



CHRISTIAN ACADEMY

SCHOOL WELLNESS POLICY

HEALTHY MINDS • STRONG BODIES • FAITHFUL HEARTS

*Glorifying God by nurturing the whole child—
spiritually, academically, physically, and emotionally.*



SPIRITUAL
WELLNESS



MENTAL
WELLNESS



PHYSICAL
WELLNESS



EMOTIONAL
WELLNESS

*“Do you not know that your bodies are temples
of the Holy Spirit?”*

1 CORINTHIANS 6:19

EFFECTIVE: 2025–2028

BINGHAMPTON CHRISTIAN ACADEMY

LOCAL SCHOOL WELLNESS POLICY

Effective Date: _____

Last Reviewed/Updated: _____

Next Review: _____

1. PURPOSE

Binghampton Christian Academy (BCA) is committed to providing a school environment that supports the health, well-being, and academic success of all students. This policy promotes healthy eating, physical activity, nutrition education, and a healthy school environment.

2. SCHOOL MEALS

BCA participates in the **Community Eligibility Provision (CEP)** and provides meals to eligible students through the National School Lunch Program and School Breakfast Program.

BCA uses **Memphis Shelby County Schools (MSCS) Nutrition Services** for school meals. MSCS Nutrition Services delivers and serves meals at BCA. Meals will meet applicable USDA meal-pattern and nutrition requirements.

BCA does not prepare meals on site.

3. NUTRITION EDUCATION

BCA will support age-appropriate nutrition education that helps students understand healthy eating habits, balanced meals, fruits and vegetables, whole grains, hydration, and the importance of making healthy food choices.

Nutrition education may be incorporated into classroom instruction, health education, physical education, school activities, and other appropriate learning opportunities.

4. NUTRITION PROMOTION

BCA will encourage healthy food and beverage choices through classroom activities, school communications, and other appropriate activities.

Students will be encouraged to choose nutritious foods and beverages and to develop healthy eating habits.

5. FOODS AND BEVERAGES

BCA does **not sell food or beverages to students.**

Any foods or beverages provided to students during the school day should support the goals of this policy and, when applicable, comply with USDA Smart Snacks requirements and other applicable federal and state requirements.

BCA will encourage healthy choices for classroom celebrations, school events, rewards, and other activities involving food.

6. PHYSICAL ACTIVITY

BCA will provide opportunities for students to participate in age-appropriate physical activity.

Physical activity and physical education will be used to support student health, fitness, concentration, and academic success.

Students will be encouraged to participate in regular physical activity throughout the school day when appropriate.

7. OTHER SCHOOL-BASED WELLNESS ACTIVITIES

BCA will promote a healthy school environment by encouraging:

- Healthy eating habits
- Regular physical activity
- Access to drinking water
- Positive health and wellness practices
- A safe and supportive school environment
- Family and community involvement in student wellness

8. MARKETING OF FOODS AND BEVERAGES

BCA will not promote or market foods or beverages to students during the school day that do not meet applicable USDA Smart Snacks standards.

Because BCA does not sell food or beverages, food and beverage marketing opportunities are limited.

9. MEAL SERVICE AND FOOD SAFETY

BCA will work with MSCS Nutrition Services to support safe and appropriate meal service.

MSCS Nutrition Services is responsible for preparing, delivering, and serving meals according to applicable food safety, sanitation, and USDA requirements.

BCA will cooperate with MSCS Nutrition Services and the Tennessee Department of Education as necessary to support safe meal service.

10. WATER

Students will have access to drinking water throughout the school day as appropriate.

Students will be encouraged to drink water regularly, particularly during physical activity and periods of warm weather.

11. STAKEHOLDER PARTICIPATION

BCA will provide opportunities for parents, students, school staff, administrators, the school food service representative, health professionals, and members of the community to participate in the development, implementation, review, and update of this Local School Wellness Policy.

BCA will make information about opportunities to participate available through appropriate school communication methods.

12. IMPLEMENTATION AND RESPONSIBILITY

BCA will designate a school official or responsible individual to oversee implementation of this policy.

The designated official will help monitor implementation, maintain supporting documentation, coordinate reviews, and assist with required updates.

13. PUBLIC NOTIFICATION

BCA will inform and update parents, students, staff, and the public about the content and implementation of the Local School Wellness Policy at least annually.

The policy and required assessment information will be made available to the public through appropriate communication methods.

14. MONITORING AND ASSESSMENT

BCA will assess the Local School Wellness Policy at least once every three years.

The assessment will determine:

1. Whether the policy is being implemented as written;
2. The extent to which BCA is complying with the policy;
3. Progress toward achieving the policy goals; and
4. Opportunities for improvement.

BCA will make the assessment results available to the public and will update the policy as needed.

15. RECORDKEEPING

BCA will maintain documentation supporting implementation of this policy, including records of stakeholder participation, public notification, policy assessments, and updates.

16. COMPLIANCE

BCA will comply with applicable USDA, Tennessee Department of Education, and federal and state requirements related to local school wellness policies, school nutrition, physical activity, and healthy school environments.

Approved By: _____

Title: _____

Date: _____

Designated Wellness Policy Contact: _____

Contact Information: _____