# Zion Classical Academy

Hastings, Nebraska

# School Wellness Policy

Zion Classical Academy participates in the National School Lunch program, a federal program of the U.S. Department of Agriculture (USDA). Participation in this program requires that the school develop a school wellness policy that promotes student health and wellness. The school develops and updates this policy with input from multiple stakeholders, including school employees, administration, and parents.

*Wellness Committee:*

*Andrew Adams, Principal*
*Katie Sutton, Cafeteria Manager*
*Brittney Bauer, Office Manager*
*Josh Fink, ZCA Board of Directors*
*Beth Jabs, Interested Parent*
*Andi Brown, Community Member at Large/ZCA Representative*

## 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 to provide curriculum, instruction, and experiences in a health-promoting school environment that 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

Nutrition lessons will be integrated into the curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education.

#### 1.1 2 Physical Activity

Physical Activity has been integrated into both the curriculum and the daily schedule to meet or exceed 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. This includes but is not limited to: physical activities during the before-school time, in after-school care time, and in classrooms throughout the day.

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

### 1.2 Nutrition Guidelines

ZCA selected nutrition guidelines for all foods available in the school building during the school day to promote student health and reduce childhood obesity. The guidelines are as follows:

(1) the 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 responsible for ensuring implementation of the School Wellness Policy. The Wellness Policy will be reviewed annually by the Board of Directors Policy Committee and members of the Wellness Committee to evaluate implementation and progress toward the school's wellness goals. Results of the annual review will be made available to the public on the school's website or through other electronic communication.

At least once every three years, ZCA will conduct a triennial assessment of the School Wellness Policy. The assessment will evaluate the school's compliance with the Wellness Policy, progress made toward attaining the goals of the Wellness Policy, and the extent to which ZCA's Wellness Policy compares to model wellness policies. Results of the triennial assessment will be made available to the public.

1.5 Development of Policy

The ZCA Board assures that parents, students, representatives of ZCA's nutrition services department, the School Board, school administrators, and members of the public are permitted and encouraged to participate in developing, implementing, periodically reviewing, and updating the School Wellness Policy. ZCA will inform stakeholders of opportunities to participate through wellness policy communications, PTU meetings, or other school communications.

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

Initial approval: July 2021 – Zion Classical Academy Board of Directors
Date of revision - April 19, 2024 - Approval by BOD May 13, 2024

## 2. ADMINISTRATIVE REGULATION FOR SCHOOL WELLNESS POLICY

2.1 Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The School Wellness Policy establishes a mission to provide curriculum, instruction, and experiences in 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 and 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: Onsite garden-based activities, meal planning, and crop raising. Meets fresh vegetable garden nutrition education grant requirements.
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.

B. School communications to parents will include information about healthy nutrition, such as including information about healthy snacks for children.

2.3 Physical Activities to Promote Student Wellness

The goal of the committee and BOD is to integrate lessons that supplement the curriculum and meet or exceed the health and physical activity objectives established by the Nebraska Department of Education.

2.3.1 Curriculum

Health and physical education lessons 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.

The daily minimum is 40 minutes for Preschool through Grade 6.
Minimum includes lunch recess. This minimum is set for “ordinary” days and may be modified at the educator's discretion when events such as field trips, testing, early dismissal, or work makeup 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 for children and information about youth sports programs.

2.3.7 Staff

Our employees are encouraged to be healthy role models for students. Students need consistent messages. Staff are 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 goal of the wellness committee and BOD is to offer other suitable opportunities for students to engage in health-promoting activities.

2.4.1 After-School Facility Uses

The school’s physical activity facilities (gym) are available for group rental cooperatively determined by Zion Classical Academy and Zion Lutheran Church. Such rental is subject to other competing uses, Zion Lutheran Church rental policy and approval, and safety and risk management considerations.

2.4.2 Advertising

Food and beverage marketing on the school campus during the school day shall be permitted only for foods and beverages that meet applicable USDA Smart Snacks in School nutrition standards.

2.4.3 Staff Development

A. The administration will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness policy and recommendations. Professional development will include annual activities related to integrating physical activities and nutrition education into the academic day, using food as rewards and denying physical activities as a disciplinary consequence, and other wellness guidelines.

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 the 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

(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 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 when students need nutrition (e.g., in the middle of the 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. Factors that promote these conditions include a clean, orderly environment, pleasant food service 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. School food service staff shall offer meals with nutritional value higher than required. An emphasis is to be on good menu planning and 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. These choices shall be located where they are readily accessible to students. The school food service staff shall limit portion sizes of desserts and fried foods.

2.5.3 Students' Meals From Home

Students may not share their lunches or food items with other students. Parents will be encouraged, through health promotional materials, to make healthy choices for student lunches.

No lunches are to be brought to the cafeteria from other restaurants. No soda is allowed in the school cafeteria during lunch period.

2.5.4 Closed Campus

To encourage students to eat a nutritious lunch, students may not leave school during the school day for lunch unless accompanied by 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 may access 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 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, and foods given in accordance with a special education student's IEP.)

C. Classroom Celebrations:

1. Staff are 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 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 specific 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 of 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 a thin film of sugar and/or invert sugar in solutions 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 Smart Snacks in School

All foods and beverages sold to students on the school campus during the school day, outside of the reimbursable school meal programs, shall meet applicable USDA Smart Snacks in School nutrition standards. This requirement applies to foods and beverages sold through fundraisers, school stores, vending machines, and other school-sponsored sales, unless an allowable exemption applies.

2.5.10 Definition of Healthy Foods

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

## 3. Student and Staff Social Emotional Wellness

3.1 Goal to Promote Student and Staff Social Emotional Wellness

3.1.1 Students and Staff will attend weekly chapel, religion class/devotions, and school and class prayer time.

3.1.2 An LCMS pastor will serve as a BOD member and be available for counseling, advising, and otherwise supporting the social-emotional wellness of students and staff.

Addendum - Nutrition, Physical Activity, and Social and Emotional Wellness Goals attached.

Addendum 4/19/2024

Specific Wellness Goals for ZCA Students:

1. Nutrition Goal:
    a. Nutrition lessons will supplement our Science and PE curriculum and will be integrated into the classroom in grades K-6.
    b. Nutrition lessons will include but not be limited to:
        i. How to Read Nutrition Food Labels
        ii. Understanding the components of healthy meals and snacks.
        iii. Exposure to what healthy compounds are found in our food and the effects that healthy sugars, healthy carbohydrates, healthy proteins, and healthy fats have on their growing bodies.
        iv. How to identify healthy foods, plates/meals, portion size, and self-control when eating.
    c. Weekly Garden Club programming will teach students how to grow foods (fruits, vegetables, grains, and other edible foods). (May - September, one night a week.)

2. Physical Activity Goal:
    a. ZCA Students will take part in 30 minutes of Physical Education classes twice a week. This participation is a requirement unless excused by a doctor or excused due to illness.
    b. ZCA Students have the opportunity to take part in morning walking and exercise offered from 7:30 a.m. to 8:00 am every morning before school.
    c. ZCA Students have the opportunity to take part in 30 minutes of physical activity offered during After School Care.
    d. ZCA Students will be provided with, at a minimum two 20-minute physical activity breaks (recess) during the school day. Participation is required unless excused by a doctor or excused due to illness.

3. Social and Emotional Wellness Goal:
    a. ZCA Staff will educate families regarding the availability of the ZCA BOD LCMS pastor for counseling, advising, and supporting social-emotional wellness.