



## **TO ACHIEVE THESE POLICY GOALS THE FOLLOWING PROCEDURES WILL BE ADOPTED:**

### **I. School Health Advisory Council (SHAC)**

The Emmanuel Christian Academy (ECA) creates the School Health Advisory Council (SHAC) to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council members will also serve as resources to school sites for implementing those policies. The SHAC consists of a group of individuals representing the school and community, and includes parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on ECA Campus**

#### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serves choices of low-fat (1%) and fat-free flavored milk<sup>1</sup> and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and
- ensure that half of the served grains are whole grain.

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<sup>1</sup> As required by Senate Bill 210.

Schools should engage staff, students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast.

**Free and Reduced-priced Meals.** ECA has implemented a cash register system to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price meals<sup>2</sup>.

**Meal Times and Scheduling.** Schools:

- Should when possible, provide students with at least 10 minutes to eat after sitting down for breakfast and 15-20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:50 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- it is recommended to schedule lunch periods to follow recess periods (in elementary schools);
- should provide students access to hand washing or hand sanitizing before they eat meals or snacks.

**Qualifications of School Food Service Staff.** ECA has qualified nutrition professionals administering the school meal programs. These individuals meet the Professional Standards as prescribed by the United States Department of Agriculture. As part of SCSD's responsibility to

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<sup>2</sup> It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>3</sup>

**Sharing of Foods and Beverages.** ECA SCSD discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. Share Tables offer an alternative for students to take the food for themselves as an "extra" or "seconds" and not from another student. Students with allergies should refrain from participating in share tables due to the possibility of encountering a food that could cause a reaction.

**Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

### **Nutrition Standards for Beverages**

#### **● All schools may sell:**

- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.
- No more than 20-ounce portions of
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Other Requirements**

#### **● Fundraisers**

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

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<sup>3</sup> School nutrition staff shall meet the training requirements established in the Professional Standards for All School Nutrition Program Employees.

## Time of Day

- These guidelines apply to all beverages sold on school grounds during the regular and extended school day.
- The extended school day includes before and after school activities like clubs, yearbook, band, student government, drama and childcare/latchkey programs.
- These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include school plays and band concerts.

## **Smart Snack Nutrition Standards for Foods**

### • Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

### • Foods must also meet several nutrient requirements:

#### Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

#### Sodium limits:

- Snack items: ≤ 200 mg\*\*
- Entrée items: ≤ 480 mg

#### Fat limits:

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

#### Sugar limit:

- ≤ 35% of weight from total sugars in foods

**Fundraising Activities, Snacks, Rewards, Celebrations, School-sponsored Events.** The goal for the following items is to encourage good nutritional practices and discourage non-nutritional choices by the students of ECA.

**Fundraising Activities.** ECA supports children’s health and school nutrition-education efforts, thereby school fundraising activities should not involve food or should use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children’s diets and health, with an emphasis on serving

fruits and vegetables as the primary snacks and water as the primary beverage. School will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**Rewards.** Schools should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>4</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually (above), but are not required to.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion.**

**Emmanuel Christian Academy** aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

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<sup>4</sup> Unless this practice is allowed by a student's individual education plan (IEP).

- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 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;
- opportunities for physical activity should be incorporated into other subject lessons; and
- classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** ECA supports parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, SCSD will provide opportunities for parents to share their healthy food practices with others in the school community.

ECA 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. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).<sup>5</sup> School-based marketing of brands promoting

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<sup>5</sup> Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

predominantly low-nutrition foods and beverages<sup>6</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include, but are not limited to: 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 discount gym memberships.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Activity K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will advertise, encourage and offer opportunities for daily physical activity (goal of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) during the entire school year. All physical education will be taught by a qualified physical education teacher.

**Daily Recess.** All elementary school students should have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Schools are discouraged from eliminating the physical activity component of recess as a punishment for behavioral issues. The social aspect can be eliminated as a consequence of the student's behavior. The student should be given a physical activity apart from the other students recess to promote the daily physical activity. In certain circumstances the elimination of both physical and social recess to allow the student to reflect and focus on their behavior choices is allowable but should not be for a prolonged period of time.

**Safe Routes to School.** The school will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

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<sup>6</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

When appropriate, the school will work together with local public works, public safety, and/or police departments in those efforts.

## **V. Monitoring and Policy Review**

**Monitoring** In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school superintendent or designee.

School food service staff, at the school or school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school will report on the most recent USDA Administrative Review (AR) review findings and any resulting changes. If the school has not received a AR review from the state agency within the past three years, the school will request from the state agency that a AR review be scheduled as soon as possible.

**Policy Review**. The results of the school AR will be compiled at the school level to identify, prioritize needs and utilized in the reviewing of the ECA Wellness Policies and Procedures. The School Health Advisory Council will review the Wellness Policy Procedures on an annual basis and recommend changes as necessary.

**Review:** April and August of each school year and monitoring as the school year goes on.

## **School Health Advisory Council Members:**

Pam Davis-ECA Parent Representative

Chris Ashley-ECA Administrator, Food & Nutrition

Erin May-Kitchen Manager

Dan Moore-ECA Principal

Lynne Willis-ECA Administrative Executive

Mitch Meisner-ECA Physical Education/Health Teacher

Keri Faust- School Clinic Nurse

Pam Siemon- Parent Advocate