

UNITED CHRISTIAN ACADEMY

Wellness Policy School Nutrition and Fitness

Statement of Purpose

The intent of this Policy is to ensure the compliance of the local policy requirement of the Federal Child Nutrition and WIC Reauthorization Act of 2014. In accordance with those requirements, this policy has been redeveloped in collaboration with our Board of Directors, parents, faculty, staff, food service coordinator, and school administrator.

Policy Statement

It is the purpose of the School Nutrition and Fitness Policy to encourage wellness programs at United Christian Academy with the objective of promoting student health and reducing childhood obesity. Wellness programs will be designed to encourage life-long patterns of healthy eating, regular exercise, and overall healthy lifestyle choices among all our students.

I. Nutrition Policy

A. Rationale

1. UCA shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, UCA shall provide a nutrition component in its Health Education Programs.
2. Nutrition education programs will be conducted for all grades.
3. To the extent practicable, nutrition education will be integrated into UCA's curricula in areas such as science classes, physical education courses, our SEEK program, and in other areas such as bulletin boards and newsletters.

B. Nutrition Guidelines

1. Menus shall be conformed to the Dietary Guidelines for the American and the nutrient standards established in the regulations of the National District Lunch Program.
2. UCA will ensure that the guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the Secretary of Agriculture pursuant to sections (a) and (b) of the 10 of the Children Nutrition Act and section 9(f)(1) and 17 of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to the schools.
3. The sale of food during meal periods in food service areas will be allowed only if all income of the sale accrues to the benefit of the school, the food service program or the student organization providing the sale. The provision is required by the federal regulation.
4. UCA will ensure that foods offered at school other than through the National School Lunch Program comply with nutritional guidelines as established by the Vermont Departments of Health and Education.
5. Nutritious food will be included at any time foods are sold at the school to raise funds, social events, and school celebrations.
6. Compatible with federal regulations for such purchases, the food service program will establish procedures to include locally-grown foods and beverages in development of purchasing bids or procedures. Procedures to promote the purchase of locally-grown products may include:
 - a) Pursuing partnerships with local farms and farmers, manufacturers, and small processors.

- b) Taking advantage, where possible, of existing products that are already available, such as eggs, milk, dairy products, and produce.

For students eating lunches brought from home:

- Foods are not shared among students but eaten only by the child who brings them.
- Teachers will ensure lunches brought by students are clearly marked with the student's name.
- Food should be properly stored. Parents are encouraged to use small ice packs in lunches to ensure food is kept at proper temperature.
- Parents are encouraged to provide a ready-to-eat, well balanced, lunch.

On birthday or party days:

- Parents may supply snacks for the day.
- These are the only days a concentrated sugar may be offered to the students at snack time.
- Food brought from home on these days that require refrigeration should be kept in the refrigerator until serving.
- Foods requiring heating may be warmed up in the microwave or with small appliances provided or brought from home.
- Parents are encouraged to use care in food preparation.

C. Promoting Healthy Eating Behaviors

UCA will:

1. provide adequate space for eating and serving school meals, as well as establishing meal periods that provide adequate time to eat and are scheduled at appropriate hours.
2. provide a clean and safe meal environment for all students.
3. provide training opportunities as appropriate for food service and other staff members in the area of nutrition and wellness.

II. Physical Education Policy

A. Instruction

1. UCA will provide physical education for all K-5 students. Lower school students will have regularly-scheduled PE classes, and upper school students will earn PE credits through school-sponsored and private activities.
2. UCA will offer daily supervised unstructured active play, commonly referred to as recess for all students K-5. Recess will be in addition to, and not a substitute for, the students' physical education class.
3. UCA will provide proper equipment and safe areas designated for supervised recess time.
4. The curriculum will introduce developmentally-appropriate components of a health related fitness program.
5. The curriculum will equip students with the knowledge, skill, attitudes and personal and social skills necessary for lifelong physical activity and healthful lifestyle management.
6. The curriculum will offer students multiple choices of opportunities that will prepare them for a wide variety of lifetime activities.
7. The curriculum will build students' competencies in their own physical abilities and thus improve their self-confidence.

B. Inclusion (Adapted Physical Education)

1. The physical education program will be inclusive of all students.
2. Suitable adaptations will be made for all individual education plans for students with chronic health problems, other disabling conditions, and other special needs that preclude such students' participation in regular physical education instruction or activities.
3. A student with chronic health problems or other disabling conditions shall be permitted to participate in extracurricular activities, including interscholastic athletics, if the student's skills and physical condition meet the same qualifications that all other students must satisfy. UCA will make reasonable accommodations to allow the student to participate.

C. Assessment

1. UCA's curriculum and assessments will be aligned with the Vermont Framework for Standard and Learning Opportunities and with the Vermont Education Grade Expectations.

D. Policy Implementation

1. The Head of School in collaboration with the Academic Program Director shall monitor UCA's programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
2. The Head of School in collaboration with the Finance Coordinator shall report at least annually to the Board on the school's compliance with the law and policies related to student wellness. The report shall include the assurance that the UCA's guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.