



# LOCAL WELLNESS POLICY

*I can do all things through Christ who strengthens me.  
Philippians 4:13*

**Marquita Carter, Principal  
Annie Bechtel, Office Manager**

## **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 Principal/Director, 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**

The Board recognizes that physical activity is extremely important to the overall health of a child. BCA shall support and promote physical activity. Physical activity may be integrated into any areas of the school program.

Non-structured physical activity periods shall be offered as required by law.

Physical activity shall not be employed as a form of discipline or punishment.

## **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 through 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

### **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.

### **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:

- 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 Principal/Director of Binghampton Christian Academy will ensure compliance with established district-wide nutrition and physical activity wellness policies. He/She will report on the school's compliance to the Chairman of the Board of Trustees of Binghampton Christian Academy.
- The Principal/Director and Food Service Management vendor will ensure compliance with nutrition policies with school food service areas.
- The Principal/Director will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies 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 policies, the Principal/Director and Food Service Management vendor will:

- Assess the school's existing nutrition and physical activity environment and policies.
- Ensure that the results are compiled by Principal/Director.
- BCA is required to periodically measure and make available to the public an assessment on the implementation of the wellness policy.
- 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 Principal/Director will:

- Review our nutrition and physical activity policies.
- Support an environment that promotes healthy eating and physical activity.
- Support nutrition and physical education policies and program elements.
- Revise the wellness policies and develop work plans to facilitate their implementation.
- The public will be made known of the Wellness Policy on the BCA website: **[bcamemphis.org](http://bcamemphis.org)**

## **Nutrition Promotion**

Binghampton Christian Academy shall participate in the USDA child nutrition programs, which may include but not be limited to, the National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program.

Meals shall be accessible to all students in a non-stigmatizing manner. Students will be given adequate time to enjoy healthy meals and relax in a pleasant environment. Good nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by the Healthy, Hunger-free Kids Act, 2010, Smart Snacks in Schools.