

Policy Preamble

Abundant Life Christian School (hereto referred as the School) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during and after the school day are strongly correlated with positive student outcomes. The School believes that we need to create and support health-promoting learning environments throughout our school, giving students the opportunity to achieve success. This policy outlines the School's approach to ensure all students practice healthy eating and physical activity behaviors throughout the day.

Policy Leadership

The principal shall implement and ensure compliance with the policy by leading the review, update and evaluation of the policy.

To assist in the creation of a healthy school environment, the School shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than two times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The School shall invite a diverse group of stakeholders to participate in the development, implementation and periodic review and update of the wellness policy.

Nutrition Standards for All Foods

The School is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. The school participates in USDA child nutrition programs, including the National School Lunch Program.

Standards and Guidelines for School Meals

The School is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.
- Students are provided at least 20 minutes to eat lunch after being seated.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.

In addition, the School’s nutrition services shall:

- Notify parents of the availability of the food programs and shall be encouraged to determine eligibility for reduced or free meals;
- Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.

Foods and Beverages Sold Outside of the School Meals Program

- All food and beverages sold and served outside of the school meal programs during the school day (“competitive” foods and beverages) shall, at a minimum, meet the standards established in USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
- The School adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards.
- No restrictions are placed on the sale of food/beverage items sold outside of the school day. The school day shall be defined as 12:00 am to 3:30 pm. on any day in which classes are scheduled to be held.

Marketing

The wellbeing the School and its Athletic and Physical Education programs are made possible by our very generous donors and sponsors. The School will be cautious with food and beverage marketing during the school day marketing those foods and beverages that meet the nutrition standards set forth by USDA’s Nutrition Standards for All Foods Sold in Schools (Smart Snacks). Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; vending machine exteriors; corporate/brand names, logos, trademarks on school supplies, education materials, and food service equipment; sponsorship of school-day activities and fundraisers; and free samples or coupons displaying advertising of a product when delivered to students during the school day.

Foods Provided but Not Sold

All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the Schools standards as established below.

- The School encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- Food rewards or incentives shall not be used in classrooms or otherwise to encourage student achievement or desirable behavior.
- Celebrations that involve food will be limited to once per month at each grade level with no more than 1-2 items (including beverages) served fall outside the nutrition standards established by the USDA Smart Snacks in School ruling.

Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers. Staff shall only use school-approved nutrition curriculum in the classroom. Nutrition education shall be provided to families via handouts and postings on the web-site.

Nutrition Promotion

The School is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout classrooms, cafeteria, and school media.

Physical Activity

The School shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Physical activity during the school day shall not be withheld as punishment.
 - Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.
- The School shall support active transport to and from school by engaging in the following activities:
 - Designation of safe or preferred routes to school.
 - Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
 - Crossing guards are used.
 - Crosswalks exist on streets leading to schools.

Physical Education

- Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- In health education classes, the School shall include topics of physical activity, including:
 - the physical, psychological, or social benefits of physical activity;
 - how physical activity can contribute to a healthy weight;
 - how physical activity can contribute to the academic learning process;
 - how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.
- All students in grades K-8 shall receive at least 80 minutes of physical education per week while school is in session
- All high school students are required to receive 1.5 credits of physical education prior to graduation.

Other School Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents’ efforts to maintain a healthy lifestyle. The School supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. As such:

- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- Staff is strongly encouraged to model healthful eating habits during the school day. Staff are discouraged from eating in front of children or sharing food with children during

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regular class time, outside of activities related to the nutrition education curriculum or classroom activities, parties and/or celebrations as defined above.

Staff Wellness

The School will implement the following activities below to promote healthy eating and physical activity among school staff.

- Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.
- Access to nutritional information to promote healthy behaviors.

Community Engagement

The School will inform and invite parents to participate in school-sponsored activities throughout the year. The School shall also provide information on how constituents can participate in the school wellness committee on an annual basis.

Monitoring and Evaluation

The Wellness Committee, led by the School Principal, will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The School will notify school staff, students, and households/families of the availability of the wellness report via email and website postings. The report will also be made available via ParentsWeb. The School wellness policy will be updated as needed based on evaluation results, emergence of new health science information/technology, and/or as new federal or state guidelines are issued.

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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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