



AMBASSADOR CHRISTIAN ACADEMY

900 West Ridge Road ▪ Gary, IN 46408 ▪ Tel: 219-887-4473 ▪ Fax: 219-887-1749

SCHOOL WELLNESS POLICY

As required by law, Ambassador Christian Academy establishes the following wellness policy for our school. We recognize that good nutrition and regular physical activity affect the health and well-being of our students.

Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

We believe developing healthy behaviors and habits specific to eating and exercise cannot be accomplished by our school alone. It is a team effort that requires the support of not only the staff, but also parents and the public at large. Ambassador Christian agrees to provide all of its students with access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; and require that all meals served by the school meet or exceed federal nutritional guidelines issued by the U.S. Department of Agriculture. A Coordinated School Health Advisory Council will be formed and maintained to oversee these activities.

The School Wellness Policy shall be made available to students and families by means of school registration, the parent/student handbook and the school's website.

WELLNESS COMMITTEE:

Ambassador Christian Academy has formed a committee to develop a school wellness policy that includes parents, students, food service personnel, the physical education teacher, the school administrators, the pastors of the church and the general public.

NUTRITION EDUCATION:

- Provide nutrition education and engage in nutrition promotion that is offered at grades PreK-8 as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and Bible in grades PreK-8.
- Will provide nutrition education training opportunities to teachers and staff for all grade levels.

NUTRITION PROMOTION:

- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Link with school meal programs, other school foods, and nutrition-related community services to provide opportunities for student projects related to nutrition (e.g. cultivating school gardens, reading food labels and maintaining a caloric balance between food intake and energy expenditure (physical activity/exercise)
- Include lessons that cover topics such as how to read and use food labels, choosing healthy options and portion control.
- Nutrition promotion resources will be provided to parents/guardians through handouts, website links, school newsletters, presentation and any other appropriate means available to reach parents/guardians.

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- Nutrition educators will partner with school staff of the school food service program to use the cafeteria as a learning lab. Healthy items, such as salads and fruits, will be displayed prominently in cafeterias to make healthier choices more appealing.
- Nutrition labels will be provided on all foods to allow students to easily identify healthier foods.
- Foods of minimal nutritional value, including brands and illustrations, shall not be advertised or marketed in educational materials.

Standards for USDA Child Nutrition Programs and School Meals

Ambassador Christian Academy will provide and promote the National School Lunch and Breakfast Programs to ensure that all students have access to healthy foods to support healthier choices and promote optimal learning.

Standards for USDA Child Nutrition Programs and School Meals

School Meal Content

Meals served through the National School Lunch and Breakfast Programs will:

- a) Be appealing and appetizing to children.
- b) Meet, at a minimum, the nutrition requirements established by the USDA for federally funded programs;
 - Contain 0 percent trans fats;
 - Offer a variety of fruits and vegetables;
 - 100 percent of the grains offered are whole grain-rich.
- c) All cooked foods will be baked or steamed. Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.
- d) Be served in clean and pleasant settings
- e) We will obtain a variety of fresh fruits and vegetables from local farmers when practical
- f) Students will have the opportunity to provide input on local, cultural and ethnic favorites.
- g) The food services department shall provide periodic food promotions that will allow for taste testing of new healthier foods being introduced on the menu.
- h) Special dietary needs of student will be considered when planning meals, according to the document ***Accommodating Children with Special Dietary Needs in the School Nutrition Programs***.
- i) The food services department will share and publicize information about the nutritional content of meals with students and parents/guardians. The information about the nutritional content of meals with students and parents/guardians. The information will be available in a variety of forms that can include handouts, the school website, articles, school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach families.
- j) Ambassador Christian will inform families of the availability and location of Summer Food Service Program meals, in accordance with the Healthy, Hunger-Free-Kids Act of 2010. Given Ambassador Christian students are 100% free, we will sponsor the Summer Food Service program when feasible.



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Breakfast

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- a) Ambassador Christian will operate the School Breakfast Program.
- b) Ambassador Christian will notify parents and students of the availability of the School Breakfast Program.
- c) Ambassador Christian will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, serving “grab-and go” breakfasts and arranging transportation schedules to allow for earlier arrival times.

Mealtimes and Scheduling

- Provide at least 20 minutes daily for students to eat, after they have been served lunch and 10 minutes daily after they have been served breakfast.
- Provide an attractive, clean environment in which the students will eat.
- Schedule recess before lunch.
- Students will have convenient access to hand washing and sanitizing stations.
- Portable (drinking) water will be readily available at all mealtimes.
- Appropriate supervision will be provided in the cafeteria and rules for safe behavior shall consistently be enforced.

Nutrition Standards for Competitive and Other Food and Beverages

Approved Nutrition Standards, based on the nutrition standards of the Institute of Medicine (2007).

K-8 a la carte, school vending machines and other foods outside of school meals shall be limited to:

- No more than 30 percent of total calories from fat.
- Less than 10 percent of total calories from saturated fats.
- 0 percent trans fats.
- No more than 35 percent of calories from total sugars.
- No more than 200 milligrams of sodium per portion as packaged.
- No more than 200 calories per package, and 100 percent of the grains offered are whole grain-rich.
- Water without flavoring, additives, or carbonation
- Low-fat and nonfat milk (in 8- to 12-ounce portions)
- 100% fruit juice in 4-ounce portions as packaged for our K-8 students.
- All beverages other than water, white milk or juice shall be no larger than 12 ounces.

Availability

- Food and beverages will not be sold in school stores.
- Students and staff will have free, portable (drinking) water for consumption available in water fountains throughout the school building.

Concession Stands

The concession items sold at school sponsored events to participants, fans and visitors shall include at least 50 percent healthy beverages and foods, according to the approved nutrition standards.

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Classrooms Celebrations

- Ensure snacks served during the school day, including room parties, should make a positive contribution to the children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.
- We will establish a framework to regularly assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.
- Ambassador Christian Academy will disseminate a list of healthful snack items to teachers, after school program personnel, and parents.
- Celebrations that include food will be limited to one per month. Food items must comply with federal nutrition standards.
- Will focus on activities rather than food. (e.g. free-time, extra recess, music and reading time)

Non-sold food and beverages:

Non-sold food and beverages shall comply with federal nutrition standards.

Marketing:

All signage or similar media on school campus during the school day will only advertise food and/or beverages provided and sold by the school that meets the competitive foods standards for foods sold in the school. (Smart Snacks)

Physical Activity and Physical Education

- A sequential, comprehensive physical education program shall be provided for students in PreK-8 in accordance with the standard and benchmarks established by the State.
- All students in grades PreK - 8, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education on an annual basis according to State guidelines.
- The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- Physical education classes will have the same student/teacher ratio used in other classes. In Indiana, the ratio for a single school shall not exceed an average of 30 to 1.
- Promote physical activity through physical education, recess and other physical activity breaks; before and after school activities and walking and bicycling to school.
- All students will participate in at least 30 of the recommended 60 minutes of physical activity per day.

Professional Development

Professional development and training will be provided at least annually to food service managers and staff on proper food handling techniques and healthy cooking practices.

Continuing professional development shall be provided for all staff of the food service program. Staff development programs should include appropriate certification and/or training programs for school nutrition managers, and cafeteria workers, according to level of responsibility.

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Nutrition Guidelines for All Foods Available on Campus During the School Day

As set for in USDA Policy 8531, entitled Free and Reduced-Price Meals, the guidelines for reimbursable school meals meet or exceed the regulations issued by the U.S. Department of Agriculture (USDA). To this end the following will be implemented:

1. The food service program will strive to be financially self-supporting; and is committed to providing a school environment that enhances learning and development of lifelong wellness practices.
2. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
3. All foods available to students in the dining area during school food service hours shall comply with the current Local, State, and USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
4. The school food service program may involve students, parents, staff and school officials.
5. The school shall prepare and distribute to staff, parents, and after-school program personnel a list of snack items that comply with the current USDA Dietary Guidelines for Americans.
6. A director who is properly qualified, certified, licensed, trained or credentialed, according to current professional standards shall administer the food service program.
7. All food service personnel shall receive pre-service training in food service operations.

Free and Reduced Meals

Ambassador Christian will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-priced school meals.

Sharing of Foods and Beverages

Given concerns about allergies and other restrictions on some children's diets, Ambassador Christian will discourage students from sharing their foods or beverages with one another during meal or snack times.

PORTION SIZES

Portion sizes of foods and beverages sold individually will be limited to the list below:

- 1) One and seventy-five hundredths (1.75) ounces for chips, crackers, popcorn, cereal, trail mixes, nuts, seeds, dried fruits, or jerky. There is no portions limit if the food item contains not more than two hundred and ten (210) calories.
- 2) Two (2) ounces for cookies and cereal bars.
- 3) Three (3) ounces for pastries, muffins, and doughnuts, and other bakery items.
- 4) Three (3) fluid ounces for frozen desserts, including ice cream.
- 5) Eight (8) ounces for non-frozen yogurt.
- 6) Twenty (20) fluid ounces for beverages.

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7) The portion size of a la carte entrees and side dishes, including potatoes should not exceed the portion of the same entrée item or side dish item that is served as part of the school lunch or school breakfast program

Snacks

Snacks served during the school day should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. They will meet the USDA smart snack guidelines.

Staff Wellness

Ambassador Christian Academy will promote programs to increase knowledge of physical activity and healthy eating for faculty and staff. Presentations on health and wellness will be provided at least twice each school year.

The staff will be encouraged to participate in community walking, bicycling or running events.

All staff involved in physical education will be provided opportunities for professional development focusing on physical activity, fitness, health and wellness.

Evaluation of the Wellness Policy

Ambassador Christian Academy will use an evidence-based assessment tool to track the collective health of students over time by collecting data such as body composition (height and weight), aerobic capacity, and/or muscular strength, endurance and flexibility.

The Principal is responsible for retaining all documentation of compliance with this policy and its regulations

Review of this policy shall occur every three years, by a committee representative(s) of the food service provider, food service director, the parents, the students, the pastors and the public.

The review process must measure the implementation of this policy and its regulations; the extent to which the school is in compliance with the policy; the extent this policy compares to other model school wellness policies; and a description of the progress made in attaining the goals of the wellness policy. The committee shall provide any recommended changes to this policy to the principal for review and approval.

The three year assessment and evaluation report will be made available to the public by posting it on the school's website.