

Hillcrest Lutheran Academy's Wellness Policies on Physical Activity and Nutrition

Hillcrest Academy is committed to providing a school environment that promotes health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the policy of Hillcrest Lutheran Academy that:

- The school will engage its students, parents, teachers, and food service director in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students attending Hillcrest will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Hillcrest will provide nutrition education through Health classes and displays and physical education to foster lifelong habits of healthy eating and physical activity.

TO ACHIEVE THESE POLICY GOALS:

I. Health and Safety Committee

The Health and Safety Committee will assist the principal to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Qualifications of School Food Service Staff

A 'viands Food Service nutrition professionals administer the Hillcrest meal program. As part of the school's responsibility to operate a food service program, Avians will provide continuing professional development for all nutrition professionals in the school.

A 'viands engages students and staff, through taste-tests of new entrees and surveys, in selecting foods sold through their meal programs in order to identify new, healthful, and appealing food choices. In addition, Avians shares information about the nutritional content of meals with parents and students. Such information is available on their website.

To the best of their ability, A 'viands will offer alternative food choices for students who have a medically diagnosed diet and qualify for the Federal Free and Reduced Lunch Program.

Meals will:

- be appealing and attractive to students;
- be served in clean and pleasant setting;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Breakfast

To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Hillcrest will, to the extent possible, operate the School Breakfast Program.
- Hillcrest will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

Free and Reduced-priced Meals

Hillcrest makes every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times and Scheduling

Hillcrest:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times (breakfast is 7:45am – 8:15am, lunch is 12:10p and 1:00pm, dinner is 6:00pm);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

- Hillcrest aims to teach, encourage, and support healthy eating by students. The school will provide nutrition education and engage in nutrition promotion that:
- is offered at the 7th – 9th grade level as part of a sequential program designed to provide students with the knowledge and skills necessary to promote their health;
- is part of science class in 7th and 8th grade and health education classes in 9th grade. There may also be classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects depending on the appropriate rigor;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and farm visits;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- teaches media literacy with an emphasis on food marketing; and

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;

Communications with Parents

- The school will support parents' efforts to provide a healthy diet and daily physical activity for their children.
- The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the

school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. .

Staff Wellness

Hillcrest Lutheran Academy highly values the health and well-being of every staff member and will encourage each staff member to make healthy choices. Blood pressure screening is available through the school nurse to all staff that wish to take advantage of the service.

IV. Physical Activity Opportunities and Physical Education

All physical education will be taught by a physical education teacher

- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- With nearly 75% of Hillcrest students participating in school sponsored sporting activities, student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) may be substituted for meeting the physical education requirement.

Use of School Facilities Outside of School Hours

School spaces and facilities are available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities are also available to community agencies and organizations offering physical activity programs. School policies concerning availability, use, and safety will apply at all times.

V. Monitoring and Policy Review

Monitoring

- The school president will ensure compliance with established nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies and will report on the school's compliance to the president.
- The principal or designee will develop a summary report every three years on compliance with the school's established nutrition and physical activity wellness policies, based on input from staff and students within the school. That report will be provided to the board of trustees and also distributed to the Health and Safety committee, school principal, and school health services personnel.
- Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Hillcrest school administration will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.