

Central Miami Christian Academy Wellness Policy

Preamble

Central Miami 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 their 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 school meal programs, supporting the development of good eating habits and promoting increased physical activity.

Central Miami Christian Academy is committed to creating an environment that promotes and protects 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

Central Miami Christian Academy fulltime staff team will serve as the wellness committee that will meet annually prior to the school year to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made.

- The Administrator, Patrick Heatwole, shall ensure overall compliance with the local school wellness policy.
- Parents/guardians, students, teachers, and the school board shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

Central Miami Christian Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education and physical activity that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion and Education

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment.
- CMCA students grow vegetables in the school garden and are regularly invited to taste, experience, and eat healthy, locally-grown foods. The garden size will grow by 20% during the school year.
- Through the use of the school garden increase student awareness of healthy vegetables and fruits.
- CMCA invites health workers to educate and promote nutrition and healthy eating habits.
- Students will read and have access to books related to nutrition information and age-appropriate healthy eating behaviors.

- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes.

3. Physical Activity

- All elementary students will have at least 30 minutes of daily recess. The 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.
- Staff will be encouraged to provide short physical activity breaks between lessons or classes, daily, as appropriate.
- CMCA maintains a permit at a local park to provide expanded physical activity opportunities for students and staff.

4. Other School-Based Activities

Central Miami Christian Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- CMCA shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- CMCA shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their food from the line.
- CMCA will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- CMCA shall maximize the reduction of waste by recycling, reusing, and composting.

Employee Wellness

- Central Miami Christian Academy wellness committee will promote wellness by identifying and encouraging health and wellness activities, opportunities and lifestyle.

- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible.

Health Services

- All students receive instruction including, but not be limited to, violence prevention, safety, and communicable disease prevention.
- All staff are required to receive first aid/CPR training.
- Parents are connected to local and affordable health services.

Behavior Management

- Central Miami Christian Academy is committed to prohibiting the weaponization of food as a reward or punishment and promoting positive nutritional messages.
- Staff will not deny or require physical activity as a means of punishment.

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

Central Miami 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 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.
- Reimbursable 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.
- Free, potable water will be made available to all students during each meal service.
- CMCA will use fresh fruits and vegetables from the school garden to enrich student diets.

Competitive Foods

- No foods or beverages are currently sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

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.
- CMCA will limit celebrations that involve food during the school day to no more than one party per class per month, as much as practicable.

- The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties.

Fundraising

- Central Miami Christian Academy does not hold fundraising events that involve food or beverage items.

6. Policy for Food and Beverage Marketing

- No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

7. Evaluation and Measurement of the Implementation of the Wellness Policy

Central Miami 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

Central Miami Christian Academy will assess the local school wellness policy to measure 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 CMCA 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.

8. Informing the Public

Central Miami Christian Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. CMCA will also notify households (as applicable) 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.

- CMCA will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.

- Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts, CMCA's website, articles and/or newsletters, to ensure that the community is informed.
- As applicable, CMCA will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

9. Community Involvement

Central Miami Christian Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. CMCA will communicate ways in which parents/guardians, students, and staff can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- CMCA will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback and attention will be given to their comments.
- CMCA will use electronic mechanisms, such as email or displaying notices on CMCA's website, as well as non-electronic mechanisms, such as newsletters or flyers to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

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