

Lake Center Christian School Wellness Policy

Introduction

As believers, the Bible calls us to take care of our bodies (1 Corinthians 6:19-20; 3 John 1:2; 1 Corinthians 10:31, 1 Timothy 4:8). Because of this spiritual mandate and the guidelines outlined by the National Food Program, Lake Center Christian School (LCCS) has decided to adopt the following wellness and physical education policies. LCCS recognizes that good nutrition and regular physical activity affect the well-being of students at all grade levels. Research has confirmed what God's Word tells us about the importance of taking care of our bodies. LCCS also recognizes that the partnership between home and school helps to support a lifestyle filled with healthy eating and physical activity. Therefore, it is the policy of LCCS that:

1. Nutrition education will be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the Ohio Department of Education.
2. Nutrition education standards and benchmarks for nutrition education will be age-appropriate, culturally relevant, and founded on Truth from God's Word.
3. Nutrition education may include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
4. Nutrition education may extend beyond the classroom by engaging and involving the school's food service staff.
5. Nutrition education will reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
6. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

Physical Education

Lake Center Christian School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting physical activity and movement in and outside of the classroom. Therefore, it is the policy of the Lake Center Christian School that:

1. A sequential, comprehensive physical education program based on a Biblical Worldview will be provided for students in accordance with the physical education academic content standards and benchmarks adopted by the Ohio Department of Education.
 - a. The physical education curriculum will provide students with opportunities to learn, practice, and be assessed on developmentally-appropriate knowledge,

attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

- b. The physical education curriculum will be based on a Biblical Worldview and will incorporate Truth from God's Word as the foundation for learning.
2. Planned instruction in physical education will be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the Ohio Department of Education and will promote participation in physical activity outside the regular school day.
3. Planned instruction in physical education will meet the needs of all students, including those who are not athletically inclined and will be presented in an environment free of embarrassments, humiliation, shaming, taunting, bullying, or harassment of any kind.
4. On an annual basis, physical education teachers will review and affirm receipt of the concussion information sheet from the Ohio Department of Health.
5. Physical Education teachers will remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The principal (or designee), physical education teacher, athletic trainer, and/or school registered nurse will notify parents or guardians about the possible concussion or head injury.
6. Any student who has been removed from physical education class participation because s/he has exhibited signs, symptoms, or behaviors consistent with having sustained a concussion or head injury will not be permitted to return to physical education class until the student's condition is assessed by a physician, and the physician gives the student written clearance that it is safe to return to class.

Physical Activity

1. Physical activity should not be employed as a form of discipline or punishment.
2. LCCS will encourage families to provide physical activity outside of the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities.
3. In addition to planned physical education, LCCS may provide developmentally-appropriate physical activities (e.g. recess during the school day, movement during classes, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs.
 - o If the windchill is below 20 degrees, then recess will happen inside. The recess monitors, along with the elementary principal, will determine whether recess will take place inside or outside.

Other School-Based Activities

1. LCCS will schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special events (including club meetings and tutoring opportunities).
2. LCCS will provide attractive, clean environments in which the students eat.
3. LCCS may use environmentally-friendly practices, such as the use of locally-grown foods and non-disposable tableware and dishes.
4. Students, parents, and other community members will have access to, and be encouraged to use, the school's outdoor physical activity facilities outside of the normal school day.
5. LCCS may demonstrate support for the health of all students by hosting health screenings.
6. The school will utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
7. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Fundraising Activities

To foster these health and wellness efforts, the school will support fundraising activities during the school day that comply with the U.S. Dietary Guidelines for Americans. The school will encourage fundraising activities that promote physical activity.

Food Allergies

LCCS recognizes that food allergies, in some instances, may be severe and even occasionally life-threatening. LCCS cannot guarantee that a student will never experience an allergy-related event while at school but LCCS is committed to student safety, *and therefore has created this policy to reduce the risk for students with severe food allergies.*

1. Parents must submit written protocols for students with severe allergies from the physician to the school registered nurse who will work with parents and staff to implement reasonable protocols.
 - Food substitutions will not be implemented without an order from the physician.
2. Information pertaining to student's allergies will be shared with necessary faculty and staff.

3. LCCS will keep parent-provided epinephrine on campus and will send it on any field trip that occurs during the school day.
4. LCCS will instruct faculty and staff to recognize symptoms of an allergic reaction and how to respond appropriately.
5. Parents of students with documented food allergies may send shelf-stable alternate snacks to be kept in the clinic for their child as a substitute for party treats.

Nutrition

Any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

The school will:

1. Encourage students to increase their consumption of healthful foods during the school day.
2. Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods:
 - a. A variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium
 - b. A variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy food categories
 - c. Whole-grain products
 - School lunch menus will follow all whole-grain requirements daily
 - d. Fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)
 - e. Meals designed to meet specific calorie ranges for age/grade groups
 - f. Eliminate trans-fat from school meals
 - g. Require students to select a fruit or vegetable as part of a complete reimbursable meal
3. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.
4. Students may be permitted to have bottled water in the classroom.

Student Health and Well Being

1. The food service program will comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
2. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
3. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
4. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
5. All foods offered on the school campus during the school day will comply with the current U.S. Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, for classroom parties, or at holiday celebrations.
 - o LCCS may limit the number of celebrations involving serving food during the school day to those that are approved by an administrator (i.e. Head of School or principal).
6. The school food service program may involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.
7. The food service program will be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to the current professional standards.
8. Continuing professional development may be provided for all staff of the food service program.

Wellness Committee

The Head of School is the individual charged with the operational responsibility for measuring and evaluating the school's implementation and progress under this policy. The Head of School will communicate and develop administrative guidelines and expectations necessary to implement this policy.

The Head of School will appoint a Wellness Committee that meets annually and includes parents, students, representative of the school food program, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, and school administrators to oversee the development, implementation, evaluation, and periodic update of this policy.

The Wellness Committee will be responsible for:

1. Assessment of the current school environment
2. Review of the school's Wellness Policy
3. Measurement of the implementation of the policy
4. Recommendation for the revision of the policy, as necessary

Before the end of each school year, the Wellness Committee will recommend to the Head of School any necessary and/or appropriate revisions to this policy. In its review, the Wellness Committee will consider evidence-based strategies in determining its recommendations.

The Head of School is responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the Head of School will post the policy on the school's website and in any appropriate handbooks.

The school will assess the Wellness Policy at least once every three years on the extent to which the school is in compliance with the Wellness Policy.