



SECTION: STUDENTS

TITLE: HEALTH AND WELLNESS POLICY

ADOPTED: JULY 1, 2006

REVISED:

Carlisle Christian Academy: Health and Wellness Policy	
<p>1. Purpose</p>	<p>Carlisle Christian Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p> <p>At Carlisle Christian Academy, we view health and wellness activities as a means to glorify God. We believe that each person is divinely created and our bodies are valuable possessions (Psalm 139:13, 14 and Romans 12:1).</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that Carlisle Christian Academy shall provide to students:</p> <ul style="list-style-type: none"> • A nutrition program consistent with federal and state requirements. • Access at reasonable cost to foods and beverages that meet established nutritional guidelines. • Physical education courses and opportunities for developmentally appropriate physical activity during the school day. • Curriculum and programs for grades K-12 that is designed to educate students about proper nutrition and lifelong physical activity.

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<p>3. Delegation of Responsibility</p>	<p>The School Administrator or designee shall be responsible to monitor programs, and curriculum to ensure compliance with this policy.</p> <p>Each designee shall report to the School Administrator regarding compliance in his/her school and/or program.</p> <p>Staff members responsible for programs related to student wellness shall report to the School Administrator regarding the status of such programs.</p> <p>The School Administrator shall annually report to the Board on the school's compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none">• Assessment of school environment regarding student wellness issues.• Evaluation and compliance of food services program.• Review of all foods and beverages sold in school programs for compliance with established nutrition guidelines.• Listing of activities and programs conducted to promote nutrition and physical activity.• Recommendations for policy and/or program revisions.• Suggestions for improvement in specific areas.• Feedback received from Carlisle Christian Academy staff, students, parents/guardians, community members and Wellness Committee.
<p>4. Committee</p>	<p><u>Health and Wellness Committee</u></p> <p>Carlisle Christian Academy shall appoint a Health and Wellness Committee. Members of the committee may include a school board member, administrator, food service director, teachers, student, parent/guardian, and members of community</p>

<p>5. Student Wellness Policy</p>	<p>health organizations, student development coordinator, school nurse, and others chosen by the board.</p> <p>The Health and Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for the implementation, supervision, and appropriate revisions of the Student Wellness Policy that complies with law contained herein.</p> <ul style="list-style-type: none">• The Health and Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Health and Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.• The Health and Wellness Committee will evaluate current and continue future School Health Index assessments, PANA surveys, and other evaluative tools.• The Health and Wellness Committee or its designee will seek to continue and evaluate Carlisle Christian Academy's designation as a Healthy School Zone by PANA.• The Health and Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.• The Health and Wellness Committee shall provide periodic reports to the Administrator or designee regarding the status of its work, as required. <p><u>Nutrition Education</u></p> <ul style="list-style-type: none">• Nutrition education will occur sequentially from K through 12. Physical
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	<p>Education, Health, and / or other curriculum and programs will be designed, in part, to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <ul style="list-style-type: none">• Nutrition education will be provided with consideration given to the sequential, comprehensive health education programs as recommended by the State Board of Education and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.• Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.• Nutrition education lessons and activities shall be age-appropriate.• Nutrition curriculum shall be behavior focused (interactive / skills based).• Nutrition education shall be integrated into other subjects to complement but not replace academic standards-based nutrition education.• Linking nutrition education and physical activity shall reinforce lifelong lifestyle balance.• The staff responsible for providing nutrition education shall be adequately prepared and shall participate in health-related professional development, as it is possible.• Coordination between school food service and nutrition education classes will occur to create a learning laboratory.• Consistent nutrition messages shall be disseminated throughout the school, classroom, and cafeteria.• Nutrition education shall extend beyond the school environment by engaging and involving families and communities of the sending school districts. <p><u>Physical Activity</u></p> <ul style="list-style-type: none">• Carlisle Christian Academy shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students enrolled in its programs.
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- Carlisle Christian Academy shall contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment; such as outdoor play at home, sports, etc.
- Age-appropriate physical activity opportunities, such as recess; clubs; and / or intramurals, shall be provided, as possible to all students, in addition to planned physical education.
- A physical and social environment that encourages safe and enjoyable activity for students shall be maintained.
- After-school programs shall provide developmentally appropriate physical activity for participating children.
- Physical activity shall not be used as a form of punishment during the established school day. (Students may be separated from their group as a form of punishment while remaining active. I.E. walking laps during recess).
- Unless extenuating circumstances dictate, removing Physical Activity (I.E. missing recess) will not be used as a form of punishment.

Physical Education

- Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

	<ul style="list-style-type: none">• A sequential physical education program with consideration given to the State Board of Education curriculum recommendations and Health, Safety and Physical Education academic standards shall be developed and implemented.• Adequate amounts of planned physical education instruction shall be provided.• Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.• Safe and adequate equipment, facilities and resources shall be provided for physical education courses.• Prepared instructors, who have been approved by the school, shall teach physical education. • Professional development shall be considered for physical education staff, as deemed appropriate.• Physical education classes shall have a teacher-student ratio comparable to those of other courses.• Physical activity shall not be used as a form of punishment during the established school hours. (Students may be separated from their group as a form of punishment while remaining active. I.E. walking laps during recess). <p><u>Other School Based Activities</u></p> <ul style="list-style-type: none">• Carlisle Christian Academy shall provide adequate space for eating and serving school meals.• Students shall be provided a clean and safe meal environment.• Students shall be provided adequate time to eat (twenty (20) minutes sit down time for lunch). Students may serve lunch detention, as long as they
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	<p>are allotted the aforementioned sit down time to eat.</p> <ul style="list-style-type: none">• Meal periods shall be scheduled at appropriate hours (not prior to 10:45 a.m. and not after 1:15 p.m.) excluding extenuating circumstances.• Drinking water shall be available at all meal periods and throughout the school day.• Students shall have access to hand washing or sanitizing before meals and snacks.• Professional development shall be considered for food service staff, as deemed appropriate.• Access to the food service operation shall be limited to authorized staff (Food Services staff and those directly authorized by the Administrator).• Nutrition content of school meals shall be available to students and parents/guardians.• Students and parents/guardians may be involved in menu selections through various means.• To the extent possible, the school shall utilize available funding and outside programs to enhance student wellness.• It is encouraged that food not be used as a reward unless the reward communicates a positive nutritional message.• Food will not be used as a punishment.• The school shall provide appropriate training to all staff on the components of the Student Wellness Policy.• Goals of the Student Wellness Policy shall be considered in planning all school-based activities.• Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.• All items sold by the Food Services Department and offered outside of the school day will support healthy eating by limiting foods high in sugar, fat,
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sodium, and trans fat content.

- Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through school programs, communications and outreach efforts.
- The school shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available in school programs during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered in school programs other than through the National School Lunch or School Breakfast Programs. The basis for developing nutritional guidelines shall be the Nutritional Standards for Competitive Foods in Pennsylvania. The nutrition standards shall be implemented over a three (3) year plan.

A la carte

A la carte and snack selections are not offered during lunch and will only be available during designated snack times or at the discretion of the Food Services Department. A la carte and snack selections will include the following:

- Whole grain options.
- A fresh fruit or vegetable option.
- No foods will be deep fried on site. (Does not include stir fried or sautéed).
- Pre-fried or flash fried foods will not be served more than three times per

week.

- Carlisle Christian Academy will eliminate the number of foods of minimal nutritional value that are available for sale to students during the regular school day. Foods of minimal nutritional value include soft drinks, water ice, and certain types of candy. Such foods may be offered only in a limited capacity outside of the school day.
- A la carte and snack items will be subject to portion control standards as set by the Food Services Department.
- The majority of a la carte foods offered will not contain sugar as the first ingredient and provide minimal to no trans fatty acids.
- The majority of beverages offered will be unflavored water, milk, and / or 100% fruit juice.
- Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

Vending Machines

Current or future vending machines will include the following:

- Vending services will not be available in grades K-5.
- Food items will adhere to the guidelines as stated for a la carte and snack items.
- Beverages will adhere to the guidelines as stated for a la carte and snack items.

Fundraising / Concessions

- All items sold outside the school day will support healthy eating by limiting foods high in added sugar, fat, sodium, and trans fat content.
- Marketing, pricing, and nutrition education strategies will be used to encourage selection of healthier foods.

Classroom Parties / Celebrations

<p>6. School Health Index</p>	<ul style="list-style-type: none"> • Parties will offer no more than two foods that contain sugar as the first ingredient. • Parties held outside the school day will support healthy eating by limiting foods high in added sugar, fat, sodium, and trans fat content. • Nutrition education strategies will be used to encourage selection of healthier foods. <p><u>Food From Home</u></p> <ul style="list-style-type: none"> • Parents / caregivers will be encouraged to participate in the school food programs. Those who do not choose to participate will be encouraged to support healthy eating as outlined prior. <p><u>School Staff</u></p> <ul style="list-style-type: none"> • School staff will model healthy behaviors in the presence of students. Foods brought from outside and consumed in the presence of students will adhere to the guidelines outlined in the student wellness policy. <p>In an effort to promote a healthy school environment, the Health and Wellness Committee will assist, in accordance with the Administrator or designee, in the evaluation and implementation of the School Health Index. The School Health Index addresses behaviors that play a critical role in preventing the leading causes of death, disability, hospitalizations and illness among young people and adults in the United States:</p> <ul style="list-style-type: none"> • Physical activity and physical education • Nutrition • Tobacco use prevention • Unintentional injury and violence prevention • Asthma <p>References: Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204</p>
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	<p>This policy is for submission to the school board for approval. Upon approval, the School Board reserves the rights to change, amend, or revise the policy when deemed appropriate.</p>
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