



# One Accord Christian Academy

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## Wellness Policy

June 8, 2024

One Accord Christian Academy is committed to honoring God with our minds, souls, and spirits. Our goal here at One Accord is to have healthy students. The combination of eating the right foods and keeping our bodies fit will in fact support the achievement of a healthy living. The members that have drafted this report are as follows:

**Victoria Marulanda, Food Service Director** - The Food Service Director and Staff shall ensure overall compliance with the local school wellness policy

**Denise Balbuena, School Administrator**- shall ensure compliance with established school-wide nutrition and physical activity policies.

**Daniel Marulanda, School Board Member Janice Reina, Staff Member Devin Carter, Student Jennifer McKesey, Health Professional Carmen Alcazar, Food Service Staff**

### Nutrition Education & Promotion:

Every year all students, Pre-K through 12<sup>th</sup> grade shall receive nutrition education. Through the nutrition education information each student will learn the skills and values needed to maintain healthy eating habits. Printed menus that will be dispersed among parents and students will be provided. One Accord Christian Academy will provide nutrition classes yearly to all students. The class will focus the students' attention on the importance of making healthy food choices and developing sound eating and physical activity habits. Nutrition signs and posters will also be posted around the cafeteria.

The Food Service Director and Staff shall ensure overall compliance with the local school wellness policy. We will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques. ☐

Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

### Physical Education and Activities:

One Accord Christian Academy shall offer physical education opportunities that include the elements of a quality physical education program. Physical education will equip each student with the values that are necessary to live a long healthy life. Students K-4 to Kindergarten shall have the opportunity to participate in physical activities daily. Students grades 1 to 12 shall have the opportunity to participate in a Physical Education class, after-school sports program, and other extra physical activities. One Accord Christian Academy encourages each student to participate in physical activities. The principal,

Denise Balbuena, shall ensure compliance with established school-wide nutrition and physical activity policies.

#### Other School-Based Activities:

One Accord Christian Academy will equip other programs that assist in creating a school environment that supports healthy living and is helpful in creating healthy eating and physical activity. These programs include but are not limited to health classes, student surveys, and classes on understanding healthy foods and nutrition. All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and will comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11. To be allowable, all competitive food items sold to students will meet general nutrition requirements and nutrient standards.

#### Food Safety:

All food service Staff will be required to take the appropriate staff training classes from the Food Service Manager. Foods served by the food service department will comply with the state and local food safety and sanitation regulations including Hazard Analysis Critical Control Point plans and guidelines that have been implemented to prevent food illness in schools.

#### Eating Environment:

One Accord Christian Academy will not use food as a reward or punishment. The Staff will not discriminate against race, age, or gender.

#### Participation:

At the final school board meeting of each year, One Accord Christian Academy's Wellness Policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered. 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. The wellness team shall meet quarterly to review nutrition and physical activity policies and goals, evidence of their impact on student health, the program's progress, and compliance of each component. The review will include an evaluation of the extent to which our Wellness Policy compares to model policies. The wellness team shall prepare a report annually and include any recommended changes or revisions.

#### Nutrition on Campus:

The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA. One Accord Christian Academy will encourage nutritious food choices. Food and beverages sold and served on campus will also meet the United States Department of Agriculture (USDA) nutrition standards for all foods served in school. Our school environment, including the cafeteria and classrooms, shall provide clear and consistent messages that promote and reinforce healthy eating. Students will have access to useful nutrition information. Posters and brochures will be available in the

cafeteria and throughout our campus. School food and beverage marketing will meet competitive food standards.

Public Notification:

Wellness goals and policy updates will be provided to students, parents and staff. School wellness updates may be provided through the school website and information provided in the school newsletter and through other appropriate means to ensure that the school community is informed and that public input is encouraged. One Accord Christian Academy will ensure the most updated version of the policy is always available on the school website for the public to view.

Triennial Progress Assessments

One Accord Christian Academy will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which we are 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.