

IMPACT Christian Academy Wellness Policy

Impact Christian Academy, here onto referred to as ICA recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

ICA is committed to creating a school environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Governance:

School Wellness Policy Lead Team:

Impact Christian Academy will assemble a wellness committee that will meet **once per year** to monitor and set goals for the review, modification and implementation of the local school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

1. The Head of School shall ensure overall compliance with the local school wellness policy.
2. Parents, students, representatives of the school food authority, school administration, physical education teachers, school health professionals, parents and community partners (general public) shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
3. The Head of School will be responsible for annually reviewing the local wellness policy, providing feedback for the wellness committee, scheduling committee meetings, and overseeing communication of wellness policy updates for school and local community

Schoolwide Implementation:

ICA will establish a Healthy School Team (HST), that will meet **twice per year** to facilitate implementation of **Impact Christian Academy Wellness Policy (ICAWP)**. The HST will ensure compliance of the ICAWP.

The school principal and local school staff will be responsible to ensure compliance with all federal and state regulations as they pertain to the ICAWP.

The Healthy School Team (HST) The HST will include, but is not be limited to, the following stakeholders: students, parents, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.

The HST is responsible for the following:

1. Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
2. Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
3. Reporting school's compliance of the aforementioned regulations to the Principal, the person responsible for ensuring overall **ICAWP** compliance

Nutrition Education:

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

1. The nutrition benchmarks under the Florida Standards for Physical Education shall be integrated within the comprehensive health education curriculum in each grade level, or integrated into other core subjects, such as science, language arts, and social sciences.
2. Students will understand the process with which food is prepared for sale and distribution, preparation for consumption and the implications/impact of said processes on the health of the consumer.

Nutrition Promotion:

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and participation in the school meal programs.

1. The school environment, including the cafeteria and classroom, shall provide

clear and consistent messages that promote and reinforce healthy eating.

2. Students will have access to nutrition information. The school website will have a link to the menu and nutritional information. Information will also be provided by the front office.

Physical Education:

Impact Christian Academy shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

1. All students' grades PreK – 5th grade shall receive a minimum of 90 minutes per week of instructionally relevant physical education, in addition to the daily recess of 20 minutes
2. All students' grades 6th – 8th will be provided the opportunity to attend physical education or another elective requiring physical activity for 50 minutes each school day. (i.e dance, weight training etc). Students will also be afforded the opportunity to free play during the lunch period for 30 minutes each day.
3. All students in grades 9 – 12th grade will be required to earn 1 physical education credit or the equivalent as is required by the Florida Board of Education during the high school tenure. Students will also be afforded the opportunity to free play during the lunch period for 30 minutes each day.
4. Students will have the opportunity to be involved in physical activity through physical education programs, before and after school activities or other activity programs.
5. Students will be encouraged to participate in community-offered fitness and athletic programs
6. Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week.
7. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events
8. Regular classroom teachers will be encouraged to provide short physical activity brain breaks between lessons or classes, as appropriate

Additional Schoolwide Activities

Impact Christian Academy will integrate school wide wellness activities. The initiatives will include nutrition, physical activities and other wellness components ensuring a fully integrated comprehensive school wide wellness program promoting student well-being and optimal development.

General Guidelines:

1. ICA shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model while establish the additional school based activities that promote wellness
2. Afterschool programs will encourage healthy snacking and physical activity.
3. ICA shall actively develop and support the engagement of students, families and staff in activities promoting good health both at the school and in the surrounding community
4. ICA shall be in compliance with all drug, alcohol and tobacco free policies.

Environment:

1. Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving food from the line.
2. Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness:

1. The ICA wellness committee will also focus on staff wellness issues, identify and distribute wellness resources and perform other functions that support staff wellness in coordination with the human resource department.
2. All staff will be provided opportunities to participate in physical activities and healthy eating programs that are accessible and free or low cost.

Health Services:

A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, health screening, including body mass index, community health referrals, parenting skills and first aid/ CPR training

Behavior Management:

1. ICA to committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm)
2. Teachers and other school personnel will not deny participation in physical activity as a means of punishment

Guidelines for ALL Foods and Beverage Availability During the School Day:

ICA shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

1. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
2. School meals will include a variety of nutrient -dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
3. To the maximum extent possible, **ICA** will participate in available federal school meal programs, including the SBP, NSLP and ASSP
4. Free potable water will be made available to all children during each meal service.

Competitive Foods:

All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 21.0.11.

School campus refers, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day

Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars or carts and in-school fundraisers.

Unless being sold by **ICA's** service program, it is impermissible for any competitive food items to be sold to students 30 minutes after the final lunch service period to include but are not limited to ready-to-eat combination foods of meat or meat

alternate and grain products, as defined in 7 CFR 210 .10 and 210.11. (FAC5P-1 .003)

Nutrient Standards	Snack Items and Side Dishes	Entrée Items
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

To be allowable, all competitive food items sold 30 minutes after the last lunch service period must meet general nutrition requirements and nutrient standards

Nutrition Standards for Competitive foods:

General Nutrition Requirements for Competitive Foods

Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient or have a first ingredient one of the non-grain major food groups: fruits, vegetable, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds etc.) or be a combination food that contains ¼ cup of fruit and/or vegetables. If water is the first ingredient the second ingredient must be one of the above.

Exemptions:

1. Any entree item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program

2. Fresh or frozen fruits and vegetables with no added ingredients, except water. Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
3. Low sodium/No salt added canned vegetables with no added fats
4. Reduced fat cheese, nuts, seeds and nut seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

Nutrition Standards for Beverages:

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100 % fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100 % fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/ or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/ or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

Standards for food and beverage available during the school day that are not sold to students.

The school will provide parents and teachers a list of ideas for healthy celebrations/ parties, rewards and fundraising activities

Class parties or celebrations shall be held after the lunch period and only foods that meet

the Smart Snacks in School nutrition standards can be serve

Schools will limit celebrations that involve food during the school day to no more than one party per class per month

Fundraising

Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.

No fundraiser that include the sale of food items will occur until 30 minutes after the conclusion of the last designated meal service period.

The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

The HST will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur.

School Type	Max Number of Schools Days to Hold Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School Nutrition standards.

Marketing activities that promote healthful behaviors are encouraged. Examples may include: healthy eating posters in the cafeteria vending machines covers promoting water, pricing structures that promote healthy options in a la carte or vending machines, sales of fruit for fundraisers and coups for discounted gym memberships.

The ICA replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

Evaluation and Measurement of the Implementation of the ICAWP

ICA's wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Biannual Progress Assessments

ICA will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every two years**. This assessment will measure the implementation of the local school wellness policy, and include the following:

The extent to which **Impact Christian Academy** is in compliance with the local school wellness policy. The extent to which the local school wellness policy compares to model local school wellness policies and a description of the progress made in attaining the goals of the local school wellness policy.

Public Awareness

ICA will ensure the wellness policy and triennial assessments are always available to the public. **ICA** will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

ICA will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view

ICA will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders. The school will provide all parents with a complete copy of the local school wellness policy on the school website at the beginning of the school year.

Community Stakeholder Involvement

ICA is committed to being responsive to community input, which begins with awareness of the wellness policy. **ICA** will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

ICA will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys. Attention will be given to collected feedback.

ICA will use electronic mechanisms such as email or displaying notices on **ICA** website, as well as non- electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy. At the final public school board meeting of each year, the local school wellness policy

Written Records of Wellness Policy important dates, meetings, etc.

Date of Wellness Policy created 6/21/19
Amended 6/13/22
Amended 9/12/24

Meeting to discuss Wellness Policy revisions/approval held 9/12/24 via teams

Evelyn Gonzalez, Head of School Impact Christian Academy
Connie Kersee: School Nutrition Wellness Staff
Manch Kersee: Executive Team for ICA
Randall Jordan: Director of Human Resources
Dana Smith: ICA Staff Member
Abigail McNair: School Principal
Deanda Brown: Lower School Assistant Principal
LaTasha Bangura: Upper School Team Lead
Kristin Wilburn: Middle School Team Lead
Kaye Riggs: Lower School Team Lead
Janae Carroll: Upper School Guidance Counselor
Tamara Jules: Physical Education Teacher k-5
Carl Nesmith: Physical Education Teacher 6 - 8
Jerrand Nesmith: Physical Education Teacher 9 - 12
David Blouin: Campus Pastor Impact Church (community partner)
Yubeka Riddick: Community Partner/Public

Attendees at Meeting: 9 of 12 committee members, others informed via email

New Wellness Policy Revisions approved:

New Wellness Policy Posted to website:

Wellness Policy updates notes in school newsletter with link on the school website:

