

# Lighthouse Christian School Health and Wellness Policy

## Policy Preamble

In accordance with the Local School Wellness Policy Implementation rule under the Healthy, Hunger-Free Kids Acts of 2010, Lighthouse Christian School (hereto referred to as LCS), establishes the following policy for implementation no later than November 1, 2017.

## Policy Leadership

The designated official for oversight of the wellness policy is Tia Sierra, School Principal and Stephanie Avila Director of Student Services. The official(s) shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

To assist in the creation of a healthy school environment, LCS shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than four times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy. LCS shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include school administrator, board member, classroom teacher, physical education teacher, school food service representative, and community member/parent.

## Nutrition Standards for All Foods

LCS is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

### *Standards and Guidelines for School Meals*

LCS is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 ([www.fns.usda.gov/sites/default/files/dietaryspecs.pdf](http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf)).
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Students are provided at least 15 minutes to eat breakfast, and at least 20 minutes to eat lunch after being seated.
- Lunch shall be served between 11:05am to 12:20pm

In addition, LCS's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals. Students shall be allowed the opportunity to provide input on menu items.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. The

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standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

- No beverages with non-nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

All foods offered on the school campus shall meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members. Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## **Nutrition Education**

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the LCS. LCS aims to teach, model, encourage, and support healthy eating by providing nutrition education. Nutrition education shall be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. Teachers shall intergrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.

## **Nutrition Promotion**

LCS is committed to providing a school environment that promotes students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall use the Smarter Lunchroom Self-Assessment Scorecard to determine ways to improve the school meals environment. School nutrition services shall implement at least 5 Smarter Lunchroom techniques on campus.

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### **Physical Activity**

LCS shall provide students with age and grade appropriate opportunities to engage in physical activity. LCS is committed to ensuring that:

- Physical activity during the school day shall not be withheld as punishment. (If applicable, please check the below exemption).
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered weather permitting.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available at <https://www.fueluptoplay60.com/tools> and <http://kidshealth.org/en/parents/elementary-exercises.html#>.
- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- LCS facilities shall be made available to students and community members.
- LCS shall support active transport to and from school by providing secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).

#### *Physical Education*

All LCS elementary and middle school students in each grade shall receive at least 90 minutes of physical education per week elementary and middle school students. Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions. All physical education classes are taught by licensed teachers who are certified to teach physical education. In health education classes, LCS shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.

### **Other School Based Activities that Promote Wellness**

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. LCS supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well-being. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

#### *Staff Wellness*

LCS will implement the following activities below to promote healthy eating and physical activity among school staff.

- Distribution of an employee health newsletter to promote healthy behaviors.
- Organization of employee physical activity clubs.
- Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.

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### *Community Engagement*

LCS shall inform and invite parents to participate in school-sponsored activities throughout the year. LCS will offer monthly family-focused events supporting health promotion (e.g. healthy cooking classes on a budget, health fair, physical activity open house). LCS shall actively inform families and the public about the content of and any updates to the policy at <https://www.lcsmadison.net/>. LCS shall provide information on how the public can participate in the school wellness committee on an annual basis.

### **Monitoring and Evaluation**

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.