

Local School Wellness Policy

For

The New Life Temple Church at Jacksonville/
Heart to Heart Christian Academy and Childcare, Inc.

The following is a Wellness Policy that complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness And Physical Education Policies; Nutrition Guidelines.

Nutrition Guidelines for All Foods Served and Sold: All foods including Ala Carte and snacks served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fundraisers and class parties.

- 200 calories or fewer per portion package
- No more than 35% of total calories from fat per serving size
- Zero trans fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits
- Are appealing and attractive to children
- Are served in clean and pleasant setting
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat 1% and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grains

Only 100% fruit and/or vegetable juice will be the only juice or juice type beverage that is allowed and sold in sizes no larger than 12 oz.

Designee:

As Assistant Administrator and School Nurse, **Mrs. Lorrie Sarver** is the person charged with operational responsibility for assuring that the school is meeting the local wellness policy.

Procedure for Reporting to the School Board/Governing Authority:

On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented at School Orientation/Open House Meetings and regular public meetings. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/Governing Authority for approval.

Assurance:

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

www.H2HAcademy.com is the school's website address where the policy will be available for access

HEALTH AND WELLNESS POLICY

Heart to Heart Christian Academy (H2H) aims to teach, encourage, and support healthy eating by students. Student's learning and ability to achieve excellence in all they do is impacted daily by their Health and Wellness. H2H becomes the local Parent/Guardian once a student enrolls which means we step into the shoes of the Parents/Guardians while the student is attending H2H. Helping our students take care of themselves is consistent with scripture, which tells us that our bodies are "temples" for the Holy Spirit and we must honor God with them (1Cor 6:19-20). Therefore, we have set forth the following guidelines to minimize unhealthy lifestyles and to promote and educate our students about healthy choices:

School Meals

H2H meals are served through the National School Lunch and Breakfast Programs which will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- serve only low-fat (1%) and fat-free milk³ and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.^{3,4}

H2H will share information about the nutritional content of meals with parents and students by printed school menus and postings in school building and cafeteria menu boards.

Breakfast. When available, H2H will ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- H2H will, to the extent possible, operate the School Breakfast Program.
- H2H will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- H2H will notify parents and students of the availability of the School Breakfast Program.
- H2H will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. H2H will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling.

- H2H will provide students with at least 10 minutes to eat after sitting down for breakfast and 25 minutes after sitting down for lunch.

Food and Candy

- (1) All students who have been diagnosed by a practicing physician with severe allergies, asthma, rare diseases, diabetes or other life threatening conditions will be required to submit an action plan with the office.
- (2) Food or candy is no longer permitted in the classrooms as incentives for good behavior or for meeting academic goals. Requests to use food for teaching purposes must be submitted for Administration approval.
- (3) Birthday celebrations in the classroom, including teachers, shall no longer involve food or candy. This policy has multi-purposes;
 - to prevent unnecessary contamination within the classroom;
 - to avoid students having no choice but to eat unhealthy foods during birthday celebrations;
 - to eliminate the mess and inconvenience to the classroom typically caused by these treats.

First Aid

When participating in field trips, a Parent/Guardian or their designated representative will accompany the high risk student as well as carry a first aid kit containing the medical supplies required for the high risk student. The teacher will not be specifically responsible for the high risk student as the teacher needs to manage the entire field trip and nor will the teacher administer medication.

A first aid kit must be brought out during recess containing basic medical supplies and the Office will maintain a first aid kit with basic medical supplies. Any special medication will be properly labeled and supplied by the Parent/Guardian and given to the Office. It is the Parent/Guardian's responsibility to supply the school with any medications as well as providing the Office with a signed Medication Consent Form before medications can be administered.

Physical Education/Recess

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings will receive daily physical education. All elementary school students will have at least 20 minutes a day of supervised recess outside of the classroom.

Goals, Implementation, Evaluation

Nutritional Education

Nutritional Education is provided in the classroom setting.

Goal	Implementation	Evaluation
1. Students will receive age appropriate instruction in the value of eating good foods, choosing a balanced diet and avoiding junk foods.	Classroom lectures. A Beka Book Health Curriculum. Reading and discussing the importance of taking good nutritional care of one's body.	Classroom participation, homework, quiz and test grades.
2. Students will have the opportunity to learn about and choose healthy meals through the menus provided by Heart to Heart Christian Academy.	H2H will plan its menu by choosing healthy foods. H2H will communicate with parents and students by posting menus in the cafeteria and at the front office. H2H will also send home monthly menus with the students.	The front office manager will make sure that a menu is posted in the front office. The kitchen coordinator will ensure that a menu is posted in the cafeteria. Homeroom teachers will distribute menus for each student to take home.
3. Students will learn about and be encouraged to make healthier food choices by receiving kid-friendly nutrition and wellness information on the back of H2H's monthly school lunch menu.	H2H will motivate students toward a healthier lifestyle by incorporating flyers and other informational literature from a variety of nationally recognized nutrition and wellness educational programs (e.g. mypyramid.gov, choosemyplate.gov, USDA's dietary guidelines, team nutrition, etc.)	The front office manager will make sure that both sides of the menu are posted in the front office. The kitchen coordinator will ensure that both sides of the menu are posted in the cafeteria. When homeroom teachers distribute menus for each student to take home, they will discuss the educational material on the back of the menu.

Goals, Implementation, Evaluation

Physical Education

Physical Education is provided in a classroom setting and through vigorous outdoor exercise.

Goal	Implementation	Evaluation
1. Student will receive age appropriate health education in addition to the balanced diet information. It includes personal hygiene, maintaining your proper weight, rest, posture, an active lifestyle, body systems: circulatory, nervous, etc.), first aid & personal safety.	Classroom lectures. A Beka Book Health Curriculum. Reading and discussing the importance of taking care of one's body and health in all aspects.	Classroom participation, homework, quiz and test grades.
2. All students K4-12 will participate weekly in 225-275 minutes of physical activity. The only exceptions are those for medical reasons (per a doctor's excuse) or a graduating senior exception (needs all seven periods for other courses needed to graduate. Our motto is "PE is for EVERYONE!")	Daily PE/recess classes ranging from 45-55 minutes each. Students will play age appropriate games to improve cardiovascular function, endurance, muscle strength and athletic ability. Such games include tag, kickball, volleyball, flag football, basketball, etc. Students will also perform basic calisthenics, walk or run laps and do drills to acquire and improve game skills.	K4-6th grade: Survey-- The PE coach will give feedback to the teachers to allow for a recess grade. 7th-12th grade: Daily grades for participation & dressing out, occasional written quizzes and weekly tests.

Goals, Implementation, Evaluation

Other School-Based Activity

Other school-based activities occur in the cafeteria, the classrooms and schoolwide, depending upon the specific goal.

Goal	Implementation	Evaluation
1. Students will learn the value of taking adequate time to consume a meal. Students will observe teachers do the same.	H2H will provide students with twenty-five minutes to consume their meal after they sit down for lunch. K4-6th grade: 11:00am-11:30am 7th-8th grade: 11:40am-12:20pm 9th-12th grade: 11:50am-12:20pm	Kitchen Coordinator will monitor classes to ensure that teachers are arriving on time to allow for adequate meal time for students. Any discrepancies will be reported to the principal who will immediately rectify the problem.
2. Only non-food items will be used as positive reinforcement of desired student behaviors.	Food and candy are no longer permitted in the classrooms as incentives/rewards for good behavior or for meeting academic goals. Teachers may use other incentives: extra time for recess, movie time, no homework pass, extra credit points, etc.	Review the Code of Student Conduct and School Employee Handbook to verify that the rule has been established. Interview teachers to ask them if they use food as a reward.
3. All parties serving any type of food (including snacks) may not interfere with a student's appetite and ability to choose to eat a healthy lunch.	Parties (birthday or otherwise), must be conducted at 2:00pm, which is well after our final lunch time which ends at 12:20pm. They may not be held in the classroom, but must be held in the cafeteria or outside.	Review School Employee Handbook to verify that the rule has been established. Interview teachers to ensure that they are following the policy.
4. All students will receive instruction about manners. This lends itself to improving the overall wellness of the individual student as it relates to responsibility to oneself, others and the community at large.	Classroom rules are posted in each classroom. They discuss respecting oneself, others and authority. They also address how we treat others (no arguing or bullying, etc.). A Beka's Curriculum also addresses table and telephone manners, politeness, thoughtfulness, thankfulness, kindness, interpersonal relationships and mental health.	Hold students accountable to the classroom rules. Issue merits for good behavior and demerits for unacceptable behavior. Communicate with parents for every merit or demerit so that they are aware of the student's overall wellness regarding his/her socially acceptable and unacceptable behavior.

Goals, Implementation, Evaluation

Other School-Based Activity (cont'd.)

Other school-based activities occur in the cafeteria, the classrooms and schoolwide, depending upon the specific goal.

Goal	Implementation	Evaluation
5. Students will receive education regarding the value of remaining drug free, alcohol free and tobacco free.	A Beka Curriculum: Drugs "Use and Abuse". Also school wide discussion implemented into the Honor Rows Program through the Jacksonville Jaguar Foundation.	Classroom participation grades. Quiz and Test Grades. Signed Conditions of Enrollment & Pledge of Cooperation. Additional Pledge Card when the school-wide emphasis occurs. Parents and students both sign the documents mentioned above, witnessing the student's commitment.

"The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer."

Wellness Policy Committee: The committee has assessed the school's nutrition and physical activity needs and developed this Policy based on those needs.

The committee is composed of the following representatives:

Area Represented	Committee Member Name
Student	Tationna Brown
Parent	Tiffiney Washington
School Food Service Personnel	Renee Robinson
School Board	Billy White Sr.
School Administration	Juanita White
School Nurse	Lorrie Sarver
Physical Education Staff	Billy White Jr.
Health Education Staff	Robert Powell
Local Physician, dentist, or other health professional	Monique White

School Year: 2017-2018