

Proposed SCA WELLNESS POLICY



Sonshine Christian Academy (SCA) strives to fulfill its mission in ministering to the whole student, mind, body, spirit and soul, in order to prepare our youth to be servant-leaders within their communities. SCA recognizes that good nutrition and regular physical activity affects the health and well-being of its students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals through the schools' meal program, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Sonshine Christian Academy believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. Because of the foregoing and in compliance with Section 204 of the Child Nutrition and Special Supplemental Nutrition program for Women, Infants and Children (WIC) Reauthorization Act of 2004 now further strengthened by the Healthy Hunger –Free Kids Act of 2010 (HHFKA), which requires that any local educational agency participating in the U.S. Department of Agriculture (USDA) National School Lunch and Breakfast Program (NSLB) shall establish a local school wellness policy, SCA sets the following goals in an effort to enable students to establish good health and nutrition habits in order to prevent and fight against childhood obesity:

A. With regard to nutrition promotion and education guidelines:

1. All students will be issued a breakfast and lunch at no cost to the parent.
2. All foods available on school campus, during the regular school day, shall comply with standards approved by the USDA NSLB guidelines, SCA Administration and The SCA Governing Board.
3. Nutrition education shall be included in the science/health curriculum so that instruction is sequential and standards-based. The curriculum will also provide students with the knowledge, skills, and abilities necessary to lead healthy lives.
4. All menus have been created, reviewed and approved by SCA's Food service Director (BA Hospitality and Food Service Management) using the guidelines of the USDA NSLB.
5. In order to lower the risk of germs, allergic reactions, and to promote a healthy environment:
 - a. Peanut and tree-nut foods are prohibited.
 - b. Students are not permitted to share or give away parts of their lunch.
6. All students will be issued a balanced and healthy school meal at breakfast or lunch.
 - a. In response to the request given by the Parent Teacher Fellowship (PTO), students who have not eaten breakfast at home will be

encouraged to eat breakfast at school during time breakfast is served.

b. No student will be allowed to go through the school day without the opportunity of receiving a school lunch. A school lunch can be refused if a healthy balanced packed lunch has been sent with the student. We encourage all students eat at least one-half of their lunch.

7. School breakfast and lunch meals will not be given or withheld in correlation to rewards or consequences.

8. SCA encourages all school staff, volunteers, parents, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

9. SCA aims to encourage healthy habits for our students. Therefore, SCA will enforce its "Smart Snacks Policy": Meaning all snacks available to students during the regular school day will be a healthier snack. Our snack bar will offer low salt, low sugar, low fat, high fiber, healthy items such as: 100% Juice Boxes, water, baked/reduced fat chips, reduced fat popcorn, Applesauce pouches, string cheese, Whole Grain Rice Krispies Treats, Grandma's Whole Grain mini Cookies, Water, Propel Water, Granola Bars, Oatmeal Bars, Dried Fruit w/no added sugar, fruit cups,

B. With regard to physical activity, SCA shall:

1. Provide a sequential, comprehensive physical education curriculum that provides students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

2. Employ properly certified, highly qualified teachers for all instruction in physical education.

3. Provide, in addition to planned physical education, age-appropriate physical activities (e.g., recess during the school day, dance elective classes /dance performances and interscholastic sports, classroom physical activity brain breaks) that meet the needs all students.

4. No student shall be excluded from Physical Education Class as a consequence.

C. With regard to other school-based activities SCA shall:

1. Support the health of all students through the performance of State of Ohio mandated health screenings, communicable disease management, and immunization control (request of these required records are given at enrollment/re-enrollment).

2. All food and beverages provided, but not sold, during the school day will be of a healthy nature. (i.e. snacks provided by parent, teachers, or donated by community members).

3. When parents are invited to join students for breakfast or lunch, a healthy menu will be established to model the serving of a healthy meal.4. Parents wishing to provide snacks for birthday celebrations may arrange a birthday celebration with the permission of the Administrator and the classroom teacher.

i. Parents or legal guardians should submit a written request to the classroom teacher one (1) week prior to the desired date of the event.

Please understand the approval is only granted when written confirmation is provided by the teacher specifying the date and time of

celebration and the number of snacks required.

ii. **Approved snack items include: cookies, fresh fruit, fruit snacks, fruit cups, and cupcakes.**

iii. Party bags are permitted and if provided, they will be dispersed to students at dismissal. Parents or legal guardians are expected to comply with these rules.

D. With the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

1. The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as the fiscal management of the program.

2. The guidelines for reimbursable school meals shall not be less restrictive than the guideline issued by the U.S. Department of Agriculture (USDA).

3. The food service program will provide all students affordable access to varied and nutritious foods they need to be healthy and to learn well.

4. Raise awareness by providing more educational literature and opportunities for parents as it relates to childhood obesity.

5. Promote and encourage all students and parents to participate in the Annual SCA fundraising event, “The All-School Gospel Skate” held during the month of September, Childhood obesity month.

6. It is the will of Sonshine Christian Academy that each student “*prosper in all things and be in good health, just as their souls prosper*” (3 John 1:2). To this end, this wellness policy will be administered and enforced by the Administration of SCA with input from the SCA Governing Board, and the SCA PTO organization, staff members, and volunteers.

We welcome all students, faculty, staff, Board of Trustees, and members of the community to participate in the development, review, update, and implementation of the Local School Wellness Policy. To participate, please contact the school administration at info@scaoh.us.