



“For nothing will be impossible for God”  
LK 1:37

## **POLICY TO ENCOURAGE HEALTHY EATING HABITS AND PHYSICAL ACTIVITY** **Effective July, 2007 - Revised March, 2023**

It is the intention of Cheswick Christian Academy to comply with all federal standards of the “National School Lunch Act.” 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 yearly.

### **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

## 2. THE FOOD SERVICE PROGRAM

**INTENT** - Cheswick Christian Academy acknowledges that the feeding of children is primarily a family responsibility. The school shall supplement by operating a food service program where students have affordable access to nutritious food and are given adequate time in which to eat in a clean, safe environment.

The food service program shall aim to be financially self-supporting. The program is an essential educational and support activity for which neither budget nor profit generation can take precedence over the nutritional needs of the students.

**PROGRAM REQUIREMENTS** - During each full school day, the food service program shall offer lunch and snacks for students. The school shall make every effort to ensure that families are aware of the availability of free and reduced-priced meals for eligible families and encourage them to apply. The program shall maintain the confidentiality of the students and families applying for and/or receiving free or reduced-priced meals. The food service program shall offer varied and nutritious food choices in the reimbursable meal that are consistent with federal government guidelines.

Menus for Cheswick Christian Academy's food service program will be planned by the food service director with input from staff and students. Food pricing strategies shall be designed to encourage student participation. Upon physician written request, modified meals shall be prepared for students with food allergies. Information of ingredients used in the preparation of meals shall be made available upon request.

Smart Snacks Nutrition Standards states that "Any competitive food item sold in school must meet one of the General Standards: Be a "whole grain-rich" grain product; or have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and/or vegetable. A competitive food item sold in school must also meet all six specific Nutrient Standards with limits on calories, sodium, total fat, saturated fat, trans fat, and sugar. Accompaniments must be included in the nutrient profile as part of the food item sold." Beverages for sale must also meet USDA Smart Choice which vary by grade level.

Cheswick Christian Academy does not allow food/beverage marketing on our school campus.

## 3. NUTRITION EDUCATION

**INSTRUCTIONAL PROGRAM DESIGN** - Nutrition education shall be a part of the comprehensive health and physical education program taught at all grade levels. Nutrition education goals shall include the following:

- Nutrition education lessons and activities will be age appropriate.
- Nutrition education will provide children with the knowledge and skills needed to lead healthy lives.
- Educators will integrate nutrition education into all subjects whenever reasonably possible to stress healthy lifestyle patterns.
- Consistent nutrition messages will be provided throughout the school, classroom, and food service program.
- Nutrition education will extend beyond the school environment by sharing information with and involving families of students through monthly newsletters.
- Nutrition topics will be behavior focused and will cover the following:

- Benefits of healthy eating
- Understanding nutritional balance by using the Food Guide Pyramid
- Understanding and using food labels
- Planning a healthy meal
- How to assess personal eating habits and set goals for improvement
- Principles of healthy weight management
- Essential nutrients and nutritional deficiencies
- Safe food preparation, handling, and storage
- Use and misuse of dietary supplements (gr. 7-12)

**STAFF QUALIFICATIONS** - Staff shall be responsible for obtaining nutrition education to provide basic knowledge of nutrition and strategies designed to promote a healthy lifestyle. Staff shall be required to meet the Professional Standards for School Nutrition Personnel as Required by the Healthy Hunger-Free Kids Act of 2010 program requirements.

#### **4. PHYSICAL EDUCATION**

Every student in every grade shall be required to participate in physical education for the entire year, unless a medical or parental excuse is provided. Students in the elementary program shall be offered at least 70 minutes of physical education per average week. Additional physical activity (at least 1 hour a day) after school hours will be encouraged. Physical activity will not be used as a form of punishment.

**INSTRUCTIONAL PROGRAM DESIGN** - The C.C.A. physical education program will help students develop knowledge, motor skills, self management skills, attitudes, and confidence needed to adopt and manage physical activity throughout their lives. An environment that encourages safe and enjoyable activity for all students will be provided. The physical education program goals will include the following:

- Emphasize knowledge of a lifetime of healthy lifestyles
- Be consistent with state and national standards/guidelines/framework for education
- Devote at least 75% of the class time to actual activity, with as much time as possible for moderate to vigorous activity
- Provide many different activity choices
- Feature cooperative as well as competitive activity choices
- Actively teach cooperation, fair play, and responsible participation in activities
- Promote physical activity outside of school (at least one hour a day)
- Focus, at the high school level, on helping students make the transition to an active adult lifestyle.

#### **5. OTHER SCHOOL-BASED ACTIVITIES - INTERSCHOLASTIC ATHLETICS**

Cheswick Christian Academy shall offer interscholastic athletic programs that adhere to the rules and regulations of approved state or local leagues, associations, or conferences. The goals of the Cheswick Christian Academy's athletic program shall include the following:

- All coaches whether volunteer or paid by the school shall comply with policy regulations, and enforcement measures.
- Administrators, coaches, and other staff, shall model good sportsmanlike conduct and behavior. Student athletes shall be taught good sportsmanship, courtesy, and respect and shall be held accountable for their actions.

- **REQUIRED RECORDS** - Parents or legal guardians of students choosing to participate in intramural or interscholastic athletics must provide the following:
  - A statement signed by the parent/guardian granting permission for the student to participate.
  - Emergency contact information for the student, including evidence of insurance and name of health care provider.
  - A physical examination, current within 9 months prior to the 1<sup>st</sup> day of the school year and signed by a licensed physician, stating the student is fit to participate in physical activities.
  - A release signed by the parent/guardian that absolves the school and coaches from liability for injuries that may result from participation in school sponsored physical activities.
- C.C.A. will establish reasonable fees for interscholastic athletic programs.
- All intramural and athletic programs shall be supervised by qualified staff who shall be able to address sport-related injuries.
- **VOLUNTEER ATHLETIC AIDES** - Family members and other adult volunteers are encouraged to become involved with interscholastic athletics. Volunteers shall receive orientation about relevant policy, procedures, and standards of conduct and will be subject to background or reference checks.

## 6. **OTHER SCHOOL-BASED ACTIVITIES - RECESS AND COMMUNITY**

- **RECESS IN ELEMENTARY SCHOOL** - Recess provides opportunities for physical activities, which helps students stay alert and attentive in class. Recess shall complement, not substitute for, physical education classes. Alternatives to eliminating recess as a form of punishment shall be encouraged. Cheswick Christian Academy will provide the following for grades K-6:
  - Recess time every day
  - Playgrounds and equipment available for free play
- **SCHOOL/COMMUNITY COLLABORATION** - Cheswick Christian Academy shall make community opportunities available to students and parents/guardians for physical activities available after school. (ex. Bouquet Pool, Penn State's College for Kids, etc.)

## 7. **OTHER FOOD CHOICES AT SCHOOL** (Fundraisers, Classroom Parties, Rewards, Student Stores, and Faculty Lounges)

- **FUNDRAISERS** - As a general rule, Cheswick Christian Academy does not participate in any full-school fundraisers other than a food co-op such as Schwan's, which occurs after school hours. Any internal group sponsoring a during-the-school-day fundraiser shall not sell food on school property during the school day unless it meets Smart Snacks in School nutrition standards as outlined in this policy.
- **CLASSROOM PARTIES** - Since most food is contributed by parents, teachers will encourage minimal amount of foods (maximum 2-3 items) that contain added sugar (corn sweetener, high fructose corn syrup, etc.) as the first ingredient be provided and will encourage the following:
  - Fresh fruits and vegetables.
  - Water, 100% fruit juice or milk.
 In addition, food and beverage choices should:

- Be moderate in sodium content
  - Provide zero to no trans fatty acids
  - Provide items that contain >2 grams of fiber/serving
  - Offer fresh fruits and vegetables
  - Offer water, 100% fruit juice or milk as the beverage choices
  - **Not offer high sugar items including soda pop, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy-coated popcorn.** (If donated by parent(s), teacher shall decline them by sending them back home with an explanation. If it happens repeatedly (3x 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.)
- **USING FOOD AS REWARDS** - Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmer's market, etc.)
  - **STUDENT STORES** - The elementary student store will offer no foods or beverages.
  - **FACULTY LOUNGES** - Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

## 8. SAFETY GUIDELINES

- **RESPONSIBILITY FOR SAFETY** - Minimizing injuries and illness related to physical activity is the joint responsibility of all staff, coaches, and volunteers. C.C.A.'s rules and provisions concerning safety, first aid, and the reporting and documentation of injuries to families are included in the Employee Procedure Manual.
- **SUBSTANCE USE** - School staff, coaches, and volunteers shall never condone, and must actively discourage, any illegal use of drugs. School staff, coaches, and volunteers shall encourage students to practice healthy weight management techniques and abstain from using tobacco, alcohol, and other drugs.

## 9. SCHOOL WELLNESS COMMITTEE

- **COMMITTEE ROLE**

The school will convene a representative district wellness committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy. The Committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; school administrators (e.g principal, vice principal), health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the Committee will reflect the diversity of the community.

- **LEADERSHIP**

The Coordinator will convene the Committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy. The Coordinator will update the policy annually before each school year and notification will be made in the announcement section of our website.

- **WELLNESS POLICY COMMITTEE:**

Patty Buirge, Food Service Coordinator – buirge@gmail.com

Kim Thomas, Food Service Director - kthomas@nanotechpa.com

Todd Rosio, Principal, Chief Administrator Food Service, Parent –  
office@cheswickchristian.com

Clinton Blazeovich, Phys. Ed. Instructor, Parent – office@cheswickchristian.com

Denise Washlaski, Phys. Ed Instructor Substitute & Office –  
office@cheswickchristian.com

- **ASSESSMENT**

At least once every three school years, School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the School are in compliance with the wellness policy;
- The extent to which the School's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the School's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Patty Buirge, Food Service Coordinator, buirge@gmail.com. The committee will monitor school's compliance with this wellness policy.

The school will actively notify households/families of the availability of the triennial progress report via the website.

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.  
05/05/2022

## Three-year Wellness Policy Assessment – March 31, 2023

### In Place

- A Faculty members have been instructed yearly (teacher meetings in Aug & Jan.) in the goals set forth in Cheswick Christian Academy's wellness policy entitled, "Policy to Encourage Healthy Eating Habits and Physical Activity."
- A 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 all grade levels 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.
- 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 wellness policy is a non-discriminatory policy. All faculty have agreed to abide by said policy.



**Cheswick Christian Academy**  
**11/03/2023 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**1st Quarter Meeting Minutes for 2023-24**

**Wellness Policy Committee:**

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

**TOPICS**

- **A successful National School Lunch Program (NSLP) Administrative Review of our lunch program was conducted on March 22, 2023. The Department of Education (DOE) conducts these reviews every 3 to 5 years.**
  
- **Wellness Policy**
  - **We finalized the Three-Year Wellness Policy Assessment. It is in this document.**
  
- **Current Maintenance and Issues**
  - **Per instructions from the Allegheny County Health Inspector, we had a new grease trap installed that was tied into the dishwasher and three bowl sink. Summer 2023**
  - **The subfloor in the kitchen was leveled and a new vinyl plank floor was installed in the dry area of the kitchen. Summer 2023**
  - **Per instructions from the Allegheny County Health Inspector, the ceiling tile was upgraded to a fire resistant, non-porous tile. The ceiling grid was also scrubbed, and damaged ones were replaced. Summer 2023**
  - **We purchased a refurbished cafeteria table to give extra room to the students while eating their lunch. September 2023**
  - **Two new refrigerators were purchased 11/3/23 for the kitchen to replace the old double fridge that was no longer working properly.**

**Cheswick Christian Academy**  
**01/24/2024 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**2nd Quarter Meeting Minutes for 2023-24**

**Wellness Policy Committee:**

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

**TOPICS**

- **A successful National School Lunch Program (NSLP) Administrative Review of our lunch program was conducted on March 22, 2023. The Department of Education (DOE) conducts these reviews every 3 to 5 years.**
  
- **Wellness Policy**
  - **We completed the Three-Year Wellness Policy Assessment as required by the PA Department of Food and Nutrition in March. It is in this document.**
  
- **Allegheny County Health Department**
  - **A satisfactory inspection of our Food Safety Program was conducted in September 2023.**
  
- **Current Maintenance and Issues**
  - **Beginning in January 2024, free lunch is now available in addition to free breakfast.**
  - **Electrical work was completed to support the two new refrigerators purchased in November.**
  - **Mrs. Thomas is presently working on a grant proposal for a smoothie machine to be used for the high school breakfast.**

**Cheswick Christian Academy**  
**03/27/2024 M I N U T E S to WELLNESS POLICY COMMITTEE MEETING**  
**3rd Quarter Meeting Minutes for 2023-24**

**Wellness Policy Committee:**

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

**TOPICS**

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