

WELLNESS POLICY FOR:

Tampa Bay Christian Academy of Florida, Inc.

Setting Nutrition Education Goals

Preamble

Tampa Bay Christian Academy recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Tampa Bay Christian Academy is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

Tampa Bay Christian Academy will assemble a representative wellness committee that will meet bi-annually to monitor and set goals for the development and implementation of its local school wellness policy.

School level

Each school within Tampa Bay Christian Academy will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of TBCA wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to TBCA wellness policy.
- In each school, **the executive assistant** (Stephanie Williams) will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should 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 is 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 5P-2.002);

Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-2.002; reporting its school's compliance of the regulations to **the executive assistant**

(Stephanie Williams), the person responsible for ensuring overall compliance with TBCA wellness policy.

TBCA 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.

2. 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.
- 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.
- 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.

3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- 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 (specify frequency of experiences per week, month or year) such as:
 - 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.
- 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.

4. Physical Activity

Tampa Bay Christian Academy shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades pre-K – 5th shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by Tampa Bay Christian with the approved state course codes. (Sunshine State Standards)
- All Pre-K and elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.

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.
- Each school 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

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Employee Wellness

- Tampa Bay 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.

Behavior Management

- Tampa Bay 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.

6. Guidelines for All Foods and Beverages Available During the School Day

Tampa Bay Christian Academy shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Tampa Bay Christian Academy will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Schools are encouraged to offer fresh, seasonal, locally grown food at every location on the school site where food is sold and at all school-sponsored events and activities.

Competitive Foods

Tampa Bay Christian Academy does not sell any competitive foods to students during school days. If any competitive foods are ever sold in the future, they will comply with the nutrition standards for competitive foods as defined and required in 7 CFR 210.11.

Marketing

No foods or beverages will be marketed to students.

Standards for food and beverages available during the school day that are not sold to students:

- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

Evaluation and Measurement of the Implementation of the Wellness Policy

Tampa Bay 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.

Triennial Progress Assessments

Tampa Bay Christian Academy will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Tampa Bay Christian Academy is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Informing the Public

Tampa Bay Christian Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. Tampa Bay Christian Academy will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Tampa Bay Christian Academy will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- Tampa Bay Christian Academy will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, (The LEA) website, articles and each school's newsletter, to ensure that the community is informed, and that public input is encouraged.

Community Involvement

Tampa Bay Christian Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Tampa Bay Christian Academy will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- Tampa Bay Christian Academy will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.

This institution is an equal opportunity provider.

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