

## Cheswick Christian Academy Wellness Policy

To all parents: The National School Lunch Program, which offers free and reduced priced lunches to those who qualify, requires that we have a wellness policy in effect to encourage healthy eating habits and physical activity. Cheswick Christian Academy's wellness policy first became effective July, 2007. During quarterly staff meetings, the wellness policy is reviewed and discussed. We welcome participation and suggestions from parents. Full copies may be obtained by calling the school office or can be found on our website.

### **POLICY TO ENCOURAGE HEALTHY EATING HABITS AND PHYSICAL ACTIVITY** **Effective July, 2007 - Revised October, 2017**

It is the intention of Cheswick Christian Academy to comply with all federal standards of the "No Child Left Behind" law. It shall apply to all students, staff, coaches, and volunteers and encompasses all food available to students during the school day through the food service program, in-school fundraisers, and classroom parties. The policy shall be enforced by administration, staff, and the food service director or coordinator and shall be reviewed quarterly.

#### **1. PURPOSE AND GOALS**

**INTENT** - The intent of this policy is for all students of Cheswick Christian Academy to possess the knowledge and skills necessary to make nutritious food choices and be encouraged to participate in a variety of physical activities. As role models, educators are encouraged to model a healthy lifestyle as a valuable part of daily life. The comprehensive plan to encourage students to establish and maintain lifelong nutritious eating patterns and a healthy lifestyle includes:

- A food service program that serves appealing choices of nutritious foods and a clean environment in which students are given an adequate time to eat.
- Available healthy a la carte choices.
- Nutrition and healthy lifestyle education to all grades.
- A physical education program that includes moderate to vigorous activity.
- Time in the elementary school day for supervised recess.
- Opportunities for students to participate in extracurricular activities.

**RATIONALE** - The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full potential, physical and mental growth, and lifelong health and well being. Healthy eating patterns are linked to the reduced risk of many chronic diseases as adults. Regular physical exercise reduces the risk of heart disease, high blood pressure, colon cancer, and diabetes. Promoting physical activity among young people is important because...

- Through its effects on mental health, physical activity can increase a students' capacity for learning
- Physical activity has health benefits for students

For a complete copy of our Wellness Policy, please call the school office or view it online at [cheswickchristian.com](http://cheswickchristian.com).

### **Cheswick Christian Academy** **Non-discrimination Policy**

Cheswick Christian Academy does not discriminate in its admission policies, nor in any of its policies on the basis of sex, race, color, national origin, or religion. Allegations may be made to Cheswick Christian Academy verbally or in writing. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination complaint form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

### Three-year Wellness Policy Assessment – June 19, 2017

#### In Place

- A+ Faculty members have been instructed yearly (teacher meeting in Aug.) in the goals set forth in Cheswick Christian Academy's wellness policy entitled, "Policy to Encourage Healthy Eating Habits and Physical Activity."
- B Faculty members have been instructed yearly to understand that as educators, they are encouraged to model a healthy lifestyle to their students as a valuable part of life.
- A+ Faculty members have been instructed yearly that nutrition education shall be a part of the comprehensive program taught at every grade level and that...
- nutrition education lessons and activities will be age appropriate.
  - educators will integrate nutrition education into all subjects whenever reasonably possible to stress healthy, lifestyle patterns.
  - nutrition topics include benefits of healthy eating, understanding nutritional balance and food labels, how to assess one's personal eating habits and set goals for improvement, principles of healthy weight management, etc.
  - staff shall be responsible for obtaining nutrition education to provide basic knowledge of nutrition and strategies designed to promote a healthy lifestyle.
  - additional physical activity of students after school hours will be encouraged.
- C Faculty members have been instructed to submit lessons plans to the Wellness Policy coordinator whenever wellness subjects are taught.
- A+ Faculty members have been instructed yearly and understand that all elementary students should be encouraged to participate in physical recess activities and that alternatives to eliminating recess as a punishment should be found.
- A Faculty members are reminded yearly that food fundraisers are not permitted unless food is not sold on school grounds or made available for sale during the school day unless food being sold meets the criteria in the wellness policy. Only one remains – bake sale during Fun Fair in May.
- A+ Faculty members (especially elementary) are reminded yearly that all classroom parties should include nutritional choices as listed in the wellness policy, and that as a teacher, it is his/her responsibility to encourage these choices and prohibit foods of minimal nutritional value.
- A+ Faculty members have been instructed yearly that food is not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
- A+ Faculty members have been instructed and reminded yearly that CCA's policy is a non-discriminatory policy. All faculty have agreed to abide by said policy.

**Cheswick Christian Academy**  
**6/19/17 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator – present**
- **Rosetta Johnson, Teacher – present**
- **Star Laliberte, Office Personnel – present**
- **Todd Rosio, Principal, Chief Administrator Food Service – present**
- **Kim Thomas, Food Service Director – present**
- **Clinton Blazeovich, Phys. Ed. Instructor – unable to make the meeting**

**TOPICS DISCUSSED**

- **Food Service – Kim Thomas (Director), Karen Vidra (Aide), Patty Buirge (Coordinator)**
- **“And Justice for You” poster – Posted in gym.**
- **We discussed the wellness policy pertinent points together, performing assessment.**
  - **Assessment: (Comparison of main points to LSWP Gov’t Requirements – see next page)**
    - **Compliance of all faculty with the wellness policy is favorable.**
    - **Our wellness policy is modeled after a government policy template.**
    - **Progress has been made in adhering to the wellness policy (i.e. classroom party guidelines, fundraiser guidelines, and eliminating food as rewards.)**
  - **Nutrition Education –**
    - **Teachers will be notified again at August faculty meeting that they are to incorporate wellness teachings into all subject areas. They are to forward lesson plans to me when covering a nutritionally educational topic.**
  - **Civil Rights**
    - **TMR will administer the Annual Civil Rights Training to all staff at the August faculty meeting, covering all topics provided in the [www.schoolnutritiontoolbox.org](http://www.schoolnutritiontoolbox.org) list of mandatory training topics.**
  - **Parents & Students –**
    - **We plan to distribute Nutrition Nuggets (monthly publication) for 2017-18. They will be distributed to students to take home to parents.**
  - **Classroom Rewards & Parties Reminder –**
    - **At a previous audit, the auditor informed me that a “consequences” paragraph needed to be added to the wellness policy. It is as follows:**

If any Foods of Minimal Nutritional Value shall be offered by parents, teacher shall decline them by sending them back home with an explanation. If it happens repeatedly (3 X in a school year), contact either by a letter, phone call, or in person will be made explaining why the food is not a good choice for a classroom party.
  - **Fundraisers –**
    - **Bake sales during school hours should not be allowed. It has been reduced to only one: The fun fair in May. In all other fundraisers, we are complying with our wellness policy.**

**Check off list for Local School Wellness Policy Requirements:**

- **Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote students wellness. (evidence-based strategies)**
- **Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for school meals and Smart Snacks in School nutrition standards.**
- **Include policies for foods and beverages made available to students (i.e. classroom parties, parent's contributions).**
- **Include policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.**
- **Permit parents, students, representatives of the school food authority, phys. ed. teachers, all faculty to participate in the development, implementation and update of the LSWP.**
- **Identify individuals who have the authority and responsibility to ensure compliance.**
- **Inform and update the public about the LSWP on an annual basis.**
- **At least once every three years, measure the extent to which schools are in compliance with the LSWP, the extent to which the policy compares to model policies, and the progress made in attaining the goals of the LSWP and make this assessment available to the public.**

**Cheswick Christian Academy**  
**11/3/17 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**1st Quarter Meeting for 2017-18**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Rosetta Johnson, Teacher**
- **Star Laliberte, Office Personnel**
- **Todd Rosio, Principal, Chief Administrator Food Service**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Phys. Ed. Instructor**

**TOPICS DISCUSSED**

- **Audit is over. Kim indicated all changes to our revised Wellness Policy.**
- **Again, we discussed the wellness policy pertinent points together, performing triennial assessment (see reverse).**
  - **Assessment: (Comparison of main points to LSWP Gov't Requirements)**
    - **Compliance of all faculty with the wellness policy is favorable.**
    - **Our wellness policy is modeled after a government policy template.**
    - **Progress has been made in adhering to the wellness policy (i.e. classroom party guidelines, fundraiser guidelines, and eliminating food as rewards.)**
  - **Nutrition Education –**
    - **Teachers are to continue to forward lesson plans to me when covering a nutritionally educational topic.**
    - **We decided not to send Nutrition Nuggets home with student this year.**

**Went over the check list for Local School Wellness Policy Requirements:**

- **Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote students wellness. (evidence-based strategies)**
- **Include nutrition guidelines for all foods sold on each school campus during the school day that are consistent with federal regulations for school meals and Smart Snacks in School nutrition standards.**
- **Include policies for foods and beverages made available to students (i.e. classroom parties, parent's contributions).**
- **Include policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.**
- **Permit parents, students, representatives of the school food authority, phys. ed. teachers, all faculty to participate in the development, implementation and update of the LSWP.**
- **Identify individuals who have the authority and responsibility to ensure compliance.**
- **Inform and update the public about the LSWP on an annual basis.**
- **At least once every three years, measure the extent to which schools are in compliance with the LSWP, the extent to which the policy compares to model policies, and the progress made in attaining the goals of the LSWP and make this assessment available to the public.**

### Three-year Wellness Policy Assessment – June 19, 2017

#### In Place

- A+ Faculty members have been instructed yearly (teacher meeting in Aug.) in the goals set forth in Cheswick Christian Academy's wellness policy entitled, "Policy to Encourage Healthy Eating Habits and Physical Activity."
- B Faculty members have been instructed yearly to understand that as educators, they are encouraged to model a healthy lifestyle to their students as a valuable part of life.
- A+ Faculty members have been instructed yearly that nutrition education shall be a part of the comprehensive program taught at every grade level and that...
- nutrition education lessons and activities will be age appropriate.
  - educators will integrate nutrition education into all subjects whenever reasonably possible to stress healthy, lifestyle patterns.
  - nutrition topics include benefits of healthy eating, understanding nutritional balance and food labels, how to assess one's personal eating habits and set goals for improvement, principles of healthy weight management, etc.
  - staff shall be responsible for obtaining nutrition education to provide basic knowledge of nutrition and strategies designed to promote a healthy lifestyle.
  - additional physical activity of students after school hours will be encouraged.
- C Faculty members have been instructed to submit lessons plans to the Wellness Policy coordinator whenever wellness subjects are taught.
- A+ Faculty members have been instructed yearly and understand that all elementary students should be encouraged to participate in physical recess activities and that alternatives to eliminating recess as a punishment should be found.
- A Faculty members are reminded yearly that food fundraisers are not permitted unless food is not sold on school grounds or made available for sale during the school day unless food being sold meets the criteria in the wellness policy. Only one remains – bake sale during Fun Fair in May.
- A+ Faculty members (especially elementary) are reminded yearly that all classroom parties should include nutritional choices as listed in the wellness policy, and that as a teacher, it is his/her responsibility to encourage these choices and prohibit foods of minimal nutritional value.
- A+ Faculty members have been instructed yearly that food is not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.
- A+ Faculty members have been instructed and reminded yearly that CCA's policy is a non-discriminatory policy. All faculty have agreed to abide by said policy.

**Cheswick Christian Academy**  
**01/26/18 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**2nd Quarter Meeting for 2017-18**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Rosetta Johnson, Teacher**
- **Star Laliberte, Office Personnel – on vacation**
- **Todd Rosio, Principal, Chief Administrator Food Service**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Phys. Ed. Instructor – with mom (medical procedure)**

**TOPICS DISCUSSED**

- **Again, we discussed the wellness policy pertinent points together, performing triennial assessment (see reverse).**
  - **Assessment: (Comparison of main points to LSWP Gov't Requirements)**
    - **Compliance of all faculty with the wellness policy is favorable with issues below that were reinforced.**
    - **Our wellness policy is modeled after a government policy template.**
    - **Progress has been made in adhering to the wellness policy (i.e. classroom party guidelines, fundraiser guidelines, and eliminating food as rewards.)**
- **Nutrition Education –**
  - **Teachers are to continue to forward lesson plans to me when covering a nutritionally educational topic.**
- **Current Issues (teachers will be reminded at the full faculty meeting 1/24/18).**
  - **Faculty members have been instructed yearly and understand that all elementary students should be encouraged to participate in physical recess activities and that alternatives to eliminating recess as a punishment should be found.**
  - **Faculty members have been instructed yearly that food is not to be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message.**

**Attached: Three-year Wellness Policy Assessment – June 19, 2017**

**Cheswick Christian Academy**  
**03/28/18 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**3rd Quarter Meeting for 2017-18**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Rosetta Johnson, Teacher**
- **Star Laliberte, Office Personnel**
- **Todd Rosio, Principal, Chief Administrator Food Service**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Phys. Ed. Instructor**

**TOPICS DISCUSSED**

- **Discussion of the wellness policy pertinent points together.**
  
- **Nutrition Education –**
  - **Continued confirmation that teachers are to forward lesson plans to me when covering a nutritionally educational topic.**
  
  - **Continued confirmation that teachers are not to use food as rewards.**
  
- **Current Issues**
  - **Kim Thomas has continued to send the DOE information as they requested it. It has taken many extra hours of work by Kim to complete all of the DOE audit requests.**
  
  - **Kim Thomas, Food Service Director, is unsure if she is returning next year. Todd is looking into alternatives.**

**Cheswick Christian Academy**  
**05/16/18 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**4th Quarter Meeting for 2017-18**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Rosetta Johnson, Teacher**
- **Star Laliberte, Office Personnel (not present - on vacation)**
- **Todd Rosio, Principal, Chief Administrator Food Service**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Phys. Ed. Instructor (not present - not in school on Wednesdays)**

**TOPICS DISCUSSED**

- **Discussion of the wellness policy pertinent points together.**
  
- **Nutrition Education –**
  - **Continued confirmation that teachers are not to use food as rewards.**
  
- **Current Issues (plans for next year)**
  - **Kim Thomas, Food Service Director, is returning for the 2018-19 school year. She will not have an aide.**
  - **The lunch program continues to operate in the black, with no overage of extra funds left at the end of the school year. We plan to keep the 2018-19 lunch rates the same as 2017-18.**
  - **There will be no summer meeting, as we concluded all four meetings during the school year.**
  - **Our attendance factor, based on this year's attendance, is raised from 95% to 96% for the next school year.**
  - **Patty Buirge, Food Service Coordinator, and Kim Thomas, Food Service Director, will continue planning for school year 2018-19 over the summer months.**

**Cheswick Christian Academy**  
**11/02/18 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**1st Quarter Meeting for 2018-19**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Star Laliberte, Office Personnel**
- **Todd Rosio, Principal, Chief Administrator Food Service**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Phys. Ed. Instructor**

**TOPICS DISCUSSED**

- **Wellness Policy – no necessary changes.**
  
- **Nutrition Education –**
  - **Continued confirmation that teachers are not to use food as rewards.**
  - **Continued confirmation for teachers to send Patty wellness lesson plans.**
  
- **Current Issues**
  - **Kim Thomas, Food Service Director, is running the program by herself this year. It is stressful, but so far it is working.**
  - **There will be no lunch served on November 16<sup>th</sup> as Kim Thomas, the only one certified to run the program, will not be on site. Students are being informed well in advance to pack. Some classes have planned field trips for that day.**
  - **Kim Thomas will prepare a Thanksgiving feast for the elementary to fall within NSLP boundaries. Chunky turkey, etc. will be served to the high school.**
  - **Either Amy Russell or Kim Thomas will make school and lunch bank deposits this school year.**
  - **The lunch calendar is being coordinated between Kim Thomas and Patty Buirge and is now posted in two places on our newly formed website.**

**Cheswick Christian Academy**  
**01/23/19 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**2nd Quarter Meeting for 2018-19**