



RHEMA WORD CHRISTIAN ACADEMY

CREATING WORLD CHANGERS

Rhema Word Christian Academy

Local School Wellness Policy

Preamble

RWCA 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.

RWCA is committed to creating school environments that promote and protect 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.

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1. Local School Wellness Policy Leadership .

RWCA will assemble a representative wellness committee that will meet bi-annually 4 meetings to monitor and set goals for the development and implementation of its local school wellness policy. As required by K-20 Education Code 1003.453 the policy shall be



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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.

The School Administrative Director shall ensure overall compliance with the local school wellness policy. Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

1. School level:

RWCA will establish an ongoing Healthy School Team that will meet biannually 4 meetings yearly to ensure compliance and to facilitate the implementation of RWCA wellness policy. The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to RWCA wellness policy. In each school, the School Administrative Director will be responsible for establishing the Healthy School Team that will ensure compliance with the policy. The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public. The Healthy School Team is responsible for:

- o Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P2.002); Updated 3-2020
- o 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-2.002;
- o And reporting its school's compliance of the regulations to the Administrative Director , the person responsible for ensuring overall compliance with RWCA School wellness policy.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs. At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in



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the school environment, ensuring that messages are clear and consistent. Increase the number of on campus locations that students can access useful nutrition information by 25-30%. Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 10-15%. Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 10%.

Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest. Organizations operating concessions at school functions will promote healthy food choices by introducing several healthier items at a lower profit margin to encourage student selection. Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales, including vending machines. School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students, through activities such as:

- o Updated 3-2020 o Featuring food grown in the school garden in the cafeteria, through sampling and inclusion in school meals based upon availability and acceptability.
- o Developing cafeteria themes relating to local farmers and products grown in the region.
- o Developing creative campus fundraisers based on healthy food items, integrating farm-grown produce where appropriate.

1. Nutrition Education

- a. Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level.

- b. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and participation are provided in nutrition, health and culinary classes. Classroom written tests (such as multiple choice, essay and fill in the blanks) are given in the areas of nutrition.

- c. Students will understand how food reaches the table and the implications that has for their health and future. Staff shall

4850 N State Rd 7 Lauderdale Lakes FL, 33319 SUITE 110
954-781-8680 Fax: 754-216-0828

Email: info@rhemaschool.org

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integrate hands-on experiences such as cooking activities and enrichment activities such as farmers market tours with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.

d. Nutrition education teaches skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret a nutrition facts label.

2. Physical Education and Activity

a. Students will receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.

b. All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

c. The physical education program will meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation. Teachers will discourage bullying, restrict picking teams and promote confidence building.

d. School policy will prohibit the use of physical activity and the withholding of physical activity as an act of punishment.

3. Other School Based Activity

a. Students will have access to free, quality drinking water in all areas of the school.

Parents will be informed of other school-based

b. activities such as car washes and field day.

c. Students will be provided an adequate amount of time to consume their meals with a minimum of twenty (2) minutes after receiving their food from the line.

RWCA School shall consider the components of the Centers for Disease Control's Whole School, Whole

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Community, Whole Child (WSCC) model in establishing other school based activities that promote wellness. The goals outlined by the wellness policy will be considered in planning all school based activities (such as school events, field trips, dances and assemblies). After School programs will encourage healthy snacking and physical activity. (The LEA) shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community. Each school within (The LEA) shall be in compliance with drug, alcohol and tobacco free policies.

4. Recycling

Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products. Employee WellnessRWCA School wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff. All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

5. Assurance

a. We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

6. Guidelines for each foods served and sold

- a. All foods served or sold at this school will meet the following nutrition guidelines. The guidelines also apply to fundraisers and class parties.
- i. 300 calories or fewer per portioned package
 - ii. Zero trans fat per serving
 - iii. Contributes to healthy eating habits

7. Inform/update the public about the content/implementation of the LSWP

a. Wellness goals and policy updates will be provided to students, parents and staff on a quarterly basis. School wellness updates may be provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

8. Provide a plan for evaluating and measuring the implementation of the

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LSWP

- a. The wellness team shall meet semi annually to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.
- b. School food service staff will ensure compliance with nutrition policies within school food service areas.

9. Ensured Stakeholders Participate in the development, implementation and review of LSWP

- a. Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.
- b. The school will consider student needs in planning for a healthy nutrition environment Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following: • The written local school wellness policy; • Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and

- Documentation of the triennial assessment of the local school wellness policy.

*Documentation demonstrating compliance with community involvement requirements may include a copy of the solicitation on the RCWA School website. Documentation to demonstrate compliance with the public notification requirements may include a copy of the RWCA School Web page where the LSWP has been posted or a copy of the school newsletter.

10, Designated School Official

- a. Apostle S. Constancia Daley (Administrator) shall ensure compliance with established school-wide nutrition and physical activity policies.



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Nutrition standards for beverages: Portion sizes listed are the maximum that can be offered.

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

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 fundraisers that include the sale of food items will occur until thirty (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: School Type Maximum Number of School Days to Conduct Exempted Fundraisers Elementary Schools 5 days Middle School/Junior High Schools 10 days Senior High Schools 15 days Combination Schools 10 days Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-2.002)