

**CLEARFIELD ALLIANCE CHRISTIAN SCHOOL  
LOCAL SCHOOL WELLNESS POLICY**

**Table of Contents**

**Preamble ..... 2**

**School Wellness Committee ..... 3**

**Wellness Policy Implementation, Monitoring,  
Accountability, and Community Engagement..... 4**

**Nutrition ..... 6**

**Physical Activity ..... 9**

**Other Activities that Promote Student Wellness ..... 10**

**Resources ..... 11**

## **Preamble**

Clearfield Alliance Christian School is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, spiritual, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the school have access to healthy foods throughout the school day in accordance with Federal and state nutrition guidelines
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors
- Students have opportunities to engage in physical activity during the school day
- The school community is engaged in supporting the work of the school in encouraging the development of lifelong healthy habits in students.
- The school establishes and maintains documentation on development, review, updates, and assessment of the school wellness policy

## **School Wellness Committee**

### ***Committee Role and Membership***

The school will establish a School Wellness Committee ( SWC) that convenes to establish goals and review school –level policies and programs related to the overall school wellness policy.

The SWC membership will represent all school levels K-12 and may include administrative staff members, teaching staff, school nutrition director, event coordinator, school board members, parents, students, and community members.

### ***Leadership***

The school administrator or ( designee(s) will convene the SWC and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

The designated official for oversight of the CACS Wellness Policy is :

Victoria Albert  
Administrator  
(814) 765-0216  
clearfieldchristian1@gmail.com

### ***School Wellness Policy Committee Members***

Christi Manno	Administrative Assistant	<a href="mailto:cmanno2003@yahoo.com">cmanno2003@yahoo.com</a>
Lisa Ryen	Nutrition Director	<a href="mailto:ryenlisa@aol.com">ryenlisa@aol.com</a>
Brian McTavish	Dean of Students	<a href="mailto:teachme1@yahoo.com">teachme1@yahoo.com</a>
Sarah Crawford	Event Coordinator	<a href="mailto:williamcrawford@msn.com">williamcrawford@msn.com</a>
Nancy Baum	School Board Member	<a href="mailto:rnbaum@atlanticbb.com">rnbaum@atlanticbb.com</a>
Patty Michael	Parent	<a href="mailto:pattywhartonmichael@gmail.com">pattywhartonmichael@gmail.com</a>

## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

The school will develop and maintain a plan for implementation to manage and coordinate the execution of the wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school ; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for foods and beverages available on school premises, nutrition promotion and education, physical activity, and other school –based activities that promote student wellness.

This wellness policy and the progress reports can be found at:

[www.clearfieldchristian.com](http://www.clearfieldchristian.com)

### ***Recordkeeping***

The school will retain records to document compliance with the requirements of the wellness policy in the CACS Administrative Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation demonstrating that the policy has been made available to the public
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the school uses to make stakeholders aware of their ability to participate on the SWC.
- Documentation of the most recent triennial assessment and how the triennial assessment has been made available to the public

### ***Annual Notification of Policy***

The school will inform families and the public each year of basic information about the school wellness policy. The school will make this information available via the school website and/or school-wide communications. The school will also make available the names and contact information of those serving on the School Wellness Committee as well as how they can get involved with the committee.

### ***Triennial Progress Assessments***

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the policy
- A description of the progress made in attaining the goals of the schools wellness policy and how the wellness policy compares to model wellness policies.

The position/person responsible for managing the triennial assessment and contact information is:

Victoria Albert  
Administrator  
814-765-0216  
[Clearfieldchristian1@gmail.com](mailto:Clearfieldchristian1@gmail.com)

The SWC will notify families of the availability of the triennial progress report.

### ***Revisions and Updating the Policy***

The SWC will update or modify the wellness policy based on the results of the triennial assessment and/or new Federal or state guidance or standards are issued.

### ***Community Involvement and Communications***

The school will inform parents of the improvements that have been made to school meals and compliance with school meal standards annually , at a minimum. The school will use electronic mechanisms, such as email ,facebook, or displaying information on the school’s website as well as non-electronic mechanisms, such as letters to ensure that all families are aware of the content, implementation, updates, and how to get involved and support the policy.

## **Nutrition**

### ***School Meals***

The school is committed to serving healthy meals to students ,with plenty of fruits, vegetables, whole grains, and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving ( nutrition label or manufacturer’s specification); and to meeting the nutrition needs of students within their calorie requirements. The school meal program aims 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

The school participates in USDA Child nutrition programs, including the National School Lunch Program. The school is committed to offering school meals through the NSLP that:

- Are accessible to all students
- 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 statues and regulations.( The school offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices using a variety of the following Smarter Lunchroom techniques:
  - Whole fruit options displayed in attractive bowls or baskets
  - Sliced or cut fruit is available
  - Fruit options are displayed in line sight of students
  - Vegetable options have descriptive names
  - Serving staff politely prompt students to select and consume the daily vegetable options with their meal
  - White milk is placed in front of the cooler
  - Healthy eating posters are displayed in the cafeteria
  - Daily announcements are used to promote the school lunches
  - Menus are posted on the school website
  - Students are served lunch at a reasonable time of day

### ***Staff Qualifications and Professional Development***

The school nutrition director will meet or exceed continuing education/training requirements in USDA professional standards for child nutrition professionals.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day.

- All water sources will be maintained on a regular basis to ensure good hygiene and health safety standards.
- Students will be allowed to bring water bottles filled with only water with them to school.
- Bottled Spring Water will be available for purchase each day.

### ***Competitive Foods and Beverages***

At this time, the school will not be offering foods and/or beverages ( other than water) to be sold and outside of the school meal program. There are no vending machines on school premises.

### ***Celebrations and Rewards***

The school will provide a list to both staff and parents of healthy idea alternatives for rewards, snacks and classroom parties/celebrations.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeteria. Nutrition promotion also includes advertising nutritious foods and beverages to students by school staff, teachers, parents, and the community.

The school will promote healthy food and beverage choices for all students throughout the school year by:

- Implementing evidence-based healthy food promotion techniques through the school meal program using Smarter Lunchroom Techniques
- Ensuring that foods and beverages promoted to students meet the USDA school nutrition standards

### ***Nutrition Education***

The school will teach , encourage and support healthy eating by all students. The school will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of the health education class , but may also be integrated into other classroom instruction and subjects
- May include enjoyable, developmentally-appropriate, participatory activities such as cooking demonstrations or lessons, promotions, taste-testings, farm visits, and school gardens
- Promotes fruits, vegetable, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure
- Teaches literacy of food and beverage marketing/advertising and importance of understanding food ingredient/nutrition labels

### ***Essential Healthy Eating Topics in Health Education***

The school will include topics from the following list within the health education curriculum:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA nutrition fact labels
- Eating a variety of food everyday
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Eating more calcium-rich foods
- Preparing healthy snacks and meals
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food Safety
- Importance of water consumption
- Importance of eating breakfast
- Eating Disorders
- Reducing sodium intake

- Social influences on healthy eating including media, family, peers, and culture
- How to develop a plan and track progress toward achieving a personal goal to healthy eating behaviors and choices

### **Physical Activity**

Physical activity during the school day ( including but not limited to recess, classroom 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. The school will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent possible, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school and church trustees will conduct necessary inspections and repairs. The school will work to ensure that inventories of physical activity supplies and equipment are in good working condition and are available to encourage physical activity for as many students as possible.

### ***Physical Education***

The school will provide students with physical education, using age-appropriate activities that will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. All students will be provided equal opportunity to participate in physical education classes.

All elementary students will receive physical education for a minimum of one class period per week. All secondary students are required to take the equivalent of one credit of physical education.

### ***Recess ( Elementary)***

Elementary students will receive a minimum of 20 minutes of recess each school day. This policy is waived on 2 hour delay or early dismissal days. Outdoor recess will be offered when weather is feasible for outdoor play. Indoor recess will be conducted in the school gymnasium.

### ***Classroom Physical Activity Breaks***

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The school recommends teachers provide short ( 3-5 minute) physical activity breaks to students during and between classroom time at least three days per week. These physical breaks will complement, not substitute, for physical education class, recess, and class transition periods.

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “ core” subject instruction when possible and their part to limit sedentary behavior during the school day.

### **Other Activities that Promote Student Wellness**

When possible or appropriate, the school will integrate and coordinate wellness activities/projects across the curriculum and within the entire school setting. The school will enhance relationships with community partners ( e.g. hospitals, universities/colleges, local businesses, etc. ) in support of this wellness policy’s implementation. The school will notify families of any opportunities for participation in school-sponsored activities that would serve to promote physical activity, healthy eating behaviors, or other aspects related to the school wellness policy.

## **Resources**

