

Wellness Policy

Royal Legacy Christian Academy strives to educate the whole student spiritually, academically, and physically. The goal of this policy is to communicate our commitment to promote healthy eating and physical activity to show gratitude for the gift of life through Christ.

Royal Legacy promotes proper dietary habits contributing to student health status and academic performance. Foods available at school and at school sponsored activities during the instructional day should meet or exceed local and federal nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals.

Royal Legacy has developed a wellness committee composed of administration, staff, parents, students. The following is a plan to implement and monitor the policy and its effectiveness. The committee will report annually to the RLCA School Improvement Advisory Committee regarding the effectiveness of this policy.

Specific Wellness Goals:

- I. Nutrition Education and Promotion
- II. Nutrition Guidelines for all Foods Available on Campus
- III. Physical Activity
- IV. Implementation and Evaluation

NUTRITION EDUCATION AND PROMOTION

RLCA will provide nutrition education and engage in nutrition promotion that -

- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices during snack time, in addition to lunch, and during after school programming;
- emphasizes caloric balance between food intake and physical activity; and
- promotes connections with community meal programs and nutrition-related community services.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Food Safety

All foods made available on campus will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

Sharing of Foods

RLCA discourages students from sharing their foods or beverages with one another during meal or snack times, in consideration of allergies and diet restrictions.

Food Service Program

- support students in selecting new, healthy and appealing food choices

- share information about the nutritional content of meals with parents and students through printed and online content

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. RLCA will -

- provide continuing professional development for all nutrition professionals;
- provide staff development programs that include appropriate certification and/or training programs for managers and servers, according to their levels of responsibility; and
- provide the USDA established-continuing education hours and training for all food service employees.

School Meals

Meals served through the National School Lunch will -

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state and federal law; and
- include a variety of fruits and vegetables and menu choices.

Free and Reduced-Priced Meals Program

Royal Legacy Christian Academy will continue to make every effort to eliminate any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced-price meals. RLCA is committed to -

- utilizing electronic identification and payment systems;
- promoting the availability of meals to all students; and
- emailing applications for free and reduced price meals to all families at the beginning of the school year and/or providing printed copies for all students (the application is also available on our school's website).

Meal Debt

Board Policy reference 4.17

Royal Legacy is committed to maintain the confidentiality of families who are unable to pay for their meals by -

- serving students a reimbursable meal, whether the student has money to pay or owes money; and
- not publicly identifying students with unpaid meal debt.

Meal Times and Scheduling

Royal Legacy Christian Academy will -

- allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- schedule meal periods at appropriate times between 11 a.m. and 1 p.m.;

- not schedule activities during mealtimes, unless students may eat during such activities;
- schedule lunch periods to follow recess periods; and
- provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Food Brought from Home

It is highly recommended that lunches brought from home be equally nutritious and include the following:

- Meat/meat alternate, fruits, vegetables, grains, and milk
- Beverage recommendations include -
 - Plain water, with or without carbonation
 - Milk, unflavored or flavored and milk alternatives
 - 100% fruit or vegetable juice, with or without carbonation
 - 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners
 - Caffeinated beverages and sports drinks are discouraged.

Fundraisers

- The sale of food items that meet nutritional requirements at fundraisers is not limited in any way under the standards by the USDA.
- The USDA standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The school day as defined by the USDA is after midnight the day before the first bell until 30 minutes after 3:15.
- All foods sold on school property targeted to PK-12 grade students by or through other PK-12 grade students, student groups, school organizations or campus school stores must meet food nutrition standards laid out in this document.
- Royal Legacy encourages fundraising activities that promote physical activity.
- Food sold as a fundraiser that is not intended for consumption during school hours does not need to meet USDA nutrition requirements.

Water

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day. RLCA will make drinking water available where school meals are served.

- Water cups will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene. Sources include drinking fountains and water dispensers.
- Students will be allowed to bring and carry water bottles filled with only water with them throughout the day.

Special Events

Snacks

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy

beverages conforming to this policy. Schools will assess when to offer snacks based on timing of meals, children's nutritional needs, children's ages, and other considerations. A list of healthy snack items to teachers, after-school program personnel and parents will be distributed by the principal.

Rewards

Teachers are encouraged to offer non-food forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. Schools will not withhold beverages or food (including food served through meals) as a punishment.

Celebrations

Royal Legacy will evaluate their celebration practices that involve beverage and food during the school day. The food used in celebration practices should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy.

PHYSICAL ACTIVITY

Wellness education is an important and integral part of the education of students at Royal Legacy.

Physical Education

Royal Legacy will provide wellness education that -

- includes students with disabilities;
- engages students in moderate to vigorous activity during at least 75 percent of physical education class time; and
- meets regularly for the scheduled period.

Physical Activity Opportunities after School

To provide opportunities for physical activity outside the regular physical education classes, all students are encouraged to enroll in Cap Kids Afterschool Care. In addition to homework help, we -

- offer extracurricular physical activity programs, such as Cap Kids;
- offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs; and
- publicize and promote participation in community events and programs that involve physical activity.

Daily Recess

RLCA will offer recess for students that are preferably outdoors. Recess should encourage moderate to vigorous physical activity through the provision of space and equipment. We discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active.

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, teachers will -

- offer integrated health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- provide opportunities for physical activity to be incorporated into other content learning; and
- encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

Physical Activity and Punishment

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

IMPLEMENTATION AND EVALUATION

Communication with Parents

Royal Legacy will support parents' efforts to provide a healthy diet and daily physical activity for their children. RLCA will -

- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and
- distribute information about physical education and activity via a web site, newsletter, other take home materials and special events or physical education homework.

Staff Wellness

Royal Legacy values the health and wellbeing of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Royal Legacy will continue to seek community partnerships that promote healthy lifestyle and physical wellbeing. Ways that RLCA currently encourages staff wellness are -

- three prescheduled wellness days and
- 15% discount to the Cedar Valley Sportsplex for all employees.

Monitoring

The Board will ensure compliance with established school nutrition and physical activity wellness policies, in addition to all other policies.

- The principal will ensure compliance with policies and will report on the school's compliance to the board.
- The food service manager will ensure compliance with nutrition policies and will report concerns to the principal.

Royal Legacy will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If RLCA has not received a SMI review from the state agency within the past five years, RLCA will request a SMI review be scheduled as soon as possible.

The principal will develop a summary report annually on compliance with established nutrition and physical activity wellness policies, based on input from parents and other stakeholders. The report will be provided to the Royal Legacy School Improvement Advisory Committee and be distributed to all school wellness committee members.

Policy Review

The principal will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the school year. RLCA will revise the wellness policies and develop work plans to facilitate their implementation as needed.