

## WELLNESS POLICY

Redeemer Christian Academy recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education in grades K – 8 and as such, has developed a policy guided by state, federal, and local food safety and security guidelines. Such a policy guarantees a school environment that promotes and protects students' health, well-being, and the ability to learn by supporting and offering healthy eating and physical activity.

We provide information to parents about physical education and other school-based physical activity opportunities and encourage parents to pack healthy snacks and refrain from including beverages and foods without nutritional value.

- I. **PURPOSE** The purpose of this policy is to assure a school environment that promotes and protects students' health, well being, and ability to learn by supporting healthy eating and physical activity.
- II. **GENERAL STATEMENT OF POLICY**
  - A. Redeemer Christian Academy recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
  - B. The school environment shall promote and protect students' health, well being, and ability to learn by encouraging healthy eating and physical activity.
  - C. The school encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school nutrition and physical activity policies.
  - D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
  - E. All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
  - F. Qualified food service personnel will provide students access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
  - G. Food service personnel will provide clean, safe, pleasant settings.
  - H. Students will be given adequate time to eat school meals.
- III. **GUIDELINES**
  - A. **Foods and Beverages**
    1. Food service will gradually incorporate more whole and fresh foods into the school menus and decrease the amount of processed foods.
    2. All foods and beverages made available at school will be consistent with the current USDA Dietary Guidelines for Americans.
    3. Students will not be allowed to have soda during the school day or school activities.
    4. Food service personnel will adhere to all federal, state, and local food safety and security guidelines.
  - B. **School Food Service Program/Personnel**

As part of Redeemer Christian Academy's responsibility to operate a food service program, the school will provide continuing professional development for all food service personnel.

1. Redeemer Christian Academy will make every effort to provide students with sufficient time to eat after sitting down for school meals, and will schedule meal periods at appropriate times during the school day.
2. Redeemer Christian Academy will make 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.
3. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
4. Redeemer Christian Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. Redeemer Christian Academy shall designate the Food Coordinator to be responsible for the school's food service program, whose duties shall include ensuring food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.

#### C. Nutrition Education and Promotion

1. Redeemer Christian Academy will encourage and support healthy eating and engage in nutrition promotion that is:
  - a. Offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. Part of classroom instruction in subjects such as math science, language arts, social sciences, and elective subjects, where appropriate.
2. Redeemer Christian Academy will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the school meal programs, such as through vending machines and fundraising events.
3. Redeemer Christian Academy will limit the use of foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment

#### D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.
2. Redeemer Christian Academy will provide physical education classes as part of its curriculum.
3. Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.
4. Redeemer Christian Academy will provide opportunities for students to participate in after-school sports to encourage physical activity outside of the school day.

#### E. Communications with Parents

1. Redeemer Christian Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
2. Redeemer Christian Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Redeemer Christian Academy will encourage parents to pack healthy snacks and refrain from including beverages and foods without nutritional value.

4. Redeemer Christian Academy will provide information to parents about physical education and other school-based physical activity opportunities.

5. Redeemer Christian Academy will notify parents of the financial status of their hot lunch/milk account. Parents are expected to keep a positive balance in their hot lunch/milk account. If the account becomes in arrears, the student will be given a hot lunch, parents will be notified through TADS, our online service, an interest fee will be charged until the account is returned to a positive balance.

Local Resources: Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)  
Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us) County Health Departments  
Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Revised 6.11.19