

THE POTTER'S HOUSE CHRISTIAN ACADEMY (PHCA) WELLNESS POLICY

The Potter's House Christian Academy is committed to providing a school environment that promotes the total child as it relates to children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of PHCA that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing our school-wide nutrition and physical activity policies.
- All students in 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 meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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.
- Our school will participate in available federal school meal program such as the National School Lunch Program (including breakfast and after-school snacks).
- PHCA 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 Wellness Committee

The Potter's House Christian Academy will create and work with the wellness committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee will serve as resources to the school for implementing those policies. The committee includes parents, students, and representatives of the school food industry, school officials, teachers and health professionals.

II. Nutritional Education

The students (Grades K – 12th), parents and staff will receive regular nutrition education through various sources/activities:

- Students and staff will be given a pre/post attitude assessment rating scale (1-5) to determine how they feel about nutrition and assess their general knowledge of healthy eating.
- Students and staff will receive nutrition facts on a *daily* basis via morning or afternoon announcements.
- An *annual* health fair will be conducted in conjunction with open house, which will involve various professionals from the community.
- Classroom competitions will be held on a *quarterly* basis to teach students and faculty the importance of portion control.
- Nutrition education will be a part of our *annual* parenting workshop
- Chef demonstrations will be rotated to various classrooms on a *quarterly* basis in an effort to introduce students to tasty healthy choices.

III. Nutrition and Physical Activity Promotion and Food Marketing

The Potter's House Christian Academy aims to teach, encourage, and support healthy eating by students. Our goal is to 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, participatory activities, such as contests, promotions, taste testing and health/nutritional fairs, etc.
- 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;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

IV. Physical Activity Opportunities and Physical Education

The Big Weigh-In. Within the first month of school, each grade level and department will complete a weigh-in. The weight for each group will be posted in the lunchroom and at the end of each semester or twice a year, the groups will weigh in to determine who is leading the group in the highest percentage of weight-loss. This will be conducted by the team at Temple Builders Fitness Center.

Daily Physical Education (P.E.) K-12. All students in grades K-8 will receive a minimum of 30 minutes of physical education daily. High school students in grades 9-12 will be encouraged to participate in some type of sport or other activities involving physical activity

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

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, and students with disabilities.

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.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) 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;
- opportunities for physical activity will be incorporated into other subject lessons (grades 3rd – 9th), particularly math and science. For example: Problem of the Day: How many pushups would each student in Mrs. Simon’s class have to complete if their goal is 254 push up in one minute?

- classroom teachers will provide recess or short physical activity breaks between lessons or classes daily.

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.

Parental Involvement

The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. We want to 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. The school will provide parents with a list of foods that meet snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The school 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.

V. Quality of Foods and Beverages Sold and Served at School

School Meals

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

- 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.
- ensure fresh clean drinking water is available for all students

Schools should 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 should 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, placards, or other point-of-purchase materials.

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:

- Schools will make every effort to insure all students receive breakfast via 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 encourage them to bring them to school in time to eat breakfast.

Free and Reduced Meals. Schools 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 school meals; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals. Through our program all students are provided a meal (non-pricing).

Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling. Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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

Sharing of Foods and Beverages. Schools should 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.

VI. Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - will have no more than *50% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 2% of its calories from saturated and trans fat combined;
 - will have no more than *50% of its *weight* from added sugars;

- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
***This will be reduced to 35% by the end of the third year.*
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - No more than two ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - Two ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Six fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. PHCA will encourage fundraising activities that promote physical activity such as an annual walkathon, field day, 3 on 3 tournaments, trike-a-thons, etc. The school will make available a list of ideas for acceptable fundraising activities.

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. Schools 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.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

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.

Celebrations. The school will 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 school will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) 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 discount gym memberships.

VII. Monitoring and Policy Review

Staff Wellness: PHCA highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school will establish and maintain a staff wellness committee composed of

at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

Monitoring. The school administrator or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies and will report on the school's compliance to the wellness committee.

School food service supervisor will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. The wellness committee will develop a summary report every three years on PHCA's compliance with the established nutrition and physical activity wellness policies. Parent and student surveys, BMI information will be used as part of the assessment and monitoring tools for the wellness policy.

Policy Review. To help with the initial development of the school's wellness policy we will conduct a baseline assessment of the school's existing nutrition and physical activity environment and policies. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. Furthermore, the public will be given the opportunity to provide input and make recommendation via annual surveys that will be distributed to parents as well as post comments on the website regarding the policy. The school will, as necessary, revise the wellness policies and develop work plans to facilitate the implementation of the assessment outcomes.

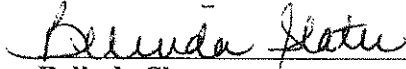
The operational manager of Temple Builders Fitness center will be responsible for quarterly evaluation of PHCA's policies and report findings to the committee. Since a school board is not a part of the organizational structure of PHCA, board approval is not needed. The school's administrator and school chancellor are members of the committee; therefore once approved by the committee the recommendations are accepted. The wellness committee will meet on a quarterly basis to review policies that are effective or ineffective and make recommendations to the school principal as needed. This policy can be found at www.phcalions.org under helpful links section.

Date approved by the committee: 3/20/2012

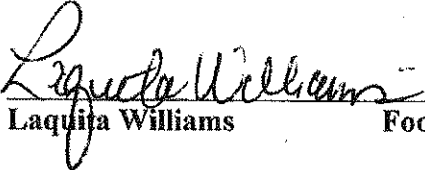
Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Committee-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Committee's Agenda and Board Minutes.

School Officials' Signatures:



Belinda Slater School Administrator

3/20/12
Date

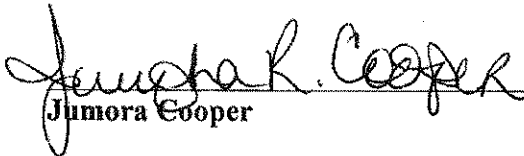

Laquita Williams Food Service Supervisor

3/20/12
Date

Committee Member's Signatures:


Authur Henry Physical Ed. Teacher

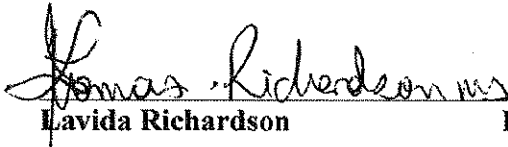
3/20/12
Date


Jumora Cooper Parent

3/20/12
Date


Stephen Blackwell Temple Builder's Director

3/20/12
Date


Lavidia Richardson Physician

3/20/12
Date

Policy Adoption Date: March 20, 2012