



**SHEPHERD OF GOD
CHRISTIAN ACADEMY**

(786) 339-8503

**824 W PALM DR,
FLORIDA CITY, FL 33034**

ADMISSIONS.SOGCA@GMAIL.COM

WELLNESS POLICY

Student Wellness

The Governing Board believes that good health fosters student achievement and student attendance. Thus, the Governing Board is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles, physical activity and physical education, and school safety. The Governing Board recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. The Governing Board further recognizes that children need access to healthful foods, opportunities to be physically active, and supported in a nurturing learning community in order to grow, learn, and thrive.

Wellness Policy Development

The Governing Board believes that the participation of the community, school food service professionals, school administrators, physical education and health educators, staff, and students is essential.

Wellness Policy Goals

The overall goal of the Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.



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Nutrition and Nutrition Education

The Board believes that food and beverages available to students should support the health curriculum promote optimal health. To the maximum extent practicable, Shepherd of God Christian Academy will participate in available federal meal programs and will meet the federal regulations for school meals and the Smart Snacks in School Nutrition standards.

1. The Board believes that food and beverages available to students should support the health curriculum and promote optimal health.
2. All food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, Nutrition Standards for competitive food as defined and require in 7 CFR 210.11
3. Students will understand how food reaches the table and the implications that has for their health and future. Staff and school food service in partnership with community organizations will integrate hands-on experiences at least once per month.
 - Farmer's market tours and visits to community gardens integrating core curriculum whenever possible.
 - Use of school gardens and cafeteria as a learning lab, harvesting vegetables from the school garden and incorporating them into school meals/snacks whenever possible.
 - Hosting farmers in the classroom and cafeteria for interactive discussions and presentations



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4. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

5. Nutrition education will be provided through health education programs in grade spans K-8.

Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase the number of on campus locations that students can access useful nutrition information by 10-15%.
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 20-25%.
- Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 20-25%.
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.



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- Organizations operating concessions at school functions will promote healthy food choices by introducing several healthier items at a lower profit margin to encourage student selection.
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales, including vending machines.
- School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students, through activities such as:
 - o Featuring food grown in the school garden in the cafeteria, through sampling and inclusion in school meals based upon availability and acceptability.
 - o Developing cafeteria themes relating to local farmers and products grown in the region.
- Developing creative campus fundraisers based on healthy food items, integrating farm-grown produce where appropriate.

Other School-Based Activities

Shepherd of God Christian Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

- Shepherd of God Christian Academy shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school based activities that promote wellness.



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- The goals outlined by the wellness policy will be considered in planning all school based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- Shepherd of God Christian Academy shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Shepherd of God Christian Academy shall be in compliance with drug, alcohol and tobacco free polies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Shepherd of God Christian Academy will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

Shepherd of God Christian Academy shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.



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Employee Wellness

- Shepherd of God Christian Academy wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training

Use of School Facilities Outside of School Hours

- Shepherd of God Christian Academy will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to basketball courts, playgrounds and track facilities.



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Behavior Management

- Shepherd of God Christian Academy is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

General nutrition requirements for food items:

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the nongrain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; or

Nutrient standards for food items:

NUTRIENT STANDARDS	SNACK ITEM	ENTRÉE ITEM
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	10% or less of total calories	10% or less of total calories
Sugar Limits	35% or less of weight from total sugars	35% or less of weight from total sugars
Trans Fat	0 g of trans fat as served (less than or = to 0.5 g per portion)	0 g of trans fat as served (less than or = to 0.5 g per portion)



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Exemptions:

- Entrées served in the NSLP/SBP on the day of service and the following school day.
- Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100 percent juice, extra light syrup or light syrup

(Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.)

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

BEVERAGES	ALL GRADES
Plain water	unlimited
Unflavored low-fat milk	8 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.
100% fruit or vegetable juice	8 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.
Calorie-free, flavored water and other flavored drinks	Not allowed
Low-calorie (5 calories or less per 8 fl. oz.)	Not allowed
Low-calorie (40 calorie or less per 8 fl. oz.)	Not allowed



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6. The school nutrition program will provide clean, safe, and pleasant settings and adequate time for students to eat.
7. The school 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. There will be no identifying lines or other system to separate paying and non-paying students.
8. All food and beverages that are sold for the purpose of fundraising or other activities during the school day shall meet all nutrition guidelines for food and beverage available outside the school meal program.
9. Any food or beverages that do not meet the nutrition standards may be sold by pupils if the sale takes place off and away from the school campus or at least thirty minutes after the end of the school day.
10. The school will promote healthy food and beverage products at all school-sponsored events.
11. The School will encourage all school-based organizations to use nonfood items for fundraising.
12. School staff will be encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. The school staff will work towards these goals.
13. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snack, which may be donated.



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14. Celebrations and parties that involve food during the school day shall be limited to no more than two events per class per month. Each event should include no more than two food/beverages that do not meet the nutrition guidelines.

15. The school will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School Nutrition Standards.

Physical Activity and Physical Education - All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other activities.

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.

2. Opportunities for physical activity will be encouraged to be incorporated into other subject lessons.

3. All students will have at least twenty minutes a day of supervised recess, preferably outdoors, during which they will be encouraged to participate in moderate to vigorous physical activity.

4. Teachers and other school and community personnel will not withhold opportunities for physical activity as punishment.



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Positive and Safe School Environment

The Shepherd of God Christian Academy Governing Board desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. The Governing Board recognizes that it is not always practicable or possible to have nurses, psychologists, and counselors on site to address mental health issues. However, it is the school's goal to identify and access resources that are responsive to its members' needs.

1. Shepherd of God Christian Academy has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents in the quarterly newsletter.
2. Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The school will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.



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Staff Wellness

Shepherd of God Christian Academy values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. Shepherd of God Christian Academy encourages all staff members to model a healthy lifestyle for its students.

Communication with Parents

Shepherd of God Christian Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Shepherd of God Christian Academy will support parents' efforts by sending home nutrition information, posting nutrition tips on websites and in bulletins, and providing nutrient analyses of school menus. Shepherd of God Christian Academy will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and make the policy available to the public by posting it on the school's website.

Shepherd of God Christian Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. It will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events



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Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply.

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- Shepherd of God Christian Academy nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

Evaluation and Measurement of the Implementation of the Wellness Policy

Shepherd of God Christian Academy wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.



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Policy Review and Accountability

The Governing Board Chair will ensure compliance with established school-wide nutrition and physical activity wellness policies.

The Governing Board Chair and the wellness policy committee members will annually evaluate the extent to which the school is in compliance with the wellness policy, how the wellness policy compares to model policies and the progress made in attaining the goals of the wellness policy. All stakeholders will be asked to provide feedback on the policy and their comments and recommendations will be considered. Student needs will also be considered in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the superintendent.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Analysis of the nutritional content of meals served
 - Student participation in school meal program
 - Snack and beverage sales outside of meal program
 - Food sales as fundraisers or activities outside of school meal program
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- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Shepherd of God Christian Academy wellness policy.



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- At Shepherd of God Christian Academy, the principal will be responsible for establishing the Healthy School Team that will ensure compliance with the wellness policy.
- The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team will be responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P1.003),
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph © of FAC 5P-1.003,
 - Reporting its school's compliance of the aforementioned regulations to the Principal, the person responsible for ensuring overall compliance with the Shepherd of God Christian Academy wellness policy
- Shepherd of God Christian Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

GOVERNED BOARD CHAIR

DATE