

Omaha Christian Academy Wellness Policy

Wellness Policy Area #1: Setting Nutrition Education Goals

The primary goal of nutrition education at Omaha Christian Academy (OCA) is to influence and teach students about healthy eating behaviors. This goal can be attained in these three areas:

- 1) Classroom teaching: Classroom based nutrition education and a variety of curriculum that provide the knowledge and skills necessary to make healthy food choices.
- 2) Education, marketing, and promotions outside the classroom: Nutrition education that occurs outside the classroom that links classroom nutrition education to the larger school community such as school publications (*News & Notes*) or field trips that would promote nutrition education.
- 3) Teacher training: Requirements for professional development for teaching nutrition.

Wellness Policy Area #2: Setting Physical Activity Goals

The primary goal at OCA is to provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; and regularly participate in physical activity. This goal can be attained in these areas:

- 1) Recess will be provided everyday for at least 20 minutes for elementary students. Students should not be denied recess or structured play.
- 2) Physical education classes will be required for students K-9.
- 3) After school childcare will promote physical activity.
- 4) Competitive Athletic teams are available to 7-12.
- 5) A YMCA Youth Sports program is promoted for students in Elementary and Middle School.

Wellness Policy Area #3: Establishing Nutritional Standards For All Foods Available On School Campus During The School Day.

Students' lifelong eating habits are greatly influenced by the type of foods and beverages available to them. The purpose of this policy is to establish standards to address all foods and beverages sold or served to students, including those available outside of school meals.

OCA supports the goal of providing foods with increased nutrient density, decreased fat and added sugars, and moderate portion size. This policy is not intended to eliminate or ban food defined as foods of minimal nutritional value (FMNV). Instead, our focus is to provide

alternatives to the students and staff in the form of healthier foods and to limit but not eliminate access to less healthy choices.

The following guidelines will help us meet our goals of increasing the range of healthy choices and decreasing the availability of less healthy choices.

- 1) Food services are provided by West Side School District and meet the USDA requirements for school lunches.
- 2) A la carte- The a la carte items sold by the school should include healthful choices such as nuts, seeds, dairy products, yogurt, fresh fruits or vegetables, dried fruits, packaged fruits in their own juice, popcorn, frozen 100% fruit/juice bars, milk, fruit and cereal bars.
- 3) Vending - All beverage vending machines are not available to students during hours specified by the USDA. The pop vending machines should contain water, flavored water, juices (100% juice or fruit based drinks at least 50% juice), electrolyte replacement drinks (contain no more than 42 grams of carbohydrate per 20 ounces), in addition to limited choices of sugared pop and diet pop.
- 4) Teacher and staff stores. Items sold for fundraising purposes should include more healthful alternatives. (see above a la carte)
- 5) After school programs should include more healthful alternatives. (see above a la carte)
- 6) Field trips - Students may purchase the foods available on field trips.
- 7) Parties or celebrations: Parents may bring in food for parties or celebrations. Parents are encouraged to bring in healthy alternatives in moderate portion sizes.
- 8) Food rewards: Teachers may use their own judgment in rewarding students for behavior or performance with food or beverages.
- 9) Food related fundraising: The club, organization, or class selling food for fundraising may determine the items offered. Fundraising by selling non-food items or healthy food choices is an alternative to be considered.
- 10) Concession stands by school organizations. The organization responsible for concessions is responsible for the foods that they offer for sale. They are encouraged to provide healthful alternatives and moderate portion sizes.

Wellness Policy Area 4: Setting Goals For Other School Based Activities Designed To Promote Student Wellness.

The school environment should provide consistent wellness messages that are conducive to healthy eating and being physically active.

- 1) Access to school nutrition programs: All students eligible for nutrition programs will obtain these services.

- 2) Time and scheduling of meals: The time allotted for students to eat will be appropriate for the students. Activity after meals, such as going out side will be encouraged when appropriate.
- 3) After school care: Physical activity is encouraged and planned for by the staff.
- 4) Family involvement and education: Parents will be encouraged to provide adequate breakfast for their children. On a regular basis, the school should provide communication to parents on healthful food choices for lunch and snacks.
- 5) Health screening: When student health screening is performed by the school, information should be sent to the parent that discusses the child's health status including information about the child's height, weight, body mass index (BMI), an explanation of the BMI.
- 6) After school: After school programs which focus on physical activity are encouraged, such as a soccer program.
- 7) Organized sports: The school encourages physical activity on the part of students by forming teams for various sports through the YMCA.
- 8) Use of exercise for behavior modification: Physical activity should not be used as a punishment, or withheld as a punishment.
- 9) Special needs: OCA should ensure access to physical activity, meals and snacks that meet the requirements of students with special needs.
- 10) Role Models: Parents and teachers should be encouraged to serve as role models for healthy eating and physical activity.
- 11) Health Policy Council: A council of parents, teachers, staff and students may be formed to develop further wellness policies for the school.

Wellness Policy Area #5: Setting Goals For Measurement And Evaluation

This policy will be monitored monthly by the Wellness Committee members. The monthly report will be posted on the school website for all interested parties to read.