

Zion Classical Academy



School Wellness Policy

Zion Classical Academy participates in the National School Lunch program, a federal program of the U.S. Department of Education. Participation in this program requires that the school develop a school wellness policy that promotes student health and wellness. Development of this policy is made and updated with input from multiple stakeholders, including school employees, administration, and parents.

Wellness Committee:

Sara Nielsen, Principal

Colleen Reinhard, Cafeteria Manager

ZCA Board of Education

Interested Parents and Teachers

June 24, 2021

www.zionclassical.org

Hastings, Nebraska

1. SCHOOL WELLNESS

The mission of Zion Classical Academy (ZCA) is to cultivate Truth, Wisdom, and Virtue in our students through classical Christian education in order to equip them for a life of service to God and neighbor. ZCA establishes a Wellness Policy with the mission to provide curriculum, instruction, and experiences in a health-promoting school environment to instill habits of lifelong learning and health. Therefore, the Board adopts the following School Wellness Policy.

1.1 Goals to Promote Student Wellness

ZCA has established the following student wellness goals that are designed to promote student wellness in a manner that ZCA determines to be appropriate:

1.1.1 Nutrition Education

To implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.

1.1.2 Physical Activity

To implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education.

1.1.3 Other School Activities

To offer other suitable opportunities for students to engage in health promoting activities.

The Principal or designee shall establish such further goals as are determined appropriate to meet the stated mission.

1.2 Nutrition Guidelines

Nutrition guidelines have been selected by ZCA for all foods available in each school building during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines are as follows: (1) school lunch program will be offered to meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for lunch and lasting until one-half hour after the serving of lunch. The Principal or designee shall establish such further nutrition guidelines as are determined appropriate to meet the stated mission.

1.3 Assurance for Reimbursable School Meals

ZCA gives the assurance that ZCA guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to ZCA.

1.4 Plan for Measuring Implementation and Designation of Responsible Persons

The Principal or the Principal's designee is charged with operational responsibility for ensuring that the school meets the Wellness Policy. The Principal or designee shall measure implementation of the Wellness Policy by conducting periodic reviews or receiving periodic reports.

1.5 Development of Policy

The ZCA Board assures that development of the Wellness Policy involved parents, students, representatives of ZCA's nutrition services department, the school board, school administrators, and the public.

1.6 Legal Reference

The Child Nutrition and WIC Reauthorization Act of 2004, 42 USC 1751; Regulations and Procedures for Accreditation of Schools, NDE Rule 10; National School Lunch Program, 42 U.S.C §§1751-1760, 1770; 7 CFR § 210

1.7 Date of Adoption

July 2021 – Zion Classical Academy Board of Education

2. ADMINISTRATIVE REGULATION FOR SCHOOL WELLNESS POLICY

2.1 Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The School Wellness Policy establishes a mission of providing curriculum, instruction, and experiences in the environment of a health-promoting school community to instill habits of lifelong learning and health. The School Wellness Policy authorizes the Principal to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet ZCA's school wellness mission and implement the School Wellness Policy.

2.2 Nutrition Education Activities to Promote Student Wellness

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.

The administration establishes the following additional goals and actions to achieve such goals:

2.2.1 Curriculum

Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 14. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.

2.2.2 Display Nutrition Education Materials

The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.

2.2.3 Nutrition Health Events

Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include:

- A. Health fairs
- B. Traveling health exhibits
- C. Field trips to farm or food production facilities
- D. School gardens
- E. Health speakers (school assemblies or class speakers on nutrition)

2.2.4 Family

- A. Parents are to be welcomed to join their children at school lunch as appropriate.
- B. School communications to parents will include information about healthy nutrition; such as by including information about healthy snacks for children.

2.3 Physical Activities to Promote Student Wellness

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

2.3.1 Curriculum

Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 14. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.

2.3.2 Physical Activity During the School Day:

- A. Recess

1. Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are as follows: preschool: 30 minutes; Grades K-3: 50 minutes; Grades 4-6: 35 minutes. Minimums include lunch recess. Minimums are set for “ordinary” days and are subject to modification in the judgment of the educator when events such as field trips, testing, etc. occur during the day.

B. Class Time

Physical activity within class periods (e.g. stretching breaks when students are at task for more than 50 minutes) will be encouraged.

2.3.3 As Punishment

Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. Educators may use appropriate professional discretion to make exceptions to this guideline. In no event, however, will physical activity be used as a form of corporal punishment.

2.3.4 Display Physical Activity Educational Materials

The cafeteria and gym shall display posters or other communications suitable to the ages of students served that promote physical activity and non-sedentary lifestyles (e.g., display sports posters, walking fitness posters). Educators are encouraged to incorporate such communications in their classrooms as well.

2.3.5 Physical Activity Health Events

Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:

- A. Health fairs
- B. Traveling health exhibits
- C. Field trips to physical activity centers
- D. Physical activity speakers (school assemblies or class speakers representing sports figures, medical people)

2.3.6 Family

- A. School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and the distribution of information about youth sports programs.

2.3.7 Staff

Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is encouraged to be seen engaging in non-sedentary lifestyles and share as appropriate personal information about physical activities they engage in to remain fit.

2.4 Other School Activities to Promote Student Wellness

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:

2.4.1 After-School Facility Uses

The school's physical activity facilities (gym) is available for group rental from Zion Lutheran Church, subject to other competing uses, Zion Lutheran Church rental policy and approval, and safety and risk management considerations.

2.4.2 Advertising

The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal nutritional value.

2.4.3 Staff Development

A. Principal will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities each year related to the integration of physical activities and nutrition education into the academic curriculum, use of food as rewards and denial of physical activities as a disciplinary consequence, and other wellness goals and activities.

B. ZCA will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.

2.4.4 Community Resources

The administration will coordinate the school wellness program efforts with those available from medical and other community organizations.

2.5 Nutrition Guidelines

The established nutrition guidelines for foods available in each school building during the school day are as follows: (1) school lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:

2.5.1 Conditions for School Meals:

A. Scheduling meals. Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, have at least 15 minutes to eat lunch.

B. Conditions for meals. Efforts shall be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions

will be a clean, orderly environment, pleasant food services staff, adequate seating, enforcement of student conduct rules and adequate supervision.

2.5.2 Selection of School Meals:

School Meals: School meals shall at a minimum meet nutrition requirements established by state and federal law. The school food service staff is to offer meals that are of a nutritional value higher than that required. An emphasis is to be on good menu planning principles that offer healthy food choices including lean meats, a variety of fruits and non-fried vegetables daily, whole grains 3x each week, and low fat or nonfat milk daily. Locate these choices where they are readily accessible to students. Limit portion sizes of desserts and fried foods.

2.5.3 Student's Meals From Home

Students are not allowed to share their lunches or food items with other students. Parents will be encouraged via health promotional materials to make healthy choices for student lunches. No lunches are to be brought to the cafeteria from other restaurants. No soda/ pop is allowed in the school cafeteria during lunch period.

2.5.4 Closed Campus

To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch unless with a parent or guardian. Parents taking their child out for lunch are asked to send a written note that morning. Students will only be dismissed during regular lunch time. Students who leave campus for lunch with their parents or guardians may not bring any purchased meals or other food back to school. The administration may grant special exceptions to the closed campus rule as needed (e.g., for students with special dietary needs).

2.5.5 Foods available during the school day:

A. Water

Students will be allowed access to water during the school day. Water fountains are available. Educators may allow students to bring water bottles to classes. Students will not be permitted to bring soda pop or other drinks to class.

B. Food rewards.

Food will not be used as rewards. No foods are to be provided by the school or school staff during instructional time except: healthy foods, foods provided for instructional purposes (e.g., cultural programs, FCS classes, and foods given in accordance with a special education student's IEP).

C. Classroom Celebrations:

1. Staff is discouraged from offering students foods of minimal nutritional value for classroom celebrations.
2. Parents are to be encouraged to bring healthy foods for classroom celebrations.

2.5.6 Fund-raising:

A. School clubs are not to sell foods of minimal nutritional value for the

period of ½ hour before and after the lunch periods.

- B. Student clubs are encouraged to not sell foods of minimal nutritional value as part of fund-raising efforts.
- C. Each activity sponsor shall report to the Principal the percentage of total fund-raising receipts from sales of foods of minimal nutritional value as of the end of each school year.

2.5.7 School activities/events:

- A. Athletes: Student athletes serve as role models. Coaches are to encourage healthy eating by student athletes.
- B. Concessions: Concession stands will include healthy food choices. Efforts will be made to reduce offerings of foods of minimal nutritional value.

2.5.8 Definition of Foods of Minimal Nutritional Value: For purposes of this regulation, "foods of minimal nutritional value" has the same meaning as in the federal regulations for the National School Lunch program. Foods of minimal nutritional value are as follows:

Food of minimal nutritional value means: (i) In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and (ii) in the case of all other foods, a food which provides less than five percent of the RDI for each of 8 specified nutrients per 100 calories and less than 5% of the RDI for each of eight specified nutrients per serving. The 8 nutrients to be assessed for this purpose are -- protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.

Specific foods of minimal nutritional value are:

- A. Soda Water
- B. Water Ices (except those which contain fruit or fruit juices).
- C. Chewing Gum
- D. Certain Candies -- Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
 1. Hard Candy -- A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
 2. Jellies and Gums -- A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 3. Marshmallow Candies -- An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
 4. Fondant -- A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 5. Licorice -- A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

6. Spun Candy -- A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
7. Candy Coated Popcorn. -- Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

2.5.9 Definition of Healthy Foods

For purposes of this regulation, “healthy foods” means foods that are not foods of minimal nutritional value, and that are low in fats, sodium and sugars, and high per serving in the nutrients which are needed to meet Reference Daily Intakes.

Official Policy Updates and Revisions

Initial adoption: July 2021