

	SCHOOL WELLNESS POLICY	
	Adopted 8/2017 Reviewed 8/2023 Revised 10/2023	

Policy Preamble

King's Academy Christian School (hereto referred to as KACS) 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. KACS believes that we need to create and support health by promoting learning environments throughout our school which will give students the opportunity to achieve success. This policy outlines KACS's approach to ensure all students practice healthy eating and proper physical activity behaviors throughout the school day. KACS welcomes stakeholders' (staff, students, parents, etc.) suggestions for policy input for improving the wellness of our students, staff, and families.

This policy outlines KACS's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. **Specifically, this policy establishes the following goals and procedure:**

- Ensure students in KACS have access to healthy foods through reimbursable school meals
- Promote physical activity through healthy competition and non-food rewards while encouraging family involvement
- Ensure students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Ensure students have opportunities to be physically active while at school
- Engage students in nutrition and physical activity promotion and other activities that promote student wellness
- Provide 30 minutes for breakfast and 30 minutes for lunch
- Provide milk and water option for students
- Coordinate all of the above through the school's Wellness Committee which consists of various staff, parents, and community members.

Policy Leadership/ Public Involvement

To assist in the creation of a healthy school environment, KACS has a wellness committee that provides an ongoing review and evaluation of the wellness policy. The Committee shall meet at least one time during the school year to implement, assess, review, and make recommendations for changes to the Wellness Policy.

The designated official for oversight and compliance of KACS's wellness policy is the school's principal. The principal shall convene with the wellness committee to lead the review, update, and evaluate the policy.

The committee consist of representation from parents, administration, school board, teachers, health care professionals and food service staff and members of the community. KACS will use it student information system and social media platforms to invite its stakeholders to participate in the update of the policy.

Nutrition Standards for All Foods

KACS is committed to serving healthy meals to our students. KACS will provide all meals in compliance with the National School Lunch and School Breakfast Programs. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. All meals are accessible to all students. Withholding food as a punishment shall be strictly prohibited. Drinking water is available for students during mealtimes.

The meals will include whole grains, fruits, vegetables, and low-fat dairy. The school meal programs aim to improve the diet and health of school children by modeling healthy eating patterns and support healthy choices while accommodating special dietary needs.

Breakfast

KACS will notify parents of the free School Breakfast and School Lunch Program, and give monthly calendar of meals. KACS will encourage parents to provide healthy lunch for their children who bring a bag lunch. This will be communicated through Parent/Student Handbook, weekly school newsletters, take-home materials, or other means.

Meal Times and Scheduling

- KACS will provide students with 30 minutes for breakfast and 30 minutes for lunch.
- KACS meal periods are appropriate times- 10:45-11:15 a.m., 11:20-11:50 a.m., and 12:35-1:05 p.m.
- KACS will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- The school campus is “closed” meaning that students are not permitted to leave the school grounds for lunch.

Sharing of Foods and Beverages

- Students will be discouraged from sharing their foods or beverages with one another.
- KACS will not allow vending machines in the lunchroom.
- Snacks sold after school by groups and clubs can be done at the outside of the school day.
- No restrictions are placed on the sale of food/beverage items sold after 3:00 pm.

Food/Snacks provided but Not Sold

Every effort is made to encourage parents to provide healthy snacks to classes following the Smart Snacks in School standard. This is communicated through the Parent/Student Handbook and the school's weekly newsletter. Every effort is made to limit the number of celebrations that involve food during the school day. The school has special birthday celebrations during the last 20 minutes of the school day. Celebrations that involve food will be limited to two per month per classroom. (1-15th birthdays AND 16-31st birthdays) We promote non-food items to our parents as well.

In addition, we allow special exempt fundraisers for our school's student organizations such as student council, basketball, cheerleading, etc... Each of the student groups can host two exempt fundraisers each school year. The fundraisers will not exceed two consecutive weeks in length. The fundraiser will not occur during meal times and all fundraisers will be tracked and documented.

Marketing

KACS will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Nutrition Education/ Nutrition Promotion

KACS will provide nutrition education that helps students develop lifelong healthy eating behaviors. KACS is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students will receive consistent nutrition messages that promote healthy eating throughout the school, classrooms, cafeteria, and school media. Teachers shall integrate nutrition education into other classroom subjects, such as math, reading, science, social studies, and elective subjects.

Physical Activity

KACS shall provide students with age and grade appropriate opportunities to engage in physical activity. KACS 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. Throughout the school day students will be allowed to bring and carry water in their water bottles. KACS will inform and invite parents to participate in school-sponsored activities throughout the school year.

All students take physical education twice a week for 30 minutes, taught by a certified physical education teacher.

- All elementary students (K4-5th grades) will have 20 minutes a day of supervised recess, preferably outdoors, during which staff will encourage moderate or vigorous exercise.
- Opportunities for physical activity are incorporated into other subjects.
- Classroom teachers will provide short physical activity breaks between lessons, as appropriate.
- During school-wide testing, the school will make it necessary for students to have periodic breaks which they are encouraged to stand and stretch.
- KACS will offer extracurricular activities, such as basketball, cheerleading, soccer and other clubs. Opportunities will be made to meet the needs, interest, and abilities of all students, including students with disabilities.
- KACS will provide information about physical activities and opportunities available during and after school for students.

Staff Wellness

KACS highly values the health and well-being of its staff. To promote a healthy lifestyle, staff is offered free access to the fitness center on the school campus. Staff are made aware of community offerings of fitness class. The school shall provide a blood-pressure monitor, an oxygen monitor, and a scale for the staff members to use to self-monitor their health.

Professional Learning- School-Based Strategies for Wellness

When feasible, KACS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help KACS staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

In addition, and as appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle by offering two family-focused events supporting health promotion each year.

Monitoring and Evaluation

The school principal or designee will ensure compliance of KACS's Wellness Policy. The wellness committee shall monitor goals and objectives for KACS. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

KACS will actively inform families and the public about the content of and any updates to the policy through the school website.

This wellness policy can be found at: <https://www.kacsmilw.org/>

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Office of the Assistant Secretary for Civil Rights 1400
Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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