



Wellness Policy

Policy Preamble

The Staff at Kenosha Christian Academy (KCA) supports the health and well-being of the students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of KCA to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education, and require that all meals served by the school meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Policy Leadership

The designated official for oversight of the wellness policy is Sarah Clark. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The committee shall meet annually to review nutrition and physical activity policies and to develop an action plan for the coming year. The committee shall meet one time during the school year to discuss the implementation of the established activities and address any barriers and challenges. The designated official will then adopt or revise policies based on the committee recommendations.

The school shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Classroom teacher
- Physical education teacher
- School food service representative
- Community member/parent
- Student

Nutrition Standards for All Foods

KCA is committed to serving healthy meals to our students. The school meal program aims to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Standards and Guidelines for School Meals:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-Free Kids Act of 2010 (www.fns.usda.gov/school-meals/nutrition-standards-school-meals).
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings. • Drinking water is available for students during mealtimes.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, KCA's nutrition services shall explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

Foods and Beverages Sold Outside of the School Meals Program:

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The standards are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Fundraising during school hours uses only non-food fundraisers, and the school encourages fundraisers promoting physical activity.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may not be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.



Marketing:

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

Foods Provided but Not Sold:

KCA encourages food offered on the school campus to meet or exceed the USDA Smart Snacks in school nutrition standards.

Nutrition Education

Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition. As such:

- Teachers shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education shall be provided to families via classroom newsletters and postings on the website.
- Students will learn about fresh vegetables by growing them in garden boxes on the playground.

Nutrition Promotion

KCA is committed to providing a school environment that promotes students to practice healthy eating and physical activity. As such:

- Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.
- Students will be encouraged to try new fresh foods grown in the garden boxes.

Physical Activity

KCA shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- Physical activity during the school day shall not be withheld as punishment. • Elementary schools shall offer at least 30 minutes a day of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting unless the windchill is below 10 degrees or it is raining.
- Recess monitors/teachers shall encourage students to be active during recess. • Opportunities to participate in physical activity shall be promoted throughout the school via the classroom newsletter and email.

Physical Education

- All students will participate in a physical education program including but not limited to free-play, indoor or outdoor recess periods, and physical education class periods totaling in excess of 100 minutes per week.
- Students shall be moderate to vigorously active for at least 50% of class time during all physical education class sessions.
- In health education classes, the school shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

Other School-Based Activities that Promote Wellness

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. As such:

- KCA supports the implementation of other programs such as the after school sports basketball and volleyball in season and the Boys and Girls Club, etc... that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being.
- Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- Staff are strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.



Staff Wellness

KCA will implement activities to promote healthy eating and physical activity among school staff.

Community Engagement

KCA shall inform and invite parents to participate in school-sponsored activities throughout the year. KCA shall actively inform families and the public about the content of and any updates to the policy through the website.

Monitoring and Evaluation

KCA shall notify school staff, students, and households/families of the availability of the wellness report via website postings. In accordance with the U.S. Department of Agriculture's Final Rule: Local School Wellness Policy Implementation, KCA will complete an assessment of their local wellness policy, at minimum, once every three years.



Wellness Committee

Sarah Clark

Secretary/Food Service Director

admin@kca.school

Role(s): Assists in the evaluation & implementation of the wellness policy

Ruth Buehler

rbuehler@kca.school

Role(s): PE Teacher

Rick Aldrich

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Role(s): Food Service

Susie Jessup

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Role(s): Parent/Staff

Maliah Clark

Role(s): Student Support

Jameson Lang

Role(s): Student Support

Non-Discrimination Policy

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1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary
for Civil Rights 1400
Independence Avenue, SW
Washington, D.C. 20250-9410
2. Fax: (202) 690-7442; or
3. E-mail: program.intake@usda.gov

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