

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 that 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

2015-2016

Wellness Committee Members:

Missy Underwood, Meals Coordinator

Emily Clagg, New Life Christian Academy staff

Kristi Clark, parent and teacher, New Life Christian Academy

Jessica Claypoole Grose, New Life Christian Academy Employee

Michaela Underwood, New Life Christian Academy Alumni

Bryce McCourt, New Life Christian Academy Student

SETTING NUTRITION EDUCATION GOALS

1. Teachers need to incorporate nutrition education into curriculum. As a tool to assist them, NLCA will make available to every teacher nutrition websites.
2. Computer teacher will use MyPyramid.gov as part of student's learning in computer lab.
3. NLCA website will include nutrition tips to parents.
4. Teachers may promote contests in classrooms among students such as:
 - Five fruits per day per week
 - Drink 4 glasses of water per day
 - Walk 10 minutes each day after school

**ESTABLISHING NUTRITION STANDARDS FOR ALL
FOODS AVAILABLE ON SCHOOL CAMPUS
DURING SCHOOL DAY**

1. Educate parents on value of healthier snack choices for parent-sponsored parties (through website and PTO).
2. Cooks will endeavor to procure healthiest food choices possible including fresh fruits and vegetables, and make sure no foods are fried.
3. Water only will be available in vending machines.
4. Water only will be available and encouraged for all students.
5. Vending machines will be out of cafeteria and locked during lunch time.
6. Breakfast and Lunch menus will meet Dietary Guidelines for Americans.
7. All students will be given appropriate time before lunch for hand washing, and be educated as to its importance.

SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

1. Food should not be used as a reward. Encourage teachers to promote physical activities instead.
2. Limit food fundraisers to one per year.
3. Teachers will display student's work pertaining to good nutrition in cafeteria.
4. No marketing or advertising or non-nutritious food or beverage items shall be displayed in cafeteria.
5. For elementary students, cafeteria will be monitored to promote quiet time for first ten minutes to insure students receive adequate time to eat in a positive, pleasant surrounding.
6. Posters will be in handwashing areas to promote sanitation education.
7. Hot Lunch Coordinator will visit each classroom yearly to promote nutrition education.

SETTING GOALS FOR PHYSICAL ACTIVITY

1. NLCA will try to provide 60 minutes per day physical activity for each student which will include:
 - Physical Education class
 - Recess
 - After school sports
 - Classroom activities
 - Walking in gym after breakfast before school begins
2. Encourage parents and students to participate in family activities together on weekends and evenings.
3. In addition to gym classes, gym teacher will offer activities such as dance, gymnastics, pep squad, ribbon worship, and cheerleading after school classes.
4. Have more active games offered on elementary level at school parties.
5. After school sports offered are girls and boys basketball, girls volleyball, ski club, and archery.

SETTING GOALS FOR MEASUREMENT AND EVALUATION

1. This policy will be evaluated by the Hot Lunch Coordinator and Principal on a yearly basis.
2. Physical Education teacher may display charts and graphs to show student's progress.