

School Wellness Policy

Pine Castle Christian Academy, Inc.

1. Nutrition Education

Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and physical education classes.

Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.

Nutrition education teaches skills that are behavior-focused. Students will be taught 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 participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Additionally, the school will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.

2. Physical Education and Activity

All students in grades K-5th grade receive 225 minutes per week of instructionally relevant physical education. For Middle school grades 6-8th all students are required to receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education as required by FLDOE. All elementary school students will have daily recess. PCCA provides students with a space, equipment, and an environment conducive to safe and enjoyable play.

Students will have the opportunity to be involved in physical activity through physical education programs, before-and-after school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.

The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play, and responsible participation. Teachers will discourage bullying, and restrict picking teams and community events.

Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

3. Other School Based Activities

School policy will prohibit the use of food as a reward or punishment.

Students have access to free, quality drinking water in all areas of the school.

Parents are informed about different activities, such as skate night, plays, etc.

Fundraising efforts are supportive of healthy eating by emphasizing the sale of non-food items. Fundraising activities that involve the sale of food and beverages will take place outside of the school day and must meet the school's nutrition guidelines for all foods served and sold.

Our elementary department will develop guidelines that support our wellness initiative, including serving healthy, nutritious snacks at birthday parties, field day, fundraisers, festivals and other school-related activities.

The teacher will use non-food rewards for their students. Teachers will replace the use of the awards with alternatives such as excess recess time, game time or physical activity or mind stimulus time.

Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

The school shall maximize the reduction of waste by recycling, reusing, composting, and purchasing recycled products.

The school will provide nutritious, freshly, locally grown food that reflects Florida's bountiful harvest.

4. Nutrition Promotion

The school environment, including the cafeteria and classroom, shall provide clear and consistent message that promote and reinforce healthy eating.

Food services will provide families with opportunities for input and monitoring of their children's food purchases at the K-8 level.

The school will provide parents with healthy snack ideas, lists of food for healthy celebrations and opportunities for physical activity before and after school.

Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.

Support for the health of all students and staff will be demonstrated by hosting health fairs and health screenings and assisting families with enrollment of eligible children in Medicaid, Healthy Kids and state children's health insurance programs.

5. Assurance

We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issues by USDA

6. Guidelines for All Foods Served and Sold

All foods served or sold at this school will meet the following nutrition guidelines. The guidelines also apply to fundraisers and class parties.

- 200 calories or fewer per portioned package
- No more than 35 percent of total calories from fat per serving size
- Calories from saturated fat must be below 10 percent
- Zero trans fat per serving
- Total sugar must be at or below 35 percent by weight
- Sodium must be at or below 480 mg per side dish and at or below 600 mg per main dish
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

7. Inform/update the public about the content/implementation of the LSWP

Wellness goals and policy updates will be provided to students, parents and staff a monthly basis. School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed, and that public input is encouraged.

The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and will ensure that the most updated version of the policy is always available on the school website for the public to view.

The wellness team shall prepare a report annually evaluating the implementation of the policy and include any recommended changes or revisions.

8. Provide a plan for evaluating and measuring the implementation of the LSWP

The wellness team shall meet quarterly to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

The school will develop a wellness assessment instrument to monitor compliance. On an annual basis, the school will use this instrument to assess the school's nutrition and physical activity environments and policies.

School food service staff will ensure compliance with nutrition and physical activity environments and policies within school food service areas.

9. Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP

At the final PCCA board meeting of each year, the LSWP will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

The school will consider students' needs in planning for a healthy nutrition environment. Student will be asked for input and feedback through the use of surveys and attention will be given to their comments.

The food service director will be available to speak with parents during open house and allow for parents to make suggestions as to what they would like to see occurring with the school.

10. Designate one or more LEA/school official to ensure that each school complies with the LSWP

The Head of School, Michelle Pacheco shall ensure compliance with established school-wide nutrition and physical activity policies.

11. Website address:

Pinecastleeagles.org

