- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Informing the Public

Seacoast will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Seacoast will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Seacoast 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.
- Seacoast will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, Seacoast's website, and emails to the parents to ensure that the community is informed and that public input is encouraged.
- Seacoast will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

Community Involvement

Seacoast is committed to being responsive to community input, which begins with awareness of the wellness policy. **Seacoast** will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- **Seacoast** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- **Seacoast** will use electronic mechanisms, such as email or displaying notices on our website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- 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.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

Wellness Committee

Our goal at Seacoast is that all family members, students, Board of Directors, school administrators, and staff will be activity involved in the development and review of this school wellness policy. The following people were involved in developing and monitoring the Seacoast Christian Academy wellness policy: Administrator, Joette Whittingham, Director, Angel Gastfield, Board of Directors President, Connie Cenac, Kitchen Manager, Jeff Wainright, Parent representative, Christy Bradley, Teacher, Jill Richards.