

At New Life Christian Academy, we are cognizant of the fact that man is created by God in three parts: spirit, soul and body. Toward the end, we strive to build our students spiritually, emotionally, and physically. We have developed the following WELLNESS POLICY to strive to meet the physical needs of our students.

WELLNESS POLICY
NEW LIFE CHRISTIAN ACADEMY
2018-2019
(Revised policy October 2018)

Wellness Committee Members 2018-2019

Missy Underwood: Food Service Director, NLCA

Emily Clagg: Parent and NLCA Teacher

Kristi Clark: Vice-Principal

Jessica Grose: NLCA Gym Teacher and NLCA Alumni

Sasha Leffler: Jan-Care Paramedic and Parent

Jessica Gutshall: NLCA Student

Ivy White: NLCA Student

SETTING NUTRITION EDUCATION GOALS

1. NLCA will make available to every teacher, nutrition websites and assist them with providing nutritional education for each classroom.
2. Computer teacher will use MyPyramid.gov as part of the student's computer lab time.
3. NLCA website will include nutrition tips to parents.
4. Teachers will promote fun nutritional contests in the classrooms such as:
 - *Trying one new food each week
 - *Drinking water during the instructional day
 - *Walking 10 minutes each day after school
 - *Bringing a nutritional snack to class to share
 - *Getting involved with school related sports teams

ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING SCHOOL HOURS

1. NLCA will try to educate parents on the value of healthier snack choices for parent-sponsored parties. This will be available through parent handouts, classroom dojos, and the PTF.
2. The cooks will endeavor to purchase the healthiest food choices possible and will offer a variety of fresh fruits and vegetables each day. Also eliminating any and all fried foods from the menus.
3. Water only will be available for students at any time of the day.
4. Vending machines, if available will be kept out of the cafeteria and will be locked during lunch hours.
5. All breakfast and lunch menus will meet HHFKA food standards.
6. All students will be given an appropriate time before lunch for hand washing and will be educated on the importance of hand washing and the transfer of germs/illness.

SETTING GOALS FOR SCHOOL-BASED ACTIVITIES TO PROMOTE STUDENT WELLNESS

1. Food should not be used as a reward. Instead teachers are encouraged to use extra recess time or outside time for earned behavior.
2. Limit food fundraisers.
3. Teachers will promote nutrition through the students work. Teachers will have the opportunity to display students work in the cafeteria.
4. Food advertising and marketing for non-nutritious food will not be displayed in the cafeteria.
5. For elementary grades, a monitored 10 quiet period at the beginning of the lunch period will be observed. This is to promote students to eat and not socialize.
6. Signs will be posted at all hand washing stations to promote proper hand sanitation.
7. Food service director will visit each classroom yearly to promote the proper nutrition and the benefit of the school lunch program.
8. Home Economics will be offered to secondary students, focusing on good nutrition.

SETTING GOALS FOR PHYSICAL ACTIVITY

1. NLCA will provide each student with 60 minutes daily of physical activity. Each student will receive a 30 minute gym class and a 30 minute recess period.
2. NLCA will provide a broad range of school related sports, which all students will have an opportunity to participate in. These activities will include: volleyball, twirling, basketball, archery, cross country, cheerleading, ribbon worship and ski club.
3. PTF will encourage games and activities during school parties.
4. NLCA will participate in the 26 Books, 26 Miles Program. Students will be logging miles during the beginning of each day's gym class.
5. NLCA will offer information for fun family activities for evenings and weekends.

SETTING GOALS

1. This policy will be evaluated by the Food Service Director and the Principle on a yearly basis.
2. The Physical Education teacher may display charts to show students physical progress throughout the year.
3. PTF will promote one physical activity fundraiser per year, such as a Zumba class or a 5K run.
4. Setting up a salad bar to be available for students to make healthier choices.