

## 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).

**Cheswick Christian Academy**  
**10/30/2020 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**1st Quarter Meeting for 2020-2021**

**Wellness Policy Committee:**

- **Patty Buirge, Food Service Coordinator**
- **Star Laliberte, Office Personnel**
- **Todd Rosio, Principal (CCF Treasurer), Chief Administrator Food Service, Parent**
- **Kim Thomas, Food Service Director**
- **Clinton Blazeovich, Pastor (CCF President), Parent**

**TOPICS DISCUSSED**

- **Wellness Policy – no necessary changes.**
  
- **Nutrition Education & Civil Rights**
  - **In the 08/19/20 staff meeting, faculty was reminded that teachers are not to use food as rewards or take recess away from elementary students as punishments.**
  - **In the 08/19/20 staff meeting, faculty was reminded that wellness and nutrition education needs to be taught in every level in every subject from time to time. Submitting wellness lesson plans or discussions with students to Patty promotes accountability.**
  - **In the 08/19/20 staff meeting, Todd covered the topic of Civil Rights compliance with all teachers.**
  
- **Current Issues**
  - **We have had to make drastic changes to the lunch program serving this year due to Covid restrictions. We have 3 elementary lunch periods and children will be socially distant. Two grades at a time will be served, allowing only a max of 24 children in the lunchroom at a time. The floor is marked where students are to stand in line.**
    - **11:15 a.m. – 11:40 a.m. – 1<sup>st</sup> and 4<sup>th</sup> grades lunch period**
    - **11:45 a.m. – 12:10 p.m. – 2<sup>nd</sup> and 5<sup>th</sup> grades lunch period**
    - **12:15 p.m. – 12:40 p.m. – 3<sup>rd</sup> and 6<sup>th</sup> grades lunch period**
    - **From 12:40-12:50 – high schoolers (grades 7-12) who have ordered lunch may go to the lunchroom to pick up their lunch, then return to their classroom to eat. The high school lunch period runs from 12:40-1:10.**
  - **Kim Thomas, Food Service Director, got recertified (Allegheny County Health Department Food Protection Manager's Certification course) on 8/3/2020, and Alane Lovic took the course and received her certification on 2/18/20 since it is necessary to have someone certified during the serving of lunch. Alane will be Kim's backup.**
  - **Either Kim Thomas or Amy Russell will make school and lunch bank deposits this school year.**
  - **The lunch calendar is being coordinated between Kim Thomas and Patty Buirge and is posted in two places on our website.**

### Three-year Wellness Policy Assessment – Jan 24, 2020

#### In Place

- A+ Faculty members have been instructed yearly (teacher meeting in Jan.) 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...
  - a. nutrition education lessons and activities will be age appropriate.
  - b. educators will integrate nutrition education into all subjects whenever reasonably possible to stress healthy, lifestyle patterns.
  - c. 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.
  - d. staff shall be responsible for obtaining nutrition education to provide basic knowledge of nutrition and strategies designed to promote a healthy lifestyle.
  - e. 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 elementary 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.