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**Family Community Christian School**

**Wellness Policy**

**2019-2020**

**FAMILY COMMUNITY CHRISTIAN SCHOOL**

**WELLNESS POLICY**

**Family Community Christian School recognizes that schools should play a vital role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. FCCS shall promote a healthy school environment by supporting and emphasizing student wellness, good nutrition, and regular physical activity and making these an integral part of the total learning environment.**

**Schools have a responsibility to help students learn, establish, and maintain patterns of nutrition and physical activity that facilitate a healthy environment. Well-planned and effectively-implemented school nutrition and fitness programs serve to enhance a student’s overall health, as well as their behavior and academic achievement. The School Board shall require that all food made available on the school campus should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible.**

**Family Community Christian School shall develop, implement, and maintain a comprehensive plan to encourage healthy eating and physical activity. The plan shall make effective use of school and community resources and equitably serve the needs and interests of all school students and staff.**

**SPECIFIC WELLNESS GOALS**

**NUTRITION EDUCATION**

1. **Nutrition education shall be integrated into other areas of the curriculum such as math, science, language arts, and social studies when applicable.**
2. **Family Community Christian School shall provide a school nutrition staff that is properly qualified according to current school nutrition standards and encourage participation in professional development activities for school nutrition staff and teachers in the area of nutrition and physical education.**
3. **Family Community Christian School will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children when requested.**
4. **Students and staff are encouraged to promote and participate in school breakfast and lunch programs.**
5. **Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behavior as addressed in the LA Department of Education Standards and Benchmarks.**
6. **The school nutrition staff will participate in making decisions and guidelines that will affect the school nutrition environment.**

**Physical Activity**

1. **Physical education courses shall promote an environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.**
2. **Family Community Christian School will ensure, to the best of our ability, that state certified physical education instructors teach all physical education classes.**
3. **Family Community Christian School will ensure, to the best of our ability, that our elementary level classes will provide a daily recess period or be given the opportunities for physical activity during the school day through physical education classes, or integration of physical activity into the academic curriculum.**
4. **Family Community Christian School will include in physical education courses, instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.**
5. **Family Community Christian School insure that adequate equipment for students to participate in physical education is available. Physical activity facilities on school grounds will be safe.**
6. **Provide a curriculum that enhances a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.**

**Family Community Christian School will:**

* **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education.**
* **Provide school breakfast and snack programs with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Louisiana Department of Education.**
* **Encourage school staff and families to participate in school meal programs.**
* **Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (*Policies of Operation, Bulletin 1196*).**
* **Establish food safety as a key component of all school food operations and ensure that the food service permit is current for FCCS.**
* **Follow State Board of Education policies on competitive foods and extra food sales (refer to *Bulletin 1196*).**
* **Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity. (see “Other School Policies.”)**

**Family Community Christian School Policies**

**Family Community Christian School will provide:**

* **Adequate time for breakfast and lunch.**
* **Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.**
* **Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.**
* **Nonfat, reduced fat, low-fat, plain and/or flavored milk and yogurt, nonfat, reduced fat and/or low-fat real cheese.**
* **Nuts, nut butters, seeds, trail mix, and/or soybean snacks.**
* **Healthy food preparation techniques for lean meat, poultry, and fish.**
* **School meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom(daycare).**
* **A cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who**

**model proper conduct and voice level; and with adults who model healthy habits by eating with the students.**

**NOTE: FCCS has partnered with Richland Parish Hospital and their Diabetes Prevention Program. Students (with parents’ permission) and faculty are tested with a general wellness panel; then students are educated on nutrition and general health practices.**