



VALLEY CHRISTIAN SCHOOL DISTRICT

Wellness Policy 2023/2024

I. **PURPOSE:** To provide procedures to ensure that students receive consistent information and education regarding proper nutrition, increased physical activity, and the benefits of healthy lifestyle choices throughout the school, classroom, and cafeteria.

The food service director will arrange a wellness committee yearly to update teachers, and review the policy. The committee will consist of principals, staff, teachers, athletics, Physical Ed presidents, health professionals, administrative, parents, and board members. At least five of the above must be in attendance to hold a meeting.

II. **POLICY:** Valley Christian School District is committed to healthy schools and lifestyles, providing a total learning environment that enhances the development of lifelong healthy habits in wellness, nutrition, and regular physical activity.

III. DEFINITIONS:

A. Competitive foods – those foods and beverages available or sold outside of the federally-reimbursed school meals programs – are widely available in U.S. public schools. They are commonly sold in vending machines, cafeteria à la carte lines, school stores, and snack bars. Fundraisers, classroom parties, and student rewards also are major sources of such products.

B. Comprehensive Health Education– A planned sequential curriculum that addresses the physical, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to the developmental level of children.

C. Coordinated School Health Program–A Coordinated School Health Program consists of eight interactive components. The components are Health Education, Physical Education, Health Services, Nutrition Services, Mental Health Services, Healthy School Environment, Health Promotion for Staff, and Family/Community Involvement.

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D. Curriculum– The prescribed programs and courses which state what students should know and be able to do, how they will meet learning objectives, and how they will be assessed.

E. Foods of Minimal Nutritional Value (FMNV)– Specified foods identified by the secretary of the USDA: fruit drinks and water ices (with less than 10 percent fruit or fruit juices); chewing gum; jellies, marshmallow, licorice, spun candy, hard candies, and candy-coated popcorn.

F. Healthful and Safe Environment–A physically and psychologically safe school climate with a positive culture that is designed to promote the maximum health and safety of all students.

G. Nutrition Education– A component of the comprehensive school health education program which teaches knowledge and skills related to nutrition and physical activity.

H. Obesity– Body Mass Index (BMI) in excess of 30 percent acceptable body weight.

I. Physical Education– A planned sequential curriculum that teaches skills, knowledge, and attitudes which are needed to establish and lead a physically active life.

J. Physical Activity– Any bodily movement produced by skeletal muscles that results in an expenditure of energy.

K. School Wellness Team– A group of individuals who represent segments of the community and the eight components of the coordinated school health program model. The local school Wellness Team provides advice and recommendations to the School President and Board of Education in matters related to the health, safety, and wellness of students and staff.

L. School Health Services– Services provided for students to appraise, protect and promote health. These services include, but are not limited to, prevention and control of communicable disease; provision of emergency care for illness and injury; administration of medication; and the evaluation of the school facility/environment for safe and sanitary conditions. Health services are provided by professional nurses and Medical Assistants.

M. Recess– Regularly scheduled periods within the school day for physical activity and play.

N. USDA- United States Department of Agriculture.

O. Wellness– An intentional choice of lifestyle characterized by personal responsibility, balance, and maximum personal enhancement which leads to the goal of attaining the state of physical, mental,

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social, intellectual, and spiritual well-being. It is a process of being aware of and altering unhealthy behaviors to those which will bring about a more healthful existence. Wellness is not just the absence of disease.

P. Oversight Official – Responsible for the policy and wellness committee. (Food Service Director and President)

Q. School Day –midnight before through 30 min after the final bell

IV. BACKGROUND: To help combat childhood obesity, Congress passed a law requiring each Local Education Agency (LEA) participating in USDA’s School Meal’s Programs to establish a local wellness policy. In response, the PHYSICAL ACTIVITY Board of Education of Valley Christian Schools needs to approve a Policy of Wellness, Nutrition, and Physical Activity. The Board of Education directs the President and appointed designees to ensure students receive consistent information and education regarding proper nutrition, increased physical activity, and the benefits of healthy lifestyle choices throughout the school, classroom, and cafeteria. The Board of Education will ensure the Board Policy and Administrative Procedure are widely distributed and that an annual mechanism for evaluation is in place. Overweight children and the growing risk of obesity are serious concerns. Time allocated nationwide for physical education has been reduced. This has contributed to a significant decrease in physical fitness and an increase in overweight and obesity in our youth. It also has contributed to an increase in Type 2 Diabetes in school age youth, a disease that previously was found primarily in older adults. The USDA believes that schools should take a leadership role in helping students learn to make healthy lifestyle choices.

V.: Key Elements of Wellness Policy

A. Physical Activity

1. The President or Designee will ensure that a comprehensive, sequential physical education program will be taught at school, and that the time allotted for physical education is consistent with current research, and national and state standards.
2. The President or Designee shall ensure physical activity is integrated across curricula and throughout the school day, and that teachers are trained to accomplish this goal.

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3. The President or Designee, in conjunction with the Supervisors of Physical Education and Adapted Physical education, will ensure that physical education and adapted physical education teachers are highly qualified.

4. Principals shall ensure physical education classes are taught in a separate space, preferably a gymnasium.

5. The President or Designee in conjunction with each elementary principal will ensure that all elementary children will have multiple opportunities daily for physical activity lasting 15 minutes or more, in addition to a daily recess period. VCS will not use/deny physical education as a punishment.

6. Principals shall ensure that physical activity facilities on school grounds are safe and that the school provides a physical and social environment that encourages safe and enjoyable activity for all students, including offering opportunities for non- competitive physical activity.

7. The Supervisors of Physical Education and Health Education shall collaborate in providing a bank of physical activity resources for sharing information with families and community to positively impact health.

B. Nutritional Education and Promotion

1. The President or Designee shall ensure that Comprehensive Health Education, with its mandatory nutrition education component, will be taught as part of the Health Education requirement for graduation.

2. The President or Designee shall ensure that nutrition education will be integrated across curricula and throughout the school day. All marketing of food and beverage in school buildings will promote healthy choices.

3. To ensure the effective delivery of an accurate nutrition education program, the President or Designee will ensure that the school based staff responsible for nutrition education are highly qualified and given the opportunity to participate regularly in professional development activities.

4. The Director of Food Services shall provide guidelines to ensure that the school cafeteria serves as an opportunity for nutrition education. The department will operate an offer vs serve to all ages so children can make informed choices about their meal components.

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5. The Food Service Director and the Supervisors of Health Services shall collaborate in providing a bank of nutrition education resources for sharing information with families and communities that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families that will positively impact health. The Food service department will offer taste testing and surveying activities for input on new menu ideas from students and staff.
6. Principals will allocate adequate time for students to participate in the school breakfast program and shall encourage all students to start each day with a healthy meal.
7. Food service department will have at least 2 Serv Safe employees on site at the central location during meal times. Credentials are posted in the kitchen.

C. Nutrition Standards

1. Principals will ensure the eating environment will be pleasant and conducive to appropriate food consumption and socialization.
2. Principals will ensure that students have a minimum of 30 minutes for lunch with at least 20 minutes to consume meals.
3. The Director of Food Services will ensure that students will be offered 5 food components for Lunch and 4 food components for Breakfast. (Meat, Grain, Fruit, Vegetable & Milk)
4. The Director of Food Services will ensure that Students utilize Offer vs. Serve where up to 2 food components can be turned down at lunch and 1 food component can be turned down at breakfast. (Meat, Grain, Fruit, Vegetable & Milk)
5. The Director of Food Services will ensure that meals and snacks will meet State and Federal guidelines and comply with the dietary guidelines of the USDA Healthy, Hunger Free Kids Act and the USDA Smart Snacks.
6. The Director of Food Services and staff are responsible for deciding what foods to serve and how they are prepared for Valley Christian Schools, ensuring high quality.
7. To promote hydration, students will have access to water fountains throughout the day.
8. The Director of Food Services in conjunction with the Ohio Department of Education's National School Lunch Program, School Breakfast Program, and CACFP Program will provide necessary

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adjustments to menus so that schools can meet the USDA's required criteria. Nutrition standards will be met for specific age/grade groupings when averaged over a school week. A school week is defined as a minimum of three consecutive days and a maximum of seven consecutive days.

D. Guidelines for Food and Beverages Sold in Vending Machines, Snack Bars, School Stores, and Concession Stands on School Campuses.

1. All food sales by school-related groups and the use of vending machines are in compliance with state and federal law and do not impair student participation in the District's food and nutrition services program.
2. School vending machines will offer foods that are in compliance with the USDA Smart Snacks and Healthy, Hunger Free Kids Act.
3. School vending machines, snack bars, stores, and concession stands meet the same standards as the standards for school meals and snacks in the previous section of this administrative procedure during the mandated USDA Smart Snack & Healthy Hunger Free Kids Act Program mandated hours. (USDA Smart Snack & Healthy Hunger Free Kids Act non-compliant food will not be sold from 12 am to one half hour after the end of the school day per USDA Smart Snacks & The Healthy Hunger Free Kids Act).
4. President or Designee, Wellness Team, Principals & Food Service Director will be responsible to monitor, control, and educate school Groups on the merits of offering food and beverages that are predominately sound nutritional choices.

E. Guidelines for Food and Beverages sold as part of school sponsored fundraising activities.

Fundraisers in school-must follow USDA Smart Snacks Rule, Guidance for Principals and Staff. If sold to students during school hours (midnight the night before until ½ hour after the last bell) it must meet Smart Snack guidelines and be run through the Smart snack calculator on the Alliance for a Healthier Generation website as well as the VCS website. Compliance records need to be printed and sent to the food service office to be filed.

1. All foods served in the Valley Christian School District by entities other than Food Services, are of high quality and meet all applicable safety, sanitation and health laws and regulations. Therefore No Microwave heating of students meals or any outside deliveries to students, or onsite cooking of meals

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2. Only food from licensed commercial vendors and sources are able to be brought in(also PTL). No homemade goodies. ex.) Walmart cupcakes

3. Food that does not meet the USDA Smart Snack & Healthy Hunger Free Kids Act Program guidelines will not be sold from 12am to one half hour after the end of the school day per USDA Smart Snacks & The Healthy Hunger Free Kids Act. Therefore all food based fundraises intended for sale/consumption in school during a school day will be USDA smart compliant

4. Emphasis and promotion of fundraisers that have a physical activity component is strongly encouraged.

5. Principals will monitor fundraisers to ensure compliance with the Wellness, Nutrition, and Physical Activity procedure and the Guidelines the USDA Smart Snack & Healthy Hunger Free Kids Act

6.The use of USDA kitchens being used for in-house activities or clubs within Valley Christian schools will Have a Food Service Director approved Serv Safe employee on site during serving and cooking times. Wages for employee and a rental fee of \$75.00 is needed. Club may supply their own Serv Safe worker as long as the Food Service Director approves in writing. Credentials will need to be supplied

F. President or Designee will be responsible to monitor, control, and educate school groups and or staff on guidelines for food and beverages served or utilized for education purposes, parties, celebrations, and/ or meetings.

1. To reduce the risk of foodborne illness and allergic reactions, food served in schools must be from licensed commercial vendors(prepackaged with ingredients) and sources. Guideline approved snacks are available for room parties from Food Services. Homemade Products are not to be used for any reason or on-site cooking of meals.

2. Shared food items are prohibited (including birthday treats, classroom snacks, and sharing of food items during lunch)

3. Food in the classroom for instructional purposes is up to the building level principals. All students IHCP/504's and or IEP's must be followed. As well as all allergies, intolerances and religious beliefs. The responsibility of allergies, intolerances, and religious beliefs is on the teacher, principal, and not food service. Teachers and principals will make an effort to notify families when food will be used/shared in the classroom.

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4. Staff who use food for incentives and/ or rewards – Is not an encouraged practice but is at the building level Principal's discretion, If possible follow USDA Smart Snacks Rule, Guidance for Principal and Staff and try to get foods from food services. All students' IHP/504's and IEP's must be followed. The responsibility of allergens is on the teacher and principal and not food service. Teachers and principals will make an effort to notify families when food will be used/shared in the classroom.

5. All foods provided for classroom parties, meetings, and celebrations for students will include at least one smart snack item. This could be 100 percent juice. All products must be store bought, list ingredients, and arrive in original packing.. No homemade goodies of any kind may be served as well as no delivery of any outside food establishment. ex) pizza

VCS does not supply paper products for classroom events. You may purchase items for \$0.10/item.

6. Only foods purchased through the food service department may be stored in USDA kitchens, coolers and freezers. Food service will produce a permission slip as well as ingredients for the parents of these foods. Food service will provide for children with known allergies as well. Only USDA Staff may be in the kitchen

G. Other School-Based Activities

1. The Wellness Team will provide information on opportunities for staff to engage in physical fitness and wellness activities.
2. The President or Designee will ensure comprehensive annual training of principals in all curricular areas addressed by this administrative procedure, preferably during the annual summer retreat.
3. The staff in the Health Services will support the health of staff by providing health screening and clinics.
4. Principals, The Valley Christian Schools President and Board of Education will ensure opportunities for parents, school employees, and community partners to plan, implement, and improve health education ,physical activity, and Wellness in their schools.
5. The School Wellness Team will work to promote the wellness, nutrition, and physical activity policy to district staff, students, parents, and the public.

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H. Evaluation

1. The President or designee will provide management and oversight of the implementation of the Wellness Policy and the Healthy Schools Program with support from the Wellness Team of Valley Christian School District. The President or Designee in conjunction with the Wellness Team will design an evaluation model to monitor the implementation and effectiveness of the Board Policy and Administrative Procedure.
2. The President or Designee in conjunction with the Wellness Team will implement the evaluation model and review annually.
3. The President or Designee will provide an annual report on the progress of the implementation of this policy and procedure to be presented to the Board on an annual basis.
4. The school system will partner with community organizations and governmental agencies serving children to support programming that enhances student and family wellness.
5. Wellness policy will be on the school web page and available to the public, as well updates and progress.
6. The clinic/Nurse updates food service annually with student allergen information. Food service clears and updates allergens each year

VI. MAINTENANCE AND UPDATE OF THESE PROCEDURES: These procedures originate with the Office of the President, and will be reviewed annually and updated as needed.

VII. CANCELLATIONS AND SUPERSEDURES:

VIII. EFFECTIVE DATE: 08/01/2023

This is a required policy.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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1005

Wellness Policy Assessment Tool

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name

Reviewer

School Name

Date

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- Administrators
- School Food Service Staff
- P.E. Teachers
- Parents
- School Board Members
- School Health Professionals
- Students
- Public

Yes No We have a designee in charge of compliance.

Name/Title:

Yes No We make our policy available to the public.

Please describe:

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

IV. Nutrition Guidelines (Cont. from page 1)

- Yes No
- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
 - We operate the School Breakfast program: Before School In the Classroom Grab & Go
 - We follow all nutrition regulations for the National School Lunch Program (NSLP).
 - We operate an Afterschool Snack Program.
 - We operate the Fresh Fruit and Vegetable Program.
 - We have a Certified Food Handler as our Food Service Manager.
 - We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

V. Physical Activity

- Yes No
- Our district's written wellness policy includes measurable goals for physical activity.
 - We provide physical education for elementary students on a weekly basis.
 - We provide physical education for middle school during a term or semester.
 - We require physical education classes for graduation (high schools only).
 - We provide recess for elementary students on a daily basis.
 - We provide opportunities for physical activity integrated throughout the day.
 - We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
 - Teachers are allowed to offer physical activity as a reward for students.
 - We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

VI. Other School Based Wellness Activities

- Yes No
- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
 - We provide training to staff on the importance of modeling healthy behaviors.
 - We provide annual training to all staff on: Nutrition Physical Activity
 - We have a staff wellness program.
 - We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
 - We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
 - We have a recycling/environmental stewardship program.
 - We have a recognition /reward program for students who exhibit healthy behaviors.
 - We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

Discussion planned 11-1-23.

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name Position/Title

Email Phone

ex 1113