



NEW COVENANT CHRISTIAN SCHOOL

Developing the Leaders of Tomorrow in a Christ-Centered Environment

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SCHOOL WELLNESS POLICY

PREAMBLE

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

In response to this requirement, this Model Local Wellness Policy was developed by the New Covenant Board of Christian School Education (NCBCSE), recommending that prior to adopting this policy each local school must involve teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public.

The NCBCSE recognizes and acknowledges, through its policy on coordinated school health programs, that, "schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy." The Board believes that schools should provide a campus-wide environment where students are taught healthy eating and physical activity knowledge, skills, and values. In addition, the campus-wide environment should provide ample opportunity to practice these skills on a daily basis.

This Local Wellness Policy is provided to assist New Covenant Christian Schools in developing their local wellness policies.

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our organization will participate in available federal school meal programs (including the National School Lunch Program [including after-school snacks]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

NEW COVENANT BOARD OF CHRISTIAN SCHOOL EDUCATION

I. Local Wellness Policy

The New Covenant Board of Christian School Education (NCBCSE) is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

NUTRITION EDUCATION

Every year, all students, Pre-K through 12, shall receive nutrition education that is aligned with the NCBCSE nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

NUTRITION STANDARDS

The Board shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations.¹ The school shall encourage students to make nutritious food choices.

The Board shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs and school shall consider nutrient density² and portion size before permitting food and beverages to be sold or served to students.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

The Board shall offer physical education opportunities that include the components of a quality physical education program.³ Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity.

Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

The Board may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

IMPLEMENTATION AND MEASUREMENT

The school's superintendent shall implement this policy and measure how well it is being managed and enforced. He shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians,

¹ Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.
http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

² Nutrient dense foods are those that provide substantial amounts of vitamins and minerals and relatively fewer calories. Foods that are low in nutrient density are foods that supply calories but relatively small amounts of micronutrients (sometimes not at all).
http://www.health.gov/dietaryguidelines/dga2005/report/HTML/G1_Glossary.htm

³ Including goals for physical activity is required by federal law Section 204 of Public Law 108-265. Physical education, while recommended, is not required. <http://www.fns.usda.gov/tn/Healthy/108-265.pdf>

students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The superintendent shall report to the local school board, as requested, on the school's programs and efforts to meet the purpose and intent of this policy.

ADMINISTRATIVE RULES REGARDING NCBCSE LOCAL WELLNESS POLICY

In order to enact and enforce NCBCSE Local Wellness Policy, the Superintendent and administrative team, with input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public, will have developed these administrative rules.

To assist in the creation of a healthy school environment, the Board shall establish a Coordinated School Health Team⁴ that will provide an ongoing review and evaluation of the NCBCSE Local Wellness Policy and these administrative rules.⁵

The Superintendent shall appoint a member of the administrative staff of the school to organize the Coordinated School Health Team and invite appropriate stakeholders to become members of the Coordinated School Health Team. A Coordinated School Health Team may include representatives from the following areas:

- Administration.
- Counseling/psychological/and social services.
- Food services.
- Health education.
- Health services.
- Parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies).
- Physical education.

Staff shall be reminded that healthy students come in all shapes and sizes. Students should receive consistent messages and support for:

- Self respect.
- Respect for others.
- Healthy eating.
- Physical activity.

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of NCBCSE Local Wellness Policy. Any school stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

The Superintendent
New Covenant Board of Christian School Education
1175 Boston Road, Bronx, NY 10456
Phone: 718.328.6072 x 100
Fax: 718.620.2040

Students, staff, and community will be informed about the Local Wellness Policy annually.

NUTRITION EDUCATION

Nutrition education, a component of comprehensive health education, shall be offered every year to all students. The school may offer age-appropriate nutrition education classes. In addition, nutrition education topics shall be integrated into the entire curriculum when appropriate.

⁴ Centers for Disease Control's Coordinated School health web site:

<http://www.cdc.gov/HealthyYouth/CSHP/index.htm>.

⁵ New York State Education Department Child Nutrition Management System:

<http://portal.nysed.gov/portal/page/pref/CNKC>

The Board shall implement a quality nutrition education program that addresses the following:

Curriculum:

- Has a curriculum aligned with the *Health Education Content Standards and Benchmarks*.
- Equips students to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in making healthy nutrition choices.
- Engages students in learning that prepares them to choose a healthy diet.
- Includes students of all abilities.
- Is taught by "highly qualified teachers of health education."

Opportunity to Learn:

- Includes students of all abilities.
- Provides adequate instructional time to build students' confidence and competence in health-enhancing skills.

Nutrition education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the District website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

NUTRITION STANDARDS

The school shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The school shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the Board's policy of promoting a healthy school environment shall be discouraged.

Each school shall offer and promote the following food and beverages in all venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in 8-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (2-ounce, if processed cheese) servings or less.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.
- Accompaniments (sauces, dressings, and dips), if offered, in 1-ounce servings or less.

The school shall encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations.

The school shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade-level fundraising project should be replaced with non-food items such as candles, wrapping paper, greeting cards, etc.

(Example: Vending sales of soft drinks, artificially sweetened drinks, and candy will not be permitted on school grounds prior to the start of the school day or throughout the instructional day, but may be

permitted at special events that begin after the conclusion of the instructional day. For the federal law memorandum stating, "it is not permissible for a school to serve foods of minimal nutritional value during a meal service period..." refer to the following link: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2001-01-16.pdf>.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPORTUNITIES

Developmentally appropriate physical education shall be offered every year to all students of the School.⁴ In addition, physical education topics shall be integrated into the entire curriculum when appropriate.

The District shall implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- Has a curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influences personal and social skill development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities.
- Has a teacher-to-student ratio consistent with those of other subject areas and/or classrooms.
- Has enough functional equipment for each student to actively participate.
- Includes students of all abilities.¹¹
- Offers instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school).
- Provides facilities to implement the curriculum for the number of students served.

The school should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade 8. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary and middle school setting. School staff should not withhold participation in recess from students or cancel recess to make up for missed instructional time. Schools should provide opportunities for some type of physical activity for students in grades seven through twelve apart from physical education class and organized sports. Physical activity opportunities might include: before and after-school extracurricular physical activity programs and use of school facilities outside of school hours.

OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT-WELLNESS

The school shall strive to create a healthy school environment that promotes healthy eating and physical activity. In order to create this environment, the following activities shall be implemented:

Dining Environment

- The school shall provide:
 - a clean, safe, enjoyable meal environment for students,
 - enough space and serving areas to ensure all students have access to school meals with minimum wait time,
 - drinking fountains in all schools, so that students can get water at meals and throughout the day,
 - encouragement to maximize student participation in school meal programs, and
 - identity protection of students who eat free and reduced-price meals.

Time to Eat

- The school shall ensure:
 - adequate time for students to enjoy eating healthy foods with friends in schools,
 - that lunch time is scheduled as near to the middle of the school day as possible, and
 - that recess for is scheduled before lunch so that children will come to lunch less distracted and ready to eat.

Food or Physical Activity as a Reward or Punishment

- The school shall:
 - prohibit the use of food as a reward or punishment in schools,
 - not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time,
 - not use physical activity as a punishment, and
 - encourage using physical activity as a reward, such as teacher or principal walking or playing with students at recess.

Consistent School Activities and Environment

- The school shall:
 - have all schools complete the Healthy School Action Tool to ensure that school activities and the environment support health behaviors,
 - ensure that all school fundraising efforts support healthy eating and physical activity ,
 - provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
 - make efforts to keep school-owned physical activity facilities open for use by students outside school hours,
 - encourage parents/guardians, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home,
 - encourage and provide opportunities for students, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas,
 - encourage all students to participate in school meal programs, (i.e., the National School Lunch, including snacks for After School Program, and School Breakfast programs), and
 - implement physical activity across the curriculum throughout the school day or in all subject areas, for example, Brain Breaks.

IMPLEMENTATION AND MEASUREMENT

All employees of the school are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The school shall work through its Coordinated School Health Team and building level staff to find cost effective ways to encourage staff wellness.

(Employees choosing to violate or ignore these rules will be subject to possible disciplinary action as determined by the Superintendent of Schools in accordance with applicable collective bargaining agreements.)

NCBCSE PHYSICAL EDUCATION AND ACTIVITY RESOURCES

CROSS-CURRICULAR INSTRUCTION: INTEGRATING PHYSICAL ACTIVITY INTO CLASSROOM SUBJECTS:

Cross-curricular integration of lessons will help students to see connections among the subject areas and provide opportunities for teachers to work together. Below are several ideas for integrating physical movement into various subject areas:

- Physical activity guides for elementary classroom teachers that integrate physical movement into classroom subjects; language arts, math, science and social studies.
 - Brain Breaks: www.emc.cmich.edu/BrainBreaks
 - Energizers: www.ncpe4me.com/energizers.html
 - Take Ten: www.take10.net
- Michigan Team Nutrition booklist: The list contains short, one-paragraph annotations for over 300 books about food, healthy eating, and physical activity for children in pre-school through third grade. www.tn.fcs.msue.msu.edu/booklist.html
 - *Examples:*
 - *Get Moving: Tips on Exercise*, Feeney, Kathy, Bridgestone Books, 2002.
 - *Let the Games Begin*, Ajmera, Maya and Michael J. Regan Charlesbridge, 2000.
- Display poster or banners with physical activity themes: www.nal.usda.gov/wicworks/Sharing_Center/KYactivitypyramid.pdf

USING PHYSICAL ACTIVITY TO REWARD STUDENTS

- Have an extra recess; Walk with a teacher during lunch; Dance to favorite music in the classroom; Hold Friday Physical Activity Time where students earn extra physical activity time based on their good behaviors during the week; and Challenge another homeroom to a sport or activity.

IDEAS FOR SCHOOL PARTIES

- Make your party a dance; Modify traditional games for classroom use; Hold contests or relays.

RESOURCES:

- *All Children Exercising Simultaneously (ACES) day*: A one day event where millions of children of all ages exercise at the same time worldwide in a symbolic event of fitness and unity. www.michiganfitness.org
- *Hoops for Heart*: Engages student in playing basketball while learning the lifelong benefits of physical activity, volunteering, and fundraising. www.americanheart.org
- *Jump Rope for Heart*: Engages students in jumping rope while learning the lifelong benefits of physical activity, the seriousness of heart disease and stroke, volunteering and fundraising. www.americanheart.org/jump
- *National Physical Education & Sport Week*: Designated week for encouraging and promoting physical activity. www.aahperd.org/naspe/may
- *Walk to School Day/Safe Routes to School*: Join in the effort to promote walking to school as a way to provide an opportunity for more physical activity! www.michiganfitness.org/

RECESS BEFORE LUNCH

Recess Before Lunch gives students the opportunity to excel in both health and academics. Establish a recess before lunch program including, how to implement, resources and supporting information, and educational and marketing materials. www.opi.state.mt.us/schoolfood/index.html