

## Wellness Policy

### Overview

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-265). This act required by law that all local educational agencies (LEAs) participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the Healthy, Hunger-Free Kids Act and added new provisions for local wellness policies related to implementation, evaluation and publicly reporting on progress of local wellness policies. The Act requires each LEA participating in the National School Lunch Program or other child nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each LEA must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy.

In 2013, the U.S. Department of Agriculture (USDA) released its interim final rule for national guidelines for foods sold in school vending machines, snack carts, and school stores – with the deadline for implementation by the 2014-15 school year. The USDA guidelines are very similar to the HSP Competitive Foods and Beverages Guidelines.

The provisions of this proposed rulemaking ensures that each local educational agency (LEA) establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program under the jurisdiction of the local educational agency. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold on the school campus during the school day meet the minimum Federal standards. At a minimum, a local school wellness policy must—

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available on each participating school campus under the jurisdiction of the local educational agency that:
  - (i) Are consistent with the meal pattern requirements set forth under NSLP and SBP (7 CFR 210.10 and 7 CFR 220.8) as applicable;
  - (ii) Are consistent with the nutrition standards set forth under § 210.11;
  - (iii) Permit marketing on the school campus during the school day of only those foods and beverages that meet the requirements
  - (iv) Promote student health and reduce childhood obesity.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy (section 9A(b)(3) of the NSLA)
- Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public

---

## **Nutrition Guidelines for All Foods**

The NSLA, as amended at section § 210.30 Local school wellness policy 9A(b)(2), also requires that the local school wellness policy include nutrition guidelines for all foods available on each participating school campus under the jurisdiction of the LEA during the school day. These guidelines must be consistent with the regulations governing the meal pattern requirements for reimbursable meals under the NSLP and SBP (7 CFR 210.10 and 7 CFR 220.8) and the regulations governing competitive foods (7 CFR 210.11), which include foods and beverages, and promote student health and reduce obesity.

---

### **Definitions**

Definitions for the purposes of this policy (as defined in § 210.11) for the terms school campus and school day. These terms are defined in the same manner they are defined for the purpose of competitive foods (at § 210.11(a)).

**School campus-** means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**School day-** means the period from the midnight before to 30 minutes after the end of the official school day.

**School meals-** Local school wellness policies can serve as a vehicle to explain to the public and the school community the updated nutrition standards for school meals as well as other State or local policies related to school meals.

---

### **Preamble**

Legacy Christian Academy is committed to the optimal development of every student, and providing a school environment that promotes and protects children's health and ability to learn by supporting healthy eating and physical activity. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines Legacy Christian Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;

- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The school community is engaged in supporting the work of Legacy Christian Academy in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

---

## **Committee Role and Membership**

Legacy Christian Academy will convene a representative School Wellness Committee (hereto referred to as the SWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The SWC membership will represent all school levels (elementary and JH/HS) and include (to the extent possible), but not be limited to: school administrators, parents and caregivers; students; representative of the school nutrition program, physical education teachers; health education teachers; school counselors; school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public.

## **Leadership**

The appointed designees from the Superintendent will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The designees are as follows:

- Greg Scheck; [gscheck@legacyknights.org](mailto:gscheck@legacyknights.org)- superintendent, secondary principal
- Tim Combs; [tcombs@legacyknights.org](mailto:tcombs@legacyknights.org)-primary principal
- Michelle Miller; [mmiller@legacyknights.org -operations](mailto:mmiller@legacyknights.org-operations) manager; and manager of food services; parent
- Amber Chambers; [achambers@legacyknights.org](mailto:achambers@legacyknights.org)- school nurse; parent
- Karen Isaacson; [kisaacson@legacyknights.org](mailto:kisaacson@legacyknights.org)- PE teacher and health education teacher
- Bev Moser; [bmoser@legacyknights.org](mailto:bmoser@legacyknights.org)- athletic director; parent
- Becky McCaskey; [rmccaskey@legacyknights.org](mailto:rmccaskey@legacyknights.org)- assistant to the athletic director, parent

---

## **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### **Implementation Plan**

Legacy Christian Academy will establish a District Wellness Committee shall:

1. Participate in the development, implementation, periodic review and update of this Wellness Policy, which will include:
  - Obtain periodic informal updates of building principals, classroom staff and school health personnel on the progress of wellness activities and their effects.
  - Report to the Board and the public on an annual basis regarding the implementation and effectiveness of this policy.

The Superintendent of Schools, or his designee, shall have the operational responsibility to ensure that the District meets the standards set forth in this policy.

## **Monitoring and Review**

The school business manager will monitor the implementation of the policy and provide to the Superintendent of Schools or his/ her designee a review by May 30<sup>th</sup> of each year.

The District shall provide information to the school community (including parents / guardians, students and others in the community) about the content and implementation of this Wellness Policy. This wellness policy and the progress reports can be found at: [legacyknights.org/legacy-life/health.cfm](http://legacyknights.org/legacy-life/health.cfm)

## **Recordkeeping**

Legacy Christian Academy will retain records to document compliance with the requirements of the wellness policy on the Ambassador Net. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with school community involvement requirements, including
  - 1) Efforts to actively solicit SWC membership from the required stakeholder groups; and
  - 2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school
- Documentation demonstrating compliance with public notification requirements, including:
  - 1) Methods by which the wellness policy, annual progress reports, are made available to the public; and
  - 2) Efforts to actively notify families about the availability of wellness policy.

## **Annual Progress Reports**

Sections 9A(b)(4) and 9A(b)(5) of the NSLA, as amended, requires the LEA to inform and update the public about the content and implementation of the local school wellness policy, the extent to which schools are in compliance with the policy, and progress made in attaining the goals of the policy. The intent of these requirements is to promote public transparency and ensure parents have easy access to information about the wellness environment of the school their child attends.

Legacy Christian Academy will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in August, and will include information from each school. The SWC will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of the school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated school policy leader(s)
- Information on how individuals and the school community can get involved with the SWC.

The District will actively notify households/families of the availability of the annual report in the Ambassador Weekly, and/or monthly Parent Page.

## **Revisions and Updating the Policy**

The SWC will update or modify the wellness policy based on the results of the annual progress reports, assessments, and/or as District priorities change; school community needs change; wellness goals are met; new health science, information, and technology

emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years.

### **School Community Involvement, Outreach, and Communications**

The District is committed to being responsive to the school community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of the SWC, and others, can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's 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 the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

---

### **Nutrition**

Students' eating habits are influenced by the types of foods and beverages available to them. The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for their lifetime, the District shall ensure that all foods and beverages available in school, at school-sponsored events, and at school fundraising events, promote good nutrition, balance, and reasonable portion sizes. The District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations.

The District will adhere to the nutrition standards required by all federal, state and local regulations as they may arise.

To accomplish this, the Board directs that the school:

1. Serve healthy and appealing foods and beverages, following state and federal nutrition guidelines, as well as safe food preparation methods.
2. Provide a clean, safe, enjoyable meal environment for students.
3. Provide enough space and serving areas to ensure that all students have access to school meals with minimum wait time.
4. Continue to protect the identity of students who are approved for free and reduced price meals.
5. Adopt "Learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behavior conducive to health and well-being" (ADA 1996).

### **Nutrition Education**

Legacy Christian Academy aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, and participatory activities, such as cooking demonstrations or lessons, promotions, and the 4<sup>th</sup> grade health awareness week.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;

- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- 

## **School Meals**

A healthy school environment goes beyond the cafeteria. In June 2013, the USDA released the Interim Final rule “ Smart Snacks in Schools”. The rule is intended to bring a nationwide focus to the types of foods and beverages that may be sold throughout the school campus during the defined “regular school day”. All schools that participate in the NSLP will follow the standards that are considered by the USDA rule “Smart Snack in School” and Ohio policies.

State Policy applies to the regular school day for all snack and beverages sold and the extended school day for sales that are not considered fundraisers or interscholastic athletic events.

- “Regular School Day” is defined at the period from 12:01 a.m. until 30 min after the end of the instructional period.
- “Extended School Day” refers to the period before and after the regular school day which students participate in school-sponsored extracurricular activities, latchkey programs or other academic or enrichment programs.
- “School Campus” refers to any area of the property under the jurisdiction of the school that is accessible to students during the school day.

\*It is important to note that the USDA has no role in regulating food brought from home. These standards only affect foods that are sold on school campus during the school day. \*

It is recommended by the Legacy Christian Academy School Board that the District:

1. Promote fresh fruits, vegetables, salads, whole grains, and low fat items.
2. Encourages students to try new or unfamiliar items, as appropriate.
3. Makes efforts to ensure that families are aware of programs available for free or reduced-price meals and encourage eligible families to apply.
4. Provides students with adequate time to eat their meals.
5. Makes drinking fountains available at locations where meals are served.
6. Promotes items which are healthy, fresh, natural and minimally processed and discourages items high in sugar, fat, and that are highly processed.
7. Works with existing vendors or locate new vendors that will comply with the District’s objectives.

---

## **Guidance from ODE states that the requirements for schools are:**

### 9.1 Any food sold in schools must:

- Be a “whole grain-rich” product; or
- Have as the first ingredient a fruit, vegetable, a dairy product, or a protein food (meat, beans, poultry, seafood, egg, nuts, seeds etc.); or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- Calories per item as packaged or served : ≤ 200 calories for snacks and side dishes; ≤ 350 calories for entrée items not in the NSLP

- Total fat:  $\leq 35\%$  of calories
- Saturated fat:  $< 10\%$  of total calories (excludes egg or cheese packaged for individual sale in middle and high school)
- Trans fat: zero grams
- Sugar (per item as packaged or served):  $\leq 35\%$  of weight from total sugars in foods
- Sodium (per item as packaged or served):  $\leq 200$  mg for snack items;  $\leq 480$ mg for entrée items
- Side items sold a la carte must meet the Smart Snacks nutrition standards
- Accompaniments, such as condiments or salad dressing, must be included in the nutrient profile as a part of the item served.

## 9.2 Beverages:

In general, per USDA interim final rule, elementary and middle schools may only sell low-fat or nonfat milk, 100% fruit and/or vegetable juice, and water per USDA's portion guidelines. High schools may sell additional beverages meeting calorie and serving size limits.

### Juice

- Elementary:
  - 100% fruit/vegetable  $\leq 8$ oz
  - 100% fruit/vegetable juice water blend, and no added sweeteners  $\leq 8$ oz
  - $\leq 160$  calories per 8oz
- Middle:
  - 100% fruit/vegetable juice  $\leq 10$ oz
  - 100% fruit juice/water blend, no added sweeteners,  $\leq 10$ oz
  - $\leq 160$  calories per 8oz
- High:
  - 100% fruit/vegetable  $\leq 12$ oz
  - 100% fruit juice/water blend, no added sweeteners,  $\leq 12$ oz
  - $\leq 160$  calories per 8oz

## 9.3 Milk and milk alternatives:

- Elementary:
  - Low-fat milk, unflavored  $\leq 8$ oz
  - Nonfat milk, plain or flavored  $\leq 8$ oz
  - Nutritionally equivalent milk alternatives  $\leq 8$ oz
- Middle:
  - Low-fat milk, unflavored  $\leq 12$ oz
  - Nonfat milk, plain or flavored  $\leq 12$ oz
  - Nutritionally equivalent milk alternatives  $\leq 12$ oz
- High
  - Low-fat milk, unflavored  $\leq 12$ oz
  - Nonfat milk, plain or flavored  $\leq 12$ oz
  - Nutritionally equivalent milk alternatives  $\leq 12$ oz

#### 9.4 Other Beverages allowed only in high school

- Calorie –free beverages that comply with the USDA requirement of  $\leq 5$  calories per 8oz serving (or  $\leq 10$  calories per 20 fluid oz), in no more than 20oz servings. These may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.
- Calorie-free flavored water (with or without carbonation) in servings of no more than 20 oz.
- Beverages  $\leq 40$  calories per 8 fluid oz per serving (or  $\leq 60$  calories per 12oz fluid serving) in no more than 12oz servings are also allowed.
- Caffeinated beverages

9.5 Water: Portable water must be available at no charge during meal service. There is no restriction on plain water for sale (carbonated or un-carbonated).

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout the school campus\* (“school campus” and “school day” are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

---

#### School Menus

Menus will be posted on the school website, and will include nutrient content and ingredients.

- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- Students will be allowed at least 20 minutes to eat lunch. Students are served lunch at a reasonable and appropriate time of day.

---

#### Classroom Parties/Fundraisers

As of July1, 2014, all fundraisers will be required to meet USDA’s Smart Snacks nutrition standards, with no exemptions allowed. The policy addresses only food and beverages sold. Food and beverages sold outside of the defined regular school day and/or food and beverages given to students at no cost/no medium of exchange are exempt from the nutrition standards.

\*Please see the school’s anaphylaxis policy for specific information regarding class party food\*

---

#### Physical Activity

The primary goals and characteristics of quality physical education and physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students (at all levels of physical ability); and gain an appreciation for lifelong physical activity through a healthy lifestyle.



Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, students, and families are encouraged to participate in and model physical activity as a valuable part of daily life.

The School's Physical Education program shall adhere to the curricular requirements of the Ohio Department of Education.

### 12.1 Physical Education

1. Engage students in physical education for at least the minimum number of hours or days per week under State requirements.
2. Offer Physical Education classes that incorporate the appropriate learning standards.
3. Offer Physical Education that promote the integration of physical activity in the curriculum.
4. Offer Physical Education that promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives.
5. Not use physical activity as a form of discipline or punishment or reward.

### 12.2 FitnessGram

Fitness activity programs can produce a number of positive benefits for students. They not only offer students opportunities to become more physically fit but also contribute to camaraderie and stress release. Furthermore, positive experiences and fun with fitness programs can instill an enjoyment of, and commitment to, lifelong fitness and wellness.

FitnessGram® is a physical fitness program used in the elementary PE classes. It is the most widely used youth physical fitness assessment, education and reporting tool in the world. Based on Healthy Fitness Zone® standards, created by the FitnessGram Scientific Advisory Board, FitnessGram uses criterion-based standards, carefully established for each age and gender.

FitnessGram assesses the five components of health-related fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Personalized reports provide objective, feedback and positive reinforcement which are vital to changing behavior. These reports serve as a communications link between teachers, parents, and students.

FitnessGram is also recognized by the Presidential Youth Fitness Program, which emphasizes the value of being active—in school and for a lifetime. It supports physical educators following the national standards and grade-level outcomes for physical education that are designed to develop physically literate individuals.

The Presidential Youth Fitness Program provides resources and tools for physical educators to enhance the fitness education process. This includes:

- FitnessGram® health-related fitness assessment
- Instructional strategies to promote student physical activity and fitness
- Communication tools to help physical educators increase awareness about their work in the classroom
- Options to recognize fitness and physical activity achievements

### 12.3 Gymnasium

The use of the gymnasium is available for students and employees during and after school. Legacy Christian Academy partners with the local ministry, AIA (athletes in action), regarding use of the gymnasium and athletic fields; as well as the Greene County YMCA summer youth program.

### 12.4 Recess

Playgrounds and playground equipment are designed to stimulate children physically, intellectually, socially, and emotionally. A daily allotment of recess time for elementary school students will be at least 20 minutes. The allotted recess time should not be used as a form of discipline, punishment or reward. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The maintenance department will conduct necessary inspections and repairs. All safety concerns should be reported to the maintenance department.

- Playground equipment is designed for users between 2-12 years of age (2-5 preschool age, 5-12 school age).
- Equipment is designed to be age appropriate.
- Two types of surfacing can be used, loose-fill material and unitary material
  - Loose-fill materials include mulch, wood chips, shredded/recycled rubber, sand, and pea gravel.
  - The minimum amount of loose-fill material required is 3 inches.

### 12.5 Extracurricular Opportunities for Physical Activity

Legacy Christian Academy is committed to offering programs to meet the various physical activity needs, interests, and abilities of all students. Opportunities for physical activity offered, excluding intramurals and interscholastic athletics, are:

- Tailgate for secondary students in the Fall and Spring
- JH Fall party and hayride
- End of year field day for primary students
- Senior trip to Alpine Ministries.
- Spring Work Day for the Xenia community