New Jerusalem Christian Academy
Wellness Policy

Preamble

The ***New Jerusalem Christian Academy*** recognizes that proper nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests a positive correlation between a student's health and well–being and his/her ability to learn. Schools play an essential role in the developmental process by which students establish their health and nutrition habits—providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

New Jerusalem Christian Academy is committed to creating a school environment that promotes and protects the overall well-being of all students and staff. The guidelines below encourage a comprehensive wellness approach sensitive to individual and community needs.

1. **Local School Wellness Policy Leadership**

School Level

Each school within the ***Abundant Life Christian Learning Center*** will establish an ongoing Healthy School Team that will meet **bi-annually** to ensure compliance and facilitate the implementation of the ***New Jerusalem Christian Academy Wellness Policy.***

- The school principal and local school staff are responsible for complying with federal and state regulations regarding the ***New Jerusalem Christian Academy Wellness Policy.***
- In each school, the administrator and designee will establish **the Healthy School Team, which** will ensure compliance with the policy.
- **The Healthy School Team** should include, but not be limited to, the following stakeholders: parents, students, school food service representatives, school administrators, physical education teachers, and the public.
- **The Healthy School Team** is responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7CFR 210.11 and FAC 5P-1.003);
  - Maintaining a school calendar identifying the dates when competitive food fundraisers will be exempted by the frequency specified in paragraph (c) of FAC 5P-1.003.
  - It reports its school's compliance with the abovementioned regulations to the administrator, who is responsible for ensuring overall accordance with ***The New Jerusalem Christian Wellness Policy***.

New Jerusalem Christian Academy will review evidence-based strategies and techniques when establishing goals for nutritional promotion, education, physical activity, and other school-based activities. The policies and procedures will also promote student wellness, including, at a minimum, a **monthly review** of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to nutrition information. Posters, worksheets, and brochures will be available in classrooms and throughout each school.
- Schools will provide parents with healthy snack ideas, a list of foods for healthy celebrations, and opportunities for physical activity before and after school.

3. Nutrition Education

The choice and availability of nutritious foods in our schools affect academic performance and quality of life issues. Research indicates that healthy eating supports students' physical growth, brain development, resistance to disease, emotional stability, and learning ability.

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic instruction unit during physical education classes and integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive interactive nutrition education that provides them with the skills they need to adopt healthy eating behaviors. Nutrition and health classes include classroom lectures, activities, and student participation. Classroom written tests, such as multiple-choice, essay, and cloze questions, are given in the areas of food.
- Students will understand how food reaches the table and its implications for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities, and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive home learning supporting these activities to ensure comprehension.
- Incorporate nutritional education within the broader school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.
- Nutrition education will teach skills that behavior-focused. We will teach students about calorie balance, energy expenditure, and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to deliver an accurate nutrition

education program as planned expertly. Preparation and professional development activities will provide essential knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

The New Jerusalem Christian Academy shall ensure that physical activity is essential to each school's instructional program. The program shall allow all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades K-5 shall receive 150 minutes per week, or 30 minutes per day, of instructional relevant physical education. Elementary school students will have 20 minutes of daily recess. Each school will provide space, equipment, and an environment conducive to safe and enjoyable play.
- Students can participate in physical, before—and after-school activities or other activity programs. They are also encouraged to join community-offered fitness and athletic programs.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging every week.) Information about the opportunity to participate in physical activity in the afterschool programs and community events is available for the staff.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

5. Other School-Based Activities

The New Jerusalem Christian Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same goals and objectives to promote student well-being, optimal development, and healthy educational outcomes.

General Guidelines

- **The New Jerusalem Christian Academy** shall consider the components of ***the Center for Disease Control's Whole School, Whole Community, and Whole Child (WSCC) mode***l in establishing other school-based activities that promote wellness.
- Consider the goals outlined by the wellness policy when planning all school-based activities (such as school events, field trips, dances, and assemblies). Afterschool programs encourage healthy snacking and physical activity, as well.

- ***The New Jerusalem Christian Academy*** shall actively develop and support students, families, and staff engagement in community health-enhancing activities and events at the school or throughout the community.
- Each school within ***The New Jerusalem Christian Academy*** shall comply with drug, alcohol, and tobacco-free policies.

Eating Environment

- We will give students adequate time to consume their meals at least 25 minutes after receiving their food from the line.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to hand washing and oral hygiene facilities will be available during meals.

Healthier US School Challenge

- All schools are encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application for recognition as a Healthier US School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

Recycling

- Each school shall maximize waste reduction by recycling, reusing, composting, and purchasing recycled products.

Employee Wellness

- **The New Jerusalem Christian Academy** wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources, and performs other functions that support staff wellness.
- All staff members are provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services provided for students and staff will include, but not be limited to, violence prevention, school safety, infectious disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills, and First Aid/CPR training.

Use of School Facilities Outside of School Hours

- Each school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school

community's purpose. Parents can bring their children to school and have access to basketball courts and playgrounds.

Behavior Management

- ***The New Jerusalem Christian Academy*** is committed to prohibiting the use of food as a reward unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

New Jerusalem Christian Academy shall operate and provide food service according to USDA's National School Lunch Program (NSLP) standards and the applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet USDA's and any additional state nutrition standards beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, all New Jerusalem Christian Academy schools will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be available to all children during meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are "competitive foods." They must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
    - School campus means, for the implementation of competitive food standards, all areas of property under the school's jurisdiction that are accessible to students during the school day.
    - School day means, for competitive food standards implementation, the period from midnight to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars, and in-school fundraisers.

- Unless being sold by the ***New Jerusalem Christian Academy*** food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11 (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General Nutrition Requirements for Competitive Foods

- Be a grain product that contains 50% or more whole grains by weight or has whole grain as the first ingredient or,
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
- Be a combination of food that contains a ¼ cup of fruit and vegetables.

If water is the first ingredient, the second ingredient must be one of the above.

Exemptions

- Any entree item offered as part of the breakfast or lunch program is exempt if served as competitive food on the day of service or the day after in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients except water are exempt.
- Canned fruits with no added ingredients except water, packed in 100% juice, extra light syrup, or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced-fat cheese, nuts, seeds, nut/seed butter, seafood, and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.

For elementary and middle school students, foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Meals and drinks for high school students may contain caffeine.

Standards for food and beverages available during the school day - Not sold to students:

- The school will give parents and teachers ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Class parties and celebrations are allowed after lunch, and only foods that meet the **Smart Snacks in School nutrition standards**. Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

Fundraising

- Fundraising efforts will support healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while emphasizing the sale of non-food items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The Board is permitted to grant a special exemption from the standards for competitive foods as specified above to conduct infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year: **5**

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with plans for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include vending machine covers promoting water, pricing structures that support healthy options in a la carte lines or vending machines, sales of fruit for fundraisers, and coupons for discounted gym memberships.
- ***New Jerusalem Christian Academy*** nutrition department's replacement and purchasing decision will reflect the abovementioned marketing guidelines.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The New Jerusalem Christian Academy wellness committee will update and modify the wellness policy based on the annual review and triennial assessment results. As local priorities change, community needs change, wellness goals change, new health information, and technology emerge, and new federal or state guidance or standards are issued—the wellness policy assessment, as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

New Jerusalem Christian Academy will assess the local school wellness policy to measure wellness policy compliance **at least once every three years.** This assessment will measure the implementation of the local school wellness policy and include the following:

- The extent to which the ***New Jerusalem Christian Academy*** complies with the school wellness policy;

- The area to which the school wellness policy compares to model school wellness policies and
- A description of the progress made in attaining the goals of the school wellness policy.
- We will keep the public informed.

New Jerusalem Christian Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. ***It*** will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- ***New Jerusalem Christian Academy*** will ensure the most updated version of the wellness policy and triennial assessment results are always available on the school website for the public to view.
- ***New Jerusalem Christian Academy*** will present wellness policy updates, as applicable, during meetings with the Parent Assisting Teachers, the Board, the health and wellness committee, and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents, and staff, as applicable, in the form of handouts, the New Jerusalem Christian Academy website, articles, and each school's newsletter to ensure that the community is informed and that public input is encouraged.
- At the beginning of each school year, each school will provide all parents with a complete copy of the local school wellness policy.

9. Community Involvement

New Jerusalem Christian Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. New Jerusalem Christian Academy will actively communicate ways in which parents, students, representatives of the school food authority, school administrators, and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- ***New Jerusalem Christian Academy*** will consider student needs when planning for a healthy nutrition environment. Students asked for input and feedback using surveys, and attention was given to their comments.
- ***New Jerusalem Christian Academy*** will use electronic mechanisms, such as email, robocalls, presentations on platforms like **Zoom or Canvas**, and newsletters to parents to ensure families of current notification of updates to the Wellness policy and how to get involved and support the plan.

- At each year's final public school meeting, the school wellness policy will be discussed with all stakeholders and they will be asked to provide feedback on the plan. All comments and recommendations will be reviewed and considered.

Record Keeping

Records to document compliance with the requirements of the school wellness policy will include, but are not limited to, the following:

- The written school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the school wellness policy and triennial assessment available to the public as consistent with the section on informing and updating the people and
- Documentation of the triennial valuation of the local school wellness policy.

For additional information, please contact: New Jerusalem Christian Academy, Attention: School Administrator, 777 NW 85th Street, Miami, Florida, 33150, 305-691-1291 Extension 124.

In accordance with Federal civil right law and U.S Department of Agriculture (USDA) civil right regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from Discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities, may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail: *U.S. Department of Agriculture*
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

fax: *(202) 690-7442; or*

Email: *Program.intake@usda.gov*

This institution is an equal opportunity provider.