

Penn Christian Academy's Wellness Policies on Physical Activity and Nutrition

Purpose

Penn Christian Academy recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

- Penn Christian Academy is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Penn Christian Academy to provide:
 - A comprehensive nutrition program consistent with federal and state requirements.
 - Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
 - Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
 - Curriculum and programs for grades K-8 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

- The Administrator shall be responsible to monitor programs, and curriculum to ensure compliance with this policy and established guidelines.
- The Administrator shall report to the Board regarding compliance.
- Staff members responsible for programs related to student wellness shall report to the Administrator regarding the status of such programs. The report may include:
 - Assessment of school environment regarding student wellness issues.
 - Evaluation of food services program.
 - Listing of activities and programs conducted to promote nutrition and physical activity.
 - Suggestions for improvement in specific areas.

Nutrition Education

- The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- Nutrition education is provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the

academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

- Nutrition education provides all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities are age-appropriate.
- Nutrition curriculum is behavior focused.
- Nutrition education is integrated into other subjects to complement but not replace academic standards based on nutrition education. Nutrition and healthy habits curricular items for Penn Christian Academy are as follows:
 - Kindergarten/Grade 1 – Covered in the classroom through a unit entitled *Healthy Habits*. The focus is on students being aware of making good food choices at meal and snack times.
 - Grades 2 and 4 – Physical education unit called *Get Moving*. The focus is on being active and staying active in the student’s free time.
 - Grades 3 and 5 – Covered in a Science Unit at each grade level. For Third graders, the unit is called *Healthy Habits*. The focus is on making good choices for your health (food choices, personal hygiene choices, exercise choices, sleep choices, as well as, drug and alcohol abuse prevention.) Fifth grade covers this topic in a unit called *All About Me-The Human Body* (this covers health, nutrition, exercise, and drug/alcohol abuse prevention and how it affects the body system.)
 - Grade 6 – 8 This is a separate program called *Total Health Choices for a Winning Lifestyle*. This unit covers health, nutrition, exercise, and drug/alcohol abuse prevention and how it affects your mind, body, and spirit.
 - The 7th and 8th graders also cover healthy lifestyle and relationship choices with a unit covered by My Choice.
- Lifelong lifestyle balance is reinforced by linking nutrition education and physical activity.
- The staff that is responsible for providing nutrition education shall be properly trained and prepared and are participating in appropriate professional development.
- Staff is cooperating with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Goals for Nutrition Education

School food service and nutrition education classes will cooperate to create a learning laboratory. Possible ideas for accomplishing this goal are:

1. Conducting fruit and vegetable promotional activities. Penn Christian Academy, will feature one fruit and one vegetable that corresponds to the languages they are learning. This adds another dimension to their education experience as well as showing them how others have incorporated healthy eating into their lifestyle. Recipes are always available for them to try at home. Challenging the students to at least try a new food item can encourage them to make it part of their diet.

2. Electives have been added to the curriculum to teach healthy eating and cooking.

Physical Activity

- Penn Christian Academy strives to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- PCA contributes to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time includes physical activity outside the school environment, such as outdoor play at home, sports, etc.
- Age-appropriate physical opportunities, such as recess; intramurals; interscholastic athletics and clubs are provided to meet the needs and interests of all students, in addition to planned physical education.
 - Interscholastic Basketball
 - Intramural Soccer
 - Cross Country Club
- A physical and social environment that encourages safe and enjoyable activity for all students is maintained.
- Extended periods of student inactivity, two (2) hours or more is discouraged.
- Physical activity is not used as a form of punishment.
- Students and the community have access to physical activity facilities outside school hours.

Goals for Physical Activity

In the 2021-2022 school year, the goal for physical activity will be on 100% active participation of students and involvement in all units during physical education classes.

Physical Education

- Quality physical education instruction promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation is provided.
- Physical education classes are the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime is provided in the physical education program.
- Students are moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities are accommodated during class.
- Safe and adequate equipment, facilities and resources are provided for physical education classes.
- Physical education classes have a teacher-student ratio comparable to those of other courses.
- Physical activity is not used as a form of punishment.

Other School Based Activities

- Penn Christian Academy provides a pleasant setting for eating and serving school meals.
- Students are provided a clean and safe meal environment. The meals are appealing and attractive to the children.
- Students are provided adequate time to eat: twenty (20) minutes sit down time for lunch.
- Meal periods are scheduled at appropriate hours: 11:30 and 12:15.
- Drinking water is available at lunch and throughout the school day.
- Students have access to hand washing and sanitizing before meals and snacks.
- To the extent possible, PCA utilizes available funding and outside programs to enhance student wellness: NSLP, Team Nutrition.
- Food is not used as a reward or punishment.
- PCA supports the efforts of parents/guardians in providing a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Goals for Other School Based Activities

Penn Christian Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. This will be accomplished by:

1. Encouraging parents to pack healthy lunches and to refrain from including beverages and foods that do not meet the NSLP nutrition standards.
2. Providing Kindergarten parents with a list of foods that meet our snack standards.
3. Providing all parents with ideas for healthy celebrations/parties, rewards, and fundraising activities to comply with the smart snacks in schools ruling for the 2014-15 school year.

Nutrition Guidelines

- Meals served through our lunch program meet, at a minimum, nutrition requirements established Healthy Hunger Free Kids act of 2010 and comply with all NSLP guidelines.
- All competitive foods sold to students at PCA will comply with the smart snacks in school's guidelines and will be implemented as of the 2014-15 school year.

Teachers and parents will be informed about Smart Snacks guidelines and will be encouraged to follow them for any foods offered to school for classroom parties. Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:

- Fresh fruits and/or vegetables.
- Water, 100% fruit juice or low fat/nonfat milk.

Goals for Nutrition

Penn Christian Academy took control of the lunch program during the 2006/2007 school year. Goals for the future include:

1. Providing professional development and appropriate training to our nutrition staff through educational seminars.
2. Making the nutrition content of school meals available to students and parents by publishing facts on the back of the menus.
3. Have the students and parents become more involved in the menu planning process through focal groups involving taste tests and surveys.
4. Ala carte snacks will provide <200 calories per serving.
5. 100% of grains offered will be whole grain enriched.
6. Provide a “grab-n-go” breakfast for students.

Safe Routes to School

- Penn Christian Academy cooperates with local municipalities, public safety agencies, police departments, and community organizations to develop and maintain safe routes to school.

