

Urban Christian Academy (hereto referred to as UCA) is committed to the optimal development of every scholar. UCA believes that for scholars to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. This policy outlines UCA's guidelines to ensuring there are ample environments and opportunities for all scholars to practice healthy eating and physical fitness throughout the school day. Specifically, this policy establishes goals and procedures to ensure that: scholars at UCA have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school—in accordance with Federal and state nutrition standards; scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors; scholars have opportunities to be physically active before, during, and after school; Schools engage in nutrition and physical activity promotion and other activities that promote scholar wellness; School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school; The community is engaged in supporting the work of UCA in creating continuity between school and other settings for scholars and staff to practice lifelong healthy habits; and UCA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives. The School Wellness Committee will convene once a year establish goals for and oversee school health and wellness policies and programs, including development, implementation, and periodic review and update of this wellness policy. The School Wellness Committee will be led by the Director of Enrichment and membership will include (to the extent possible): parents/guardians, scholars, school administrators, teachers, school health professionals, school support personnel, Child Nutrition Services staff members, school board members, and community health professionals.

**Nutrition School Meals:** UCA is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs. UCA is committed to serving meals that are accessible to all scholars; are appealing and attractive to children; are served in clean and pleasant settings; meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations (UCA offers reimbursable school meals that meet USDA nutrition standards); promote healthy food and beverage choices. In addition, menus will be posted at school and sent home with scholars monthly. UCA's food program will accommodate scholars with special dietary needs. Scholars will be allowed at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch, counting from the time they have received their meal and are seated. Scholars will be served lunch at a reasonable and appropriate time of day. Scholars will participate in one recess period before lunch to better support learning and healthy eating.

**Water:** To promote hydration, free unflavored drinking water will be available to all scholars throughout the school day. UCA will make drinking water available where school meals are served during mealtimes. All water sources, including drinking fountains, will be maintained on a regular basis to ensure good hygiene standards. In addition, scholars will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

**Celebrations and Rewards:**

1. Celebrations and parties: A list of healthy party ideas for parents and teachers, including nonfood celebration ideas will be distributed to each UCA family twice a year
2. Classroom snacks brought by parents: UCA will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives: UCA will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be withheld as punishment for any reason.

**Nutrition Promotion:** Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. scholars and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

**Nutrition Education:** UCA aims to teach, model, encourage, and support healthy eating by scholars. Schools will strive to provide nutrition education and engage in nutrition promotion that: Is designed to provide scholars with the knowledge and skills necessary to promote and protect their health; Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects; Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens; Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods; Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise); Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services; Include nutrition education training for teachers and other staff.

**Physical Activity:** Children and adolescents should participate in 60 minutes of physical activity every day. UCA is committed to providing: physical education, recess, classroom-based physical activity, and activities outside of school. Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. (This does not include participation on sports teams that

have specific academic requirements.) UCA will provide teachers and other school staff with a list of ideas for alternative ways to discipline scholars. To the extent practicable, UCA will ensure that its grounds and facilities are safe and that equipment is available to scholars to be active. UCA will conduct necessary inspections and repairs. Through formal joint or shared use agreements, indoor and outdoor physical activity facilities will be open to scholars, their families, and the community outside of school hours. Inventories of physical activity supplies and equipment will be maintained.

**Recess:** (Elementary) UCA will provide at least 40 minutes of recess for all grade levels on all or most days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play. In the event that we must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for scholars, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage scholars to be active, and will serve as role models by being physically active alongside the scholars whenever feasible.

**Physical Activity Breaks:** (Elementary and Secondary) UCA recognizes that scholars are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, scholars will be provided periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. UCA recommends teachers provide short (3-5 minute) physical activity breaks to scholars during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. UCA will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. UCA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the scholars whenever feasible.