



2018-2019 WELLNESS POLICY

Hillcrest Christian Academy

Revised 11/2018

Policy Compliance

Hillcrest Christian Academy's Wellness Policy is enforced by a team of three members:

Mrs. Shelli Prindle, Principal

Mrs. Edy Ayon, Food Service Director

Mr. Jes Hutson, Physical Education Teacher and Athletic Director

Mrs. Melanie Maxwell, Parent

The school shall convene the Wellness Committee to develop, implement, and periodically review and update the school wellness policy. The Wellness Committee will invite and include, to the extent possible, parents, students, food service director, principal, physical education teacher, board member, school health service staff, and interested community members.

The principal and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which the school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the school in attaining the goals of this policy.

At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as school and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The principal shall be responsible to monitor the school, programs and curriculum to ensure compliance with this policy. Other members of the team help facilitate the execution of the policy. The principal shall annually report to the Board on compliance with law and policies related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from staff, students, parents/guardians, community members.

The school shall annually inform and update the public, including parents/guardians, students, and others in the community, about the contents and implementation of this policy via the school website, student handbook, and/or other efficient communication methods. This annual notification shall include how to access a copy of the school wellness policy.

Nutrition Education

Hillcrest Christian Academy (HCA) has strived to provide nutritional education to its staff, students and their families. The following techniques explain how HCA will continue nutritional education:

1. Nutrition education is integrated into the curriculum such as health, math, science, language arts and social studies.
2. Nutrition education information is reviewed by a qualified, credentialed nutrition professional.
3. Nutrition education is also shared with Hillcrest families via an informational column in our weekly newsletter.
4. Grades 6-8 continue to use the school kitchen as a learning laboratory to allow students to learn the importance and application of good nutrition.
5. Students and families are instructed about the importance of starting the day with a healthy breakfast and encouraged and reminded to do so.

Physical Activity

HCA is dedicated to supporting extra-curricular sports programs as well as qualified physical education both in the gym classes and normal classroom time.

1. Teachers are encouraged to integrate physical activity into learning.
2. Certified Physical Education teacher plans and oversees the curriculum and activity in the physical education routines and classes.
3. Recess restriction is no longer used as a form of discipline.
4. HCA participates in the "Punt, Pass and Kick" program during the annual field day.
5. Although seven extracurricular physical teams are already being held at the school, we continue to participate in the distribution of community sports programs as well as offer the school facilities for any other organized sports related activities.
6. HCA continues to offer their gymnasium facilities for Men and Women's basketball as well as Women's volleyball.

Other School Based Activities

HCA continues to support school-based activities available to their students and families. All after school programs incorporate the guidelines set forth in the Wellness Policy including references to nutritional education and nutritional snack options.

1. HCA offers yearly physicals for members of the sports teams, as well as hearing scans and eye exams for all of its students. Height and Weight are measured for each student and BMI's are calculated. Parents are notified of results and BMI's that fall above 85% and below 5% are referred to the child's personal physician for follow up. Follow-up appointments are also recommended for any abnormal hearing and eye screenings.
3. HCA continues to distribute information on state assisted medical and dental health insurance programs for its students and families.
4. HCA is dedicated to continuing a local wellness committee to implement and improve nutrition and physical activity in school.

Nutritional Guidelines for All Foods on Campus

HCA continues to strive to meet the state's standards for well-balanced nutritious lunch meals. We are proud of our record that proves our dedication to high quality and well- rounded food service for all of our students.

1. Food providers at HCA continue to take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers offer a variety of age appropriate healthy food and beverage selections for its students in K-12th grade.
2. Nutrition information for products offered in snack bars, vending and school stores is readily available near the point of purchase.
3. Families, teachers, students and school officials are engaged in choosing the competitive food selections for HCA.
4. Promotional activities are limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools are connected to

activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

5. Food providers also supply advertising materials that encourage smart choices and nutritional gain for its students. Marketing and promoting of foods and beverages to students is limited to items that meet the Smart Snacks in School nutrition standards.
6. Classroom snacks and school parties/celebrations shall feature healthy choices, including fruits, vegetables, water, 100% juice, and low fat/nonfat milk. Foods with sugar as the first ingredient will be limited to 2-3 items.
7. All foods and beverages offered for sale to students outside of the reimbursable meal with the exception of a limited number of exempt fundraisers permitted by the State shall follow federal Smart Snacks in School standards.

Eating Environment

HCA is committed to maintaining a clean, comfortable eating environment for its students. The addition of our new gymnasium will further improve the accessibility and timing of all lunch related activities.

1. HCA provides 20 minutes for the students to eat their lunch.
2. HCA lunch periods are scheduled in the middle of the school day.
3. HCA's cafeteria has parent volunteers to assist with serving areas so that students do not have to spend too much time waiting in line.
4. HCA staggers the lunch start time so that the numbers of students in line are always kept to a minimum.
5. Access to drinking water is always available for students at mealtime. Low-fat (1%) white and nonfat chocolate milk are offered daily as part of the reimbursable meal. Students may also purchase optional bottled water, if desired.
6. Food is not used as a reward or punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

Child Nutrition Operations

HCA is dedicated to its cafeteria operations and ensures that all personnel are well trained in all areas of food and safety. The director oversees food preparation and even volunteers are instructed to adhere to safety guidelines.

1. At HCA, the nutrition program does aim to be self-supporting. At no time does the profit generation take precedence over the nutritional needs of the students. If additional subsidy of the nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete with program meals.
2. The child nutrition program ensures that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
3. HCA strives to increase participation in the available federal Child Nutrition Programs (e.g. school lunch, after-school snacks and summer foodservice.)
4. Students are encouraged to start each day with a healthy breakfast.
5. During achievement testing week, an optional breakfast is offered to ensure optimal testing situations.

Food Safety/Food Security

1. All foods made available on campus comply with the state and local safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
2. For the safety and security of the food and facility, access to the food service operations are limited to Child nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.
3. HCA's cafeteria staff are all properly qualified, certified, and/or credentialed according to current professional standards, to administer the school service program and satisfy reporting requirements.
4. All food service personnel have adequate pre-service training in food service operations.