

**LOCAL WELLNESS POLICY**

***I can do all things through Christ who strengthens me.***

***Philippians 4:13***

**Ms. Tari Harris, Head of School**

**Preamble**

The Board of Trustees, administration, faculty, and staff of Binghampton Christian Academy recognizes that:

* Children need access to healthful food and opportunities to be physically active in order to grow, learn, and thrive.
* Good health fosters student attendance and education.
* Obesity rate have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
* Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of death in the United States, and major risk factors for those diseases including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
* Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from My Plate.
* Nationally, the items most commonly sold from school vending machines, school stores, and snack bar include low-nutrition foods and beverage, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
* Community participation is essential to the development and implementation of successful school wellness polices.

Thus, Binghampton Christian Academy is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Binghampton Christian Academy to:

* Encourage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members to participate in the school’s nutrition and physical activity program.
* Opportunities for nutrition education will be promoted and provided.
* Opportunities for physical activity will be supported and encouraged as a daily component of the school day as well as outside the parameters of the school day.
* Food and beverages sold or served at school will meet the recommendations of the *U.S. Dietary Guidelines for American* and the Nutritional Standards set forth by the Tennessee State Board of Education.
* A qualified Food Service Management vendor will provide students with access to a variety of affordable, nutritious, and appealing foods that meet health and nutrition needs of students; and will provide a clean, safe, and pleasant setting where students will have adequate time to eat.
* Binghampton Christian Academy does participate in the federal school meal programs including the School Breakfast Program and National School Lunch Programs, the Fresh Fruit and Vegetable Program, the Commodity Department of Defense Program and the Afterschool Snack Program and said programs do comply with federal, state, and local requirements.

**TO ACHIEVE THESE POLICY GOALS:**

The Head of School, Food Service Management vendor, faculty, staff, parents, and community volunteers will work together to implement, monitor, review, and revise the schools’ wellness policy.

The policy will address four components.

1. Nutritional Education
2. Physical Activity
3. Nutritional Standards
4. Other School Based Activities

**COMPONENT 1 – NUTRITION EDUCATION**

* Students in grades pre-K - 8 are offered education that is a part of their health and science A Beka Curriculum.
* Nutrition education is integrated into the core curriculum, including math and language arts.
* Nutrition education will be included as a part of school field trips that are enjoyable, developmentally appropriate, and culturally-relevant, as well as in participatory activities such as contests and school sponsored fitness programs.
* Consistent nutrition messages will be evident in the cafeteria / lunchroom setting in the form of posters and menus that promotes fruits, vegetables, whole grain products, low fat/fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
* Staff who provide nutrition education will have appropriate training.
* Opportunities for on-going professional training and development for foodservice staff and teachers in the area of nutrition will be provided.

**COMPONENT 2 – PHYSICAL ACTIVITY**

**Daily Physical Education**

□ All students in grades Pre-K – 8th grade will receive physical education for 130 minutes per week for the entire school year. The Physical Education curriculum that is used by Binghampton Christian Academy is Physical Education Pre-K through 8th grades by Christian Schools International.

**Integrating Physical Activity into the Classroom Setting**

□ Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities.

□ Opportunities for physical activity will be incorporated into other subject lessons.

□ Classroom teachers will provide short physically active breaks between lessons or classes, as appropriate.

**Physical Activity Opportunities After School**

□ Students in 6th-8th grades will participate in the After School Enrichment Program. This program provides opportunities for physical and extracurricular activities.

□ Parents are encouraged to support their children’s participation in physical activity.

**Training**

□ Opportunities will be provided for on-going professional training and development for teachers in the area of physical education.

**Component 3 – Nutritional Standards**

**School Meals**

Meals served through the National Lunch and Breakfast Program and the Commodity Department of Defense Program will:

* Be appealing and attractive to children
* Be served in a clean and pleasant setting
* Meet the minimum, nutrition requirements established by local, state, and federal regulations
* Offer a variety of fruits and vegetables daily
* Serve milk daily
* Offer whole grain food in all programs at all grade levels whenever possible to meet whole grain/bread requirements
* Ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn

Binghampton Christian Academy will, to the extent possible,

* Operate the School Breakfast Program
* Serve breakfast that encourages participation
* Notify parents and students of the availability of the School Breakfast Programs
* Encourage parents to provide a healthy breakfast for their children though newsletters articles, take-home material, medical professionals, or other means
* Have procedures in place for providing to families, upon request, information about the ingredients and nutritional value of foods served

Snacks served through the Fresh Fruit and Vegetable Snack and the Afterschool Snack Programs will:

* Be appealing and attractive to children
* Be served in a clean and pleasant setting
* Meet the minimum, nutrition requirements established by local, state, and federal regulations
* Meet the whole grain/grain or enriched bread requirement
* Introduce a variety of fruits and vegetables
* Increase fruit and vegetable consumption
* Make a difference in children’s diets to impact present and future health
* Provide milk or juice daily
* Notify parents and students of the availability of the free Fresh Fruit and Vegetable Snack Program
* Encourage parents to provide a healthy snack for their children though newsletters articles, take-home material, medical professionals, or other means

**Minimum Nutritional Standards**

* BCA will follow the standards established by the State Board of Education

**Component 4 – Other School Based Activities**

**Cafeteria Atmosphere**

* School dining area shall have sufficient space for students to sit and consume meals.
* School dining area shall have a clean, safe, and pleasant environment that reflects the value of the social aspects of eating.
* The serving area is of the appropriate size.
* Lunch is scheduled near the middle of the day.
* Students are given adequate time to enjoy eating healthy meals with friends.
* Students are encouraged to participate in the school meals programs and the identity of students who eat free and reduced price meals is protected.
* Time is allowed and facilities are conveniently available for students to wash their hands before and after meals.

**Meal Times and Scheduling**

The Administration at Binghampton Christian Academy will:

* Ensure an adequate time of at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch, to facilitate the student’s enjoyment in eating healthy foods with friends in school.
* Schedule lunch time as near the middle of the day as possible
* Not schedule tutoring, club, or organizational meeting or activities during mealtimes, unless students may eat during such activities.

**Snacks**

* Snacks served during the school day or in the after school enrichment program will make a positive contribution to children’s diets and health with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
* Binghampton Christian Academy will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other consideration.
* Binghampton Christian Academy will maintain eligibility for reimbursement for snacks provided by the after-school program through the National School Lunch Program.

**Reward and/or Punishment**

* Binghampton Christian Academy will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.
* Binghampton Christian Academy will not use physical activity as a punishment.

**Celebrations**

Binghampton Christian Academy will,

* Limit celebrations that involve food during the school day to no more than one party per class per month.
* Serve foods healthy in nature. Sugary items will not be allowed.
* Require that when celebrations occur, parents, room sponsor’s and prayer partners bring non-homemade pre-packaged foods that are nutritious and safe.

**School-Sponsored Events**

* Food and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.
* Teachers will be encouraged to utilize the school cafeteria’s student sack lunch program for field trips.

**Communication with Parents**

 The administration of Binghampton Christian Academy will support parent’s efforts to provide a healthy diet and daily physical activity for their children by:

* Offering healthy eating seminars for parents.
* Sending home nutrition information about physical education and other school-based physical activity opportunities during and after the school day.
* Providing information about physical education and other school-based physical activity opportunities during and after the school day.
* Supporting parent’s efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through the school’s newsletter or other take-home materials.

**Monitoring and Policy Review**

**Monitoring**

* The Head of School of Binghampton Christian Academy will ensure compliance with established district-wide nutrition and physical activity wellness polices. He/She will report on the school’s compliance to the Chairman of the Board of Trustees of Binghampton Christian Academy.
* The Head of School and Food Service Management vendor will ensure compliance with nutrition polices with school food service areas.
* The Head of School will develop a summary report every three years on school-wide compliance with the school’s established nutrition and physical activity wellness polices based on input from the faculty, staff, and Food Service Management vendor and the report will be provided to the Board of Trustees.

**Policy Review**

 To help with the initial development of the school’s wellness polices, the Head of School and Food Service Management vendor will:

* Assess the school’s existing nutrition and physical activity environment and polices.
* Ensure that the results are compiled by Tari C. Harris, Head of School.
* Ensure that assessments are repeated every three years to help review policy compliance, assesses progress, and to determine areas in need of improvement.
* Required to periodically measure and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and a description of the progress made in attaining goals of LWP.

As part of that review, the Head of School will:

* Review our nutrition and physical activity polices.
* Support an environment that promotes healthy eating and physical activity.
* Support nutrition and physical education polices and program elements.
* Revise the wellness polices and develop work plans to facilitate their implementation.

**Nutrition Promotion**

Binghampton Christian Academy will integrate wellness activities across the entire school setting, not just the cafeteria, other food and beverage venues, and physical activities. The school will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Teachers are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school Administration or the school’s Curriculum Coordinator.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the LWP.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

***Community Partnerships***

BCA will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

 ***Community Health Promotion and Engagement***

BCA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information on health promotion efforts.

As described in the “Communication with Parents” subsection, BCA will include sharing information about nutrition promotion through the school’s newsletter or other take-home materials to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Staff Wellness and Health Promotion***

BCA will implement strategies to support staff in actively promoting and modeling health eating and physical activity behaviors. BCA promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

 ***Professional Learning***

When feasible, BCA will offer annual professional learning opportunities and resources for staff to increase knowledge skills about promoting healthy behaviors in the classroom and school. Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing academic improvement plans/efforts and reviews.