



SONSHINE CHRISTIAN ACADEMY

A Ray of Hope for Our Children

Dr. Davina Jackson Hicks, Superintendent

Posthumous Emeritus Founder & Principal, Deborah A. Jackson



Title: Wellness Policy

Category: Food Service Program

Adopted: 04/15/2019—Updated 10/28/2024 **Number:** 3010

I. Purpose

The Wellness Policy at Sonshine Christian Academy, a USDA school food program, outlines standards and practices that promote the health and well-being of its students. This mandated policy for schools participating in federal meal programs, like the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), includes input from parents, students, school staff, and the community.

II. Nutrition Education Goals

- a. Teach students about healthy eating habits, balanced nutrition, and the importance of a nutritious diet.
- b. Integrate nutrition education into the curriculum across subjects and grades.
- c. Encourage experiential learning, like cooking demonstrations or school gardens.

III. Nutrition Standards for All Foods and Beverages

- a. Set standards for foods available on campus during the school day, including those sold in vending machines, school stores, and fundraising events.
- b. Ensure that foods and beverages meet USDA Smart Snacks standards.
- c. Encourage healthier options for classroom celebrations and after-school activities.

IV. Promoting Physical Activity

- a. Set goals for students to engage in regular physical activity, such as through recess, PE classes, and extracurricular activities.
- b. Ensure that physical activity is not used as a punishment and provide alternatives to encourage a positive attitude toward exercise.
- c. Encourage safe walking and biking routes to school as part of the school's wellness culture.

V. Nutrition Promotion

- a. Promote nutritious choices by highlighting healthy options in the cafeteria and limiting the marketing of low-nutrient foods.
- b. Use posters, announcements, and activities to encourage students to choose healthier options.
- c. Make fruits and vegetables more appealing by offering a variety of choices, displaying them attractively, and providing samples.



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VI. Food and Beverage Marketing Guidelines

- a. Only allow marketing of foods and beverages that meet Smart Snacks standards.
- b. Set limits on advertising of low-nutrient foods and drinks in school settings, such as in the cafeteria and on sports fields.
- c. Encourage brands and vendors that support healthier food choices.

VII. Staff Wellness and Health Promotion

- a. Provide resources and support for staff to pursue healthier lifestyles.
- b. Encourage staff to model positive eating and physical activity behaviors for students.
- c. Offer wellness programs for staff to participate in physical activity and nutrition education.

VIII. Community Involvement and Communication

- a. Involve parents, students, and community members in the development and review of the wellness policy.
- b. Communicate wellness policy updates, changes, and results to the school community regularly.
- c. Offer opportunities for families to learn about nutrition and health, such as cooking classes, health fairs, or informational workshops.

IX. Implementation, Monitoring, and Evaluation

- a. Designate a committee or individual responsible for overseeing the wellness policy.
- b. Establish measurable objectives and timelines to assess the effectiveness of policy goals.
- c. Review and update the policy periodically based on evaluation findings and community feedback.

X. School Meal Standards

- a. Ensure that all school meals meet or exceed USDA nutrition guidelines.
- b. Offer a variety of nutritious meals that appeal to students and are culturally appropriate.
- c. Encourage breakfast participation through programs like “Breakfast in the Classroom” or “Grab-and-Go Breakfast.”

XI. Conclusion

By aligning with these elements, the Sonshine Christian Academy’s USDA school food program's Wellness Policy helps to create an environment that fosters lifelong healthy habits for students.