



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



CHRISTIAN ACADEMY

BINGHAMPTON CHRISTIAN ACADEMY

LOCAL SCHOOL WELLNESS POLICY

Pre-Kindergarten through Grade 5

Memphis, Tennessee

Effective Date: August 20, 2026

School Year: 2026–2027

Policy Status: Revised and adopted for implementation beginning with the 2026–2027 school year.

Next formal triennial assessment due: On or before August 2029.

School-specific profile: BCA serves Pre-K–5 students, participates in the Community Eligibility Provision (CEP), and does not sell food or beverages to students.

LOCAL SCHOOL WELLNESS POLICY

Binghampton Christian Academy

1. Purpose

Binghampton Christian Academy (BCA) recognizes that student wellness supports learning, attendance, healthy development, and the ability of children to thrive. As a Christian school serving Pre-Kindergarten through Grade 5, BCA is committed to supporting the whole child through nutritious school meals, nutrition education, physical activity, hydration, a positive school environment, and family/community engagement.

This Local School Wellness Policy establishes BCA's goals and procedures for nutrition education and promotion, school meals, foods and beverages sold or provided to students, physical activity, physical education, recess, water, food and beverage marketing, staff wellness, family engagement, stakeholder participation, monitoring, and evaluation.

The policy is intended to comply with applicable requirements of the U.S. Department of Agriculture (USDA), the Tennessee Department of Education (TDOE) School Nutrition Program, the Healthy, Hunger-Free Kids Act of 2010, and other applicable federal and Tennessee requirements governing BCA's participation in the National School Lunch Program and School Breakfast Program.

2. School-Specific Operating Conditions

Area	BCA Practice
Grades served	Pre-Kindergarten through Grade 5
Meal program	National School Lunch Program / School Breakfast Program, as applicable
CEP status	BCA participates in the Community Eligibility Provision
Student meal access	Breakfast and lunch are provided through the school nutrition program at no charge to enrolled students under CEP, subject to program rules
Food sold to students	None
Beverages sold to students	None
Vending / student food store	None
Food/beverage fundraising sales	None currently
Nutrition education	Age-appropriate instruction integrated into the educational program
Physical activity	Physical education, recess, classroom movement, and other appropriate opportunities

3. Definitions

- **School Day:** The period from midnight before to 30 minutes after the end of the official school day, consistent with USDA Smart Snacks requirements.
- **School Campus:** All areas of the property under the jurisdiction of BCA that are accessible to students during the school day.
- **Foods Sold:** Foods or beverages sold to students during the school day, including sales through vending, school stores, à la carte service, concessions, or fundraising.
- **Foods Provided but Not Sold:** Foods or beverages given to students without purchase, including classroom celebrations, parties, special events, rewards, or community activities.
- **CEP:** Community Eligibility Provision, a federal option that allows eligible participating schools to provide meals to all enrolled students at no charge without collecting individual household applications for meal eligibility.

4. Wellness Leadership and Responsibility

BCA will designate one or more school officials with the authority and responsibility to ensure implementation and monitoring of this policy. The designated official will coordinate policy implementation, stakeholder participation, annual public notification, monitoring, recordkeeping, and the triennial assessment.

Required Record	BCA Entry
Wellness Policy Official	__Annie__ Bechtel
Title	__Manager
Email	__abechtel@bcamemphis.org
Phone	__901.323.4092.
Date Designated	__January 2014

BCA will maintain documentation identifying the responsible official and supporting the official's oversight of the policy.

5. Stakeholder Participation

BCA will permit and encourage participation in the development, implementation, review, and updating of this policy by parents and guardians, students as developmentally appropriate, representatives of the school food authority, physical education teachers, school health professionals, the school's governing body, school administrators, staff, and the general public.

- BCA will provide an annual notice explaining how stakeholders may participate.
- Stakeholders may submit comments or recommendations throughout the year.
- BCA may convene a wellness-policy review meeting or use an existing committee or school leadership process.
- BCA will document who participated, what comments were received, and how recommendations were considered.
- Student participation will be developmentally appropriate for a Pre-K–5 setting.
- The governing body may be referred to by BCA's actual governance title (for example, Board of Trustees) in school records.

6. Annual Public Notification and Availability

BCA will inform and update parents, students, staff, and the public at least annually about the content and implementation of this policy. The current policy, policy updates, and the most recent triennial assessment will be made available to the public.

- The annual notice will identify the Wellness Policy Official or responsible position.
- The notice will explain how to submit comments or participate.
- The school will retain evidence of the notice, such as an email, newsletter, parent-portal notice, website posting, or meeting notice.
- BCA will maintain the current policy and assessment in a readily accessible location, such as the school website or school office.

7. Nutrition Education

BCA will provide developmentally appropriate nutrition education for Pre-K–5 students. Nutrition education may be integrated into health education, science, physical education, mathematics, language arts, classroom activities, and other appropriate learning experiences.

- Healthy meals and snacks;
- Fruits and vegetables;
- Whole grains and nutrient-dense foods;
- Healthy beverage choices and water as a primary source of hydration;
- Food safety and hygiene;
- Age-appropriate portion awareness;
- USDA dietary guidance and MyPlate concepts, when appropriate;
- The relationship among nutrition, physical activity, learning, and health; and
- Healthy habits that support lifelong wellness.

BCA will align applicable health education with Tennessee's current K–5 Health Education Standards. The revised Tennessee K–5 Health Education Standards are effective July 1, 2026, for implementation beginning in the 2026–27 school year.

8. Nutrition Promotion

BCA will promote healthy eating and positive wellness behaviors through instruction, school communications, school meals, age-appropriate activities, and the school environment. Messages will be positive, developmentally appropriate, and free from weight-based or appearance-based shaming.

- Encourage fruits, vegetables, whole grains, and nutrient-dense foods.
- Promote water and healthy beverage choices.
- Promote the relationship between nutrition and learning.
- Avoid using food choices, body size, or weight as a basis for embarrassment or discipline.

9. School Meals

BCA will operate school meals in accordance with applicable USDA and TDOE requirements. School meals will meet the meal-pattern and nutrition requirements in effect for the applicable program and school year.

BCA uses Memphis-Shelby County Schools Nutrition Services to provide school meals to BCA students.

- BCA will provide school meals through its approved school nutrition program.
- Meals will be served in a manner that protects student dignity and confidentiality.
- BCA will encourage participation in school breakfast and lunch.
- BCA will maintain required food-safety and meal-service procedures.
- BCA will provide reasonable accommodations for documented medically necessary dietary needs in accordance with applicable requirements and school procedures.
- BCA will provide students adequate time to eat meals when scheduling and operational circumstances permit.
- BCA will maintain a clean, safe, and pleasant dining environment.

10. Community Eligibility Provision (CEP)

BCA participates in CEP. BCA will administer CEP in accordance with current USDA and TDOE requirements. Breakfast and lunch will be provided to enrolled students at no charge through CEP, subject to the school's approved meal programs and applicable program rules.

- BCA will not require individual household meal applications for CEP meal eligibility.
- BCA will communicate CEP meal availability to families as required.
- BCA will protect student privacy and will not stigmatize students based on meal participation or economic circumstances.
- BCA will maintain required CEP records and documentation.
- BCA will follow current USDA/TDOE guidance if CEP eligibility, claiming, notification, or other program requirements change.

11. Foods and Beverages Sold to Students

BCA currently does not sell food or beverages to students during the school day. This includes vending, school-store sales, à la carte sales, concessions, and food or beverage fundraising sales.

If BCA begins selling food or beverages to students during the school day, all sales must comply with applicable USDA Smart Snacks standards and Tennessee requirements. School administration must approve the activity before sales begin, and the school will maintain documentation demonstrating compliance.

No employee, organization, contractor, or other party may establish a student food or beverage sales activity during the school day on the BCA campus without administrative approval and applicable compliance review.

12. Fundraising

BCA does not currently conduct food or beverage sales as student fundraising activities. BCA encourages non-food fundraising.

If food or beverage fundraising is introduced, the activity must comply with applicable Smart Snacks requirements, Tennessee requirements, and this policy before the activity begins. BCA will use any state-authorized exempt fundraiser provisions only when applicable and properly approved.

13. Foods and Beverages Provided but Not Sold

BCA establishes standards for foods and beverages provided to students without being sold. BCA encourages foods and beverages that support healthy eating patterns and are appropriate for elementary students.

- Preferred choices include fruits, vegetables, whole-grain foods, nutrient-dense snacks, water, and appropriate low-fat or fat-free dairy options.
- Celebrations should use reasonable portions and should not routinely displace instructional time.
- Foods provided to students must follow BCA food-allergy and food-safety procedures.
- BCA encourages non-food activities and rewards when practical.
- This policy does not prohibit reasonable classroom celebrations; it establishes a preference for healthier choices and safe practices.

14. Food as a Reward

BCA encourages non-food rewards for academic achievement, behavior, attendance, participation, and other accomplishments.

- Recognition or positive notes;
- Classroom privileges;
- Leadership opportunities;
- Special responsibilities;
- Additional appropriate activity or reading opportunities; and
- Other age-appropriate non-food recognition.

Food will not be withheld as punishment. Physical activity will not be used as punishment.

15. Classroom Celebrations

BCA recognizes that classroom celebrations may occasionally include food. Celebrations should be reasonable in frequency and should follow school procedures for food safety, allergies, and dietary accommodations.

- Healthy options are encouraged.
- Reasonable portions are encouraged.
- Families and staff providing food must follow BCA allergy and food-safety procedures.
- Non-food celebration activities are encouraged.
- Celebrations should not unnecessarily interfere with instructional time.

16. Food Allergies and Dietary Accommodations

BCA will maintain and implement procedures addressing food allergies, medically necessary dietary accommodations, emergency response, food brought from home, classroom celebrations, and food handling. The Wellness Policy does not replace BCA's specific health, allergy, emergency, or food-safety procedures.

17. Water and Hydration

BCA recognizes water as the preferred beverage for hydration. Students will have reasonable access to safe drinking water throughout the school day, consistent with school safety and sanitation procedures.

- Water consumption will be encouraged.
- Water access will be encouraged before, during, and after physical activity.
- Approved student water bottles may be permitted consistent with classroom and school procedures.
- Water sources will be maintained in a safe and sanitary condition.

18. Physical Activity

BCA will provide developmentally appropriate opportunities for physical activity through physical education, recess, classroom movement, outdoor activities, extracurricular activities, and other school-sponsored opportunities.

- Teachers are encouraged to incorporate appropriate movement into learning.
- Students will be encouraged to participate in physical activity appropriate to age, developmental level, and ability.
- Physical activity will not be used as punishment.

19. Physical Education

BCA will provide physical education consistent with its educational program and applicable Tennessee requirements. Physical education will support motor development, physical fitness, movement skills, cooperation, safety, sportsmanship, and lifelong activity.

20. Recess

BCA will provide developmentally appropriate recess opportunities consistent with applicable Tennessee requirements and school procedures.

- Recess will provide opportunities for movement, play, social development, and physical activity.
- Outdoor activity will be provided when conditions permit and safety considerations allow.
- BCA will maintain a safe recess environment.
- Recess will not be routinely withheld as a disciplinary measure.

21. Food and Beverage Marketing

BCA does not currently sell food or beverages to students. If food or beverage marketing to students occurs during the school day, BCA will restrict marketing to foods and beverages that meet applicable Smart Snacks requirements and other applicable rules.

Marketing includes, as applicable, posters, signs, promotional materials, vending displays, school-sponsored digital communications, and branded materials directed to students.

22. Staff Wellness

BCA recognizes that staff wellness contributes to a healthy school environment. To the extent practical, BCA will encourage staff wellness through access to water, wellness information, healthy choices at staff events, opportunities for physical activity, and positive workplace practices.

23. Family and Community Engagement

BCA recognizes parents and guardians as important partners in student wellness. BCA will encourage families to support healthy eating, hydration, physical activity, and school wellness practices.

- BCA may provide nutrition and physical activity information to families.
- BCA will communicate school meal and CEP information as required.
- Families may submit wellness-policy comments at any time.
- BCA may partner with community health and wellness organizations consistent with its mission and school procedures.

24. Evidence-Based Wellness Goals

BCA establishes the following measurable goals for the 2026–2029 assessment cycle:

Goal	Measure / Evidence	Target
Nutrition education	Review curriculum/lesson documentation annually	Nutrition education addressed each school year
Healthy school meals	Menu/meal-service monitoring and USDA/TDOE records	Meals meet applicable requirements
CEP access	CEP records and family communications	All enrolled students have access to CEP meals at no charge
Food/beverage sales	Annual confirmation of sales status	No student food/beverage sales unless approved and compliant
Physical activity	Review PE, recess, and activity opportunities	Age-appropriate opportunities provided each school year
Hydration	Annual review of water access	Reasonable access to safe drinking water maintained
Positive wellness culture	Review practices/communications	No food or physical activity used as punishment
Stakeholder engagement	Annual notice, meeting/comment records	Participation opportunity provided and documented annually

25. Monitoring and Compliance

The Wellness Policy Official will monitor implementation at least annually. Monitoring will include, as applicable, nutrition education, school meals, CEP implementation, foods provided but not sold, food/beverage sales, fundraising, marketing, physical education, recess, physical activity, water, classroom celebrations, staff wellness, stakeholder participation, and public notification.

Because BCA does not currently sell food or beverages, the annual review will document that no such sales are occurring. If sales begin, BCA will establish a product-review and monitoring process before sales begin.

If noncompliance is identified, BCA will document the issue, corrective action, responsible person, and follow-up date.

26. Recordkeeping

BCA will maintain supporting documentation for policy implementation, review, updates, and public notification, including:

- Current Local School Wellness Policy and revisions;
- Name/title of the responsible wellness official;
- Annual public notifications;
- Evidence that the policy and triennial assessment were made available to the public;
- Stakeholder invitations, agendas, minutes, sign-in sheets, comments, and recommendations;
- Documentation of how stakeholder input was considered;
- Monitoring records and corrective actions;
- School meal and CEP records maintained under the applicable program;
- Nutrition education and wellness-goal documentation; and
- The most recent triennial assessment.

27. Triennial Assessment

BCA will assess this policy at least once every three years. The assessment will determine: (1) the extent to which BCA is complying with the policy; (2) the extent to which the policy compares with model wellness policies; and (3) progress toward attaining the policy's goals.

The completed triennial assessment will be made available to the public. The next assessment is due on or before August 2029.

28. Policy Review and Updates

BCA will review the policy annually and update or modify it as appropriate. The policy will also be reviewed when USDA or Tennessee requirements change, when school operations change, when BCA begins selling food or beverages, or when monitoring/stakeholder feedback identifies a need for revision.

29. Nondiscrimination and Student Dignity

BCA will administer school nutrition and wellness activities in a manner consistent with applicable civil rights and nondiscrimination requirements. Students will not be shamed, embarrassed, or stigmatized because of meal participation, family economic circumstances, food choices, body size, or dietary needs.

30. Conflicts With Law or Program Requirements

If any provision of this policy conflicts with controlling federal law, USDA regulation or guidance, Tennessee law, TDOE requirements, or an applicable approved school nutrition program requirement, the controlling requirement will govern. BCA will update the policy as needed.