



New Hope  
Christian Academy

## **STUDENT WELLNESS PLAN**

### **I. PURPOSE**

To provide a school environment that promotes and supports student health and wellness.

### **II. SCOPE**

This policy applies to New Hope Christian Academy's comprehensive student nutrition and wellness programs.

### **III. POLICY STATEMENT**

New Hope Christian Academy is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. To this end the District shall:

- Provide School Nutrition Programs that comply with federal, state and local requirements.
- Provide School Nutrition Programs that are accessible to all children.
- Provide and promote sequential and interdisciplinary nutrition education.
- Encourage that patterns of meaningful physical activity connect to students' lives outside of physical education.
- Ensure that all school-based activities are consistent with local wellness policy goals.
- Ensure that all foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the U.S. Department of Agriculture (USDA) dietary guidelines and applicable state statutes and/or regulations.
- Ensure that all foods made available on campus adhere to food safety and security guidelines.
- Ensure that the school environment is safe, comfortable, pleasing, and allows adequate time and space for eating meals.

#### A. SCHOOL HEALTH ADVISORY COUNCIL

The Board authorizes the Head of School to establish a School Health Advisory Council (Council) to provide advice regarding the district-wide coordinated school health and wellness programs and initiatives. The responsibilities of the Council shall include but are not limited to:

1. Providing input on the development and implementation of physical activity and nutrition policies; and monitoring, reviewing, and as necessary making recommendations on such policies;
2. Ensuring that all schools within the district create and implement an action plan related to the School Health Index and applicable inventories for wellness initiatives;
3. Ensuring that school level results include measures of progress; and
4. Assisting with the development of guidelines for schools on nutrition and physical fitness standards in accordance with applicable state and federal laws.

Recommendations of the Council to adopt and/or revise this and other applicable student wellness policies shall be provided to the Board of Directors for consideration.

##### Council Composition

The Council, in accordance with applicable federal and/or State laws, shall consist of individuals representing the district and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public.

##### Required Meetings

The Council shall meet in accordance with federal and state requirements/ guidelines to review, revise, and recommend school nutrition and physical activity policies and will serve as a resource to school sites for implementing this policy. This provision shall not preclude the Council from meeting as needed during the school year.

#### B. COMMITMENT TO COORDINATED SCHOOL HEALTH, NUTRITION, PHYSICAL ACTIVITY, AND HEALTHY SCHOOL ENVIRONMENTS

##### 1. Coordinated School Health

The New Hope is committed to implementing the Center for Disease Control's (CDC's) Coordinated School Health approach to managing new and existing wellness-related programs and services. Such programs shall be implemented in accordance with State law and State Board of Education Coordinated School Health (CSH) Standards and Guidelines. The District's coordinated school health coordinator shall be responsible for

overseeing compliance with State Board of Education CSH Standards and Guidelines in the District and shall register with the State Department of Education.

2. Nutrition

New Hope is committed to offering school meal and snack programs with menus that meet the patterns and nutrition standards established by the USDA and State Board of Education's Minimum Nutritional Standards.

3. Physical Activity

New Hope is committed to supporting and promoting physical activity including providing students with the opportunity to engage in physical education classes and supervised recess/physical activity during the school day in accordance with applicable federal and state statutes and guidelines.

4. Healthy School Environment

New Hope is committed to offering healthy, safe, and supportive environments for students, staff, parents, and visitors; and shall ensure that schools implement all applicable federal and state laws and regulations related to the development, curriculum, services, standards, staffing, and assessment of wellness programs.

C. NUTRITIONAL STANDARDS FOR FOODS AND BEVERAGES SOLD AND SERVED IN SCHOOLS

1. School Meal and Snack Menus

New Hope shall engage students and parents, through taste-tests and surveys of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, schools shall share information about the nutritional content of meals with parents and students.

2. Fundraising Activities, Snacks, Rewards, Celebrations, and School-Sponsored Events

a. Fundraising Activities

- 1) To support children's health and school nutrition-education efforts, the sale of food items as a fundraiser is limited to after-school hours. In selling foods after school hours, schools shall be encouraged to sell foods that promote good nutrition and promote physical activity.
- 2) The school district, through Coordinated School Health, shall make available a list of ideas for acceptable fundraising activities.

b. Snacks

Snacks served during school and in the After School Program shall meet or exceed the nutrition standards established by federal and state laws and regulations.

- c. Food as reward and/or punishment
  - 1) Schools are encouraged to use non-food or beverage items and/or physical activity as rewards for academic performance or good behavior, unless otherwise required per a student's individualized education program (IEP) or Section 504 Plan.
  - 2) Schools shall not withhold food or beverages at meal times as a punishment.
  - 3) The School District shall provide a list of acceptable rewards.
- d. Marketing and Advertising of Foods and Beverages at School-Sponsored Events

Schools shall allow marketing and advertising of only those foods and beverages that meet competitive food standards to be offered or sold at school-sponsored events during the school day.

#### D. EVALUATION OF EFFECTIVENESS OF NUTRITION PROGRAM

New Hope Christian Academy shall monitor the effectiveness of the school nutrition program within a wide-range of student constituency groups. Factors to be considered may include, but are not limited to:

- 1. Frequency and types of health problems noted on school nurse logs;
- 2. Frequency and types of mental health and behavioral problems noted on counselor logs;
- 3. Incidence of student behavior infractions;
- 4. Teacher surveys of student's classroom behavior, attention span, and memory; and
- 5. Test scores.

#### E. PHYSICAL ACTIVITY

1. New Hope Christian Academy shall provide opportunities during the school day for students to be physically active. Opportunities shall be inclusive of integration of physical activity into curricula areas of the school program (i.e., classroom movement breaks and other activities); and supervised recess/physical activity and physical education provided in accordance with federal and/or state requirements.
2. Physical activity opportunities shall not be withheld as a punishment (i.e., recess) or used as a punishment (e.g., running laps, push-ups) during the school day.

#### F. SANCTIONS

Failure of responsible District personnel to make a good faith effort to comply or willful/intentional failure to perform in accordance with the requirements of this policy may result in disciplinary measures.

#### G. MONITORING AND POLICY REVIEW

##### 1. Monitoring

The Head of Schools shall ensure compliance with established district-wide nutrition and physical activity wellness policies.

School food service staff, at the school or district level, shall ensure compliance with nutrition policies within school food service areas.

##### 2. Reports, Assessments, and Policy Review

##### Policy Review and Updates

New Hope Christian Academy shall review and revise this policy as appropriate based on district- wide/community needs.

### IV. RESPONSIBILITY

- A. Head of School or their designee shall be responsible for ensuring that his/her school is in compliance with this policy and applicable State Board of Education Rules and Regulations.
- B. The Nutrition Services Department is responsible for developing standards and guidelines relating to nutrition.
- C. The Principal or their designee is responsible for developing and implementing standards and guidelines relating to physical fitness and health education.

D. The Head of School is responsible for ensuring that this policy is followed.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)