Health & Wellness Policy

Scholars need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive. CCA believes good health fosters scholar attendance and education, and combats the growing obesity rates in America. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity. Heart disease, cancer, stroke, and diabetes are responsible for two thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity and obesity often are established in childhood.

Therefore, Capstone Classical Academy is committed to providing school environments that promote and protect scholars’ health, well-being and ability and enthusiasm to learn by supporting healthy eating and physical activity.

It is the policy of Capstone Classical Academy to:

- Engage scholars, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- Provide scholars K-9 with opportunities, support and encouragement to be physically active on a regular basis.
- Sell and serve foods and beverages that will meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans.
- Have food and beverages prepared by qualified child nutrition professionals.
- Provide scholars with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of scholars; while accommodating the religious, ethnic and cultural diversity of the scholar body in meal planning; and provide clean, safe and pleasant settings and adequate time for scholars to eat.
- To the maximum extent practicable, participate in the available federal school meal programs (National School Lunch program and School Breakfast program).

CCA will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education and school meal programs, and with related community services.

Rationale

The link between nutrition, physical activity and learning is well documented. Healthy eating and activity patterns are essential for a scholar to passionately pursue his or her interests and develop a love for learning and reach his or her personal best, achieve full physical and mental growth, and lifelong health and well-being and excellence. Healthy eating and physical activity are essential to reduce risk for many chronic diseases. Schools have a responsibility to help scholars learn, establish and maintain lifelong healthy eating and activity patterns. Well planned and
effectively implemented school nutrition and fitness programs have been shown to enhance scholars’ overall health as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**Goal**

All scholars in Capstone Classical Academy shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Capstone Classical Academy are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Capstone Classical Academy adopts this wellness policy with the following commitments to nutrition education, physical activity, nutrition guidelines, other school-based activities and implementations. This policy is designed to effectively utilize academy and community resources to equitably serve the needs and interests of all scholars and staff, taking into consideration difference in culture.

**Nutrition Education**

The academy cafeteria or eating area serves as a learning laboratory to support nutrition education through menu offerings and signage.

The academy will provide education for scholars to help them learn skills needed to practice lifelong healthy eating.

The classroom, cafeteria and other academy venues provide clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

**Promotion of Healthy Eating and Nutrition Guidelines**

- Encourage the increased consumption of a variety of healthy foods, including fruits, vegetables, whole grain and low-fat dairy products.
- Offer choices of food and beverages outside the lunch and breakfast meal service which are a good source of nutrients, moderate in sodium, moderate or low in fat, and moderate in sugar that is not naturally occurring in the food and moderate in calories.
- Strive to improve scholar nutrition behaviors on the school campus; include an increase of healthier meal choices by scholars to include fruits, vegetables, whole grains, and low-fat dairy products.
- Serve school meals which meet the USDA nutrition standards for all meals as well as provide sufficient choices, including new foods and foods prepared in new ways to meet the taste preference of the scholars.
Designated lunch periods for all scholars offer sufficient time to enjoy eating healthy foods.

Lunch periods will be scheduled near the middle of the school day when possible.

Scholars shall be encouraged to test healthy food items with which they are not familiar to promote behavior change and healthy school meal consumption.

Support healthy eating by utilizing the food service area as a expeditionary learning laboratory to support classroom instruction through menu offerings and signs supporting healthy eating.

**Promotion of Healthy Eating and Nutrition Guidelines**

Food and beverages are not used as reward or punishment. Food is appealing and attractive to scholars, and is served in a clean and pleasant setting.

Classroom celebrations shall encourage healthy choices and portion control.

Set guidelines for refreshment served at parties, celebrations and meetings during the school day.

Offer skim or 1% milk fat beverage selection where 2% milk fat or whole milk fat beverages are available and encourage the consumption of lower fat options.

Provide scholar’s opportunities to practice healthy habits – they can choose from an array of healthy food options, eat in relaxed and comfortable surroundings and enjoy daily physical activity.

**Sharing of Foods and Beverages**

We discourage scholars from sharing their foods or beverages with another during meal or snack times, given concerns about allergies and other restrictions on some scholars’ diets.

**Physical Activity**

The academy will ensure that every scholar from sixth through twelfth grade receives regular, age appropriate quality physical education.

Provide within the academy environment a safe enjoyable activity for all scholars.

Provide, through physical education, safe and satisfying physical activity for all scholars, including those with special needs.
Provide for fitness education and assessment to help scholars understand and improve or maintain their physical well-being.

Promote the benefits of doing regular amounts of physical activity now and through life.

The academy should ensure that physical activity facilities on academy grounds are kept safe and well-maintained.

**Goals for Other School Based Activities**

The after-academy environment includes physical activity and promotes healthy eating habits. The academy will provide information to parents to help them promote and incorporate physical activity and healthy eating into their scholars’ lives.

The academy should provide services to ensure that scholars with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.

Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain a safe, orderly, and pleasant eating environment.

**Staff as Role Models**

Train staff who supervise scholar dining areas to encourage healthy eating patterns through a positive daily experience.

Offer opportunities and encouragement for staff to model and be leaders of healthy eating habits.

Develop strategies for teachers, school administrators, scholars, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active.

**Food Safety/Food Security**

All foods made available will comply with state and local food safety and sanitation regulations. Implement Hazard Analysis and Critical Control Point (HACCP) plans and guidelines to prevent food illness in the academy.

All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
**Measuring Implementation**

Conduct a review of the progress toward academy wellness policy goals each year and identify areas for improvement.

Prepare and submit a yearly report to the school’s administrators regarding the progress toward implementation of the academy wellness policy and recommendations for any revisions to the policy as necessary.

Periodically assess how well the policy is being managed and enforced.

Capstone Classical Academy will create, strengthen and work with the academy health council to develop, implement, monitor, review and as necessary revise school nutrition and physical activity policies.