

*WELLNESS POLICY  
FOR WILKINSON COUNTY CHRISTIAN ACADEMY  
2018*

**Rationale:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**Goal:**

All students in the WCCA School shall be provided the opportunity to gain the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the WCCA School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the WCCA School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

**Commitment to Nutrition**

The WCCA School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E)

Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the food service site.

- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).

- Follow guidelines in accordance with the MS Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

### Commitment to Food Safe Schools (Revised 8/15/14)

The WCCA School will:

- Implement a food safety program based on HACCP principles for all school meals, as required by USDA, MS Department of Education, Office of Child Nutrition and ensure that the food service permit is current for the school site.
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: [http://healthyschoolsms.org/ohs\\_main/instructionalvideo.htm](http://healthyschoolsms.org/ohs_main/instructionalvideo.htm).
- All school personnel will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development which includes the video Eating Safely at School, <http://schoolhealth.nsba.org/site/docs/42400/4234.pdf> developed by the National School Board Association.
- Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff and families prepare, handle or consume food.
- The food safety assurance plan must address strategies that minimize the risks for students and staff who have food allergies and intolerances.

### ***Commitment to Physical Activity***

***The WCCA School will:***

- ***Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33.).***
- ***Kindergarten students will participate in physical activity for a minimum of 40 minutes during the school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).***
- ***Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.***
- ***Implement the 2006 Mississippi Physical Education Framework.***

## ***Commitment to Comprehensive Health Education***

***The WCCA School will:***

- ***Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).***
- ***Implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).***

## COMMITMENT TO IMPLEMENTATION

The WCCA School will:

Establish a plan for implementation of the school wellness policy.

Designate one or more persons to insure that the school wellness policy is implemented as written.

## **Appendix A**

# **Appendix A: Nutrition Guidelines**

GOAL: The goal of establishing guidelines for all foods and beverages served or sold during the school day (outside of Child Nutrition Programs that follow USDA guidelines) is to improve the nutritional intake of Mississippi children. This can be done with a combination of two strategies.

1. Adding more nutrient-rich, appealing options whenever foods and beverages are sold (or otherwise offered), including vending machines, school stores, parties, celebrations, social events, concessions stands at sporting and academic events, , and other school functions. Possible options include fruits and vegetables (fresh, canned, and dried); nuts, seeds, and trail mix; beef jerky and peanut butter; reduced-fat dairy products (milk, cheese, yogurt, frozen yogurt, and smoothies); 100 juice, and water.
2. Limiting intake of discretionary calories (in the venues described above). These are calories from fat and added sugar that provide few if any important nutrients (like protein, vitamins, minerals, fiber, etc.). As described in the 2005 Dietary Guidelines for Americans, discretionary calories include intrinsic fats in the basic food groups (like the fat in whole milk versus low-fat milk), most solid fats (like butter and margarine), and all added sugars. Limiting intake of discretionary calories can be done both by limiting portion size of and access to regular soft drinks, sweetened tea, candy, cookies, and high-fat snacks (regular potato chips, com chips, crackers, sausage sticks, etc.).

### MARKETING:

The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:

- **Product:** Vendors and companies have increasing numbers of products available - many with a more healthful profile than traditional snack foods and beverages.
- **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in "prime" locations -like at students' eye level in a vending machine.
- **Price:** Another way to increase the sales of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to .50 less than regular soft drinks.

- Promotion: There are many creative ways to promote healthy options - like offering samples of new healthful products or giving discount coupons during the introductory period.

For more information on these strategies and schools that have successfully increased healthful food and beverage options, read: Making It Happen! School Nutrition Success Stories

## **EXAMPLE OF NUTRITION STANDARDS FOR VENDING**

### **Nutrition Standards Intent/Rationale:**

The WCCA School strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following Nutrition Standards as minimal guidelines.

### **Food:**

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 ounce or less package size) and reduced-fat dairy products are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare occasions when the school principal may allow a school group to deviate from these Standards, but those special occasions must be recorded and included in the Nutrition & Physical Activity Advisory Council Annual Report.

### **Beverages:**

- ONLY reduced-fat milk (including flavored milk), water, and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners may be sold on school grounds immediately prior to and throughout the instructional day. This standard will be phased-in over the next three school years in the following way:
- 2005-2006 School Year: Add reduced-fat milk (including flavored milk), bottled water, 50-100% fruit juices with no added artificial or natural sweeteners to beverages sold on school grounds.
- 2006-2007 School Year: ONLY reduced-fat milk (including flavored milk), bottled water, and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds prior to and during the instructional day in elementary and middle schools, except in areas where students do not have access (e.g., teacher lounge).
- 2007-2008 School Year: ONLY reduced-fat milk (including flavored milk), bottled water, and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds prior to and during the instructional day in elementary, middle, and high schools, except in areas where students do not have access (e.g., teacher lounge).

### **Candy:**

- Candy is defined as any processed food item that has:
  1. sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients
 AND

2. sugar is more than 25% of the item by weight.

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

## EXAMPLE OF NUTRITION STANDARDS FOR VENDING

### Suggested Items for Vending Machines and Concession Stands

Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

#### SNACKS

Best	Acceptable	Excluded
Animal crackers, graham crackers	Granola bars, whole-grain fruit bars	Cookies (including lowfat) Candy, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
PRETZELS	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds- plain or with spices	Nuts with light sugar covering; honey coated	Candy-or-yogurt-coated nuts
Trail mix (plain)	Popcorn/nut mix	Trail mix with chocolate, yogurt, or candy
Fresh vegetables and fruit, single-serve canned fruit dried fruit	Fruit-flavored snacks, fruit leathers	Candy- or sugar-coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef jerky 95% fat free		Sausage, pork rinds
Yogurt, preferably non-fat, low-fat or light	Sugar-free gelatin, fat-free pudding	

## BEVERAGES

Best	Acceptable	Excluded
Milk, any flavor- preferably non-fat or low fat (1%)	Milk, 2%, whole	
Juice- fruit and vegetable that contains 100% juice	Juice- fruit or vegetable that contains at least 50% juice	
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low-calorie, diet sodas, lowcalorie iced tea, low-calorie coffee	Regular soft drinks, sports drinks, sweetened tea

### Appendix B

#### Non-Food Reward Ideas

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are effective alternatives – from outstanding educators across the country – to offering food as a reward to individual students or entire classes.

Read a book.

Sit by friends.

Read outdoors.

Teach the class.

Have extra art time.

Enjoy class outdoors.

Have an extra recess.

Play a computer game.

Read to a younger class.

Get a no homework pass.

Sing a silly song together.

Make deliveries to the office.

Listen to music while working.

Play a favorite game or puzzle.

Earn play money for privileges.

Walk with a teacher or principal.

Eat lunch outdoors with the class.

Be a helper in another classroom.

Eat lunch with a teacher or principal.

Start and maintain a vegetable garden.

Dance to favorite music in the classroom.

Get a “free choice” time at the end of the day.

Listen with a headset to a book on audiotape.  
Have a teacher perform special skills (i.e. sing).  
Be first in line when the class leaves the room.  
Have a teacher read a special book to the class.  
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc.).

## **Appendix D**

### **Physical Activity Resources**

#### **American Alliance for Health, Physical Education, Recreation, and Dance**

<http://www.aahperd.org/>

The latest resources for health, physical activity, recreation, and dance professionals, including presentations from February 2005 conference on relationship of physical activity in relationship to *No Child Left Behind*.

#### **California Dept. of Education: Academic Achievement and Physical Fitness**

[www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp](http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp)

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

#### **Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/)

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national activity campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

#### **Montana Team Nutrition Resources**

[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

Search on-site for PDF of physical activity resources from Big Sky country, including *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*.

#### **PE4life**

<http://pe4life.org/>

This organization inspires active, healthy living by advancing the development of quality, daily physical education programs for all children. The site features a free newsletter and action kit, as well as information about PEP grants and National PE Day.

#### **President's Challenge ~ You're It. Get Fit!**

[www.presidentschallenge.org/](http://www.presidentschallenge.org/)

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for activity.

#### **Take 10!**

[www.take10.net/](http://www.take10.net/)

**Take 10** is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.