

Non Discrimination Statement & Wellness Policy

Non-Discrimination Statement

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(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Wellness Policy

Introduction:

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity. In response to this requirement the South Dakota Department of Education (SDDOE) convened a work group consisting of health, physical activity, nutrition, and education professionals representing a variety of organizations, plus students and parents, to develop a wellness policy for local agencies.

The model wellness policy developed by SDDOE meets the new federal requirement. It is based on science, research, and existing practices from exemplary states and local school districts around the country. The first priority of the work group was to promote children's health and well-being; however, feasibility of policy implementation was also considered. We have taken the South Dakota

Wellness Plan and adapted it to meet the local needs of our students at James Valley Christian School and to reflect our community priorities.

The Wellness Policy at James Valley Christian School is reviewed annually with the committee assessing the adherence to the standards set forth in the policy. This document is available for public review and input for future additions or changes to the policy. It can be found on line on the JVCS web site or a copy can be requested at the school.

Rationale:

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Academic success may become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn. It is believed that students of today may be the first generation to have a shorter life expectancy than their parents.

We also understand that a healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The committee:

- Food service representative – Caroline Waldner
- Administration – Brian Held; Paula Kleinsasser, Cindy Niederbaumer
- Classroom teacher and Physical Education Teacher – Christie Brantner; Darwin Hofer
- Student – Melissa Thompson (10th Grade)
- School board member – Dr. Nathan Loewen
- Community member/Parent – Gayle Stahl

Nutrition Education Component

At each grade level nutrition education is valued to provide students with knowledge and skills necessary to promote their health. Nutrition education is incorporated into the school day as often as possible with the primary goal of influencing students' eating behaviors.

- Teaching consistent nutrition messages throughout the school, classroom and cafeteria.
- Using the SD Health Education Standards progressively in K-12.
- Discourage the use of non-nutritious sweets as rewards.
- Encourage the use of nutritious choices for birthday and holiday treats.
- Only water is allowed from the vending machines during the school day.
- No snack vending machines are available to students to compete with the nutritious hot lunch program.

Physical Activity Component

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

Physical Education Classes K-12

- All students in grades K-9 will receive physical education (60 minutes/week for kindergarten, 80 minutes/week for 1st- 6th and 112 minutes for 7th- 9th)
- Any 10-12 grade students may choose Physical Education as an elective class.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.
- Class teacher-to-student ratios will be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Physical Activity across the Curriculum

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies.).

Daily Recess

- All elementary school students will have at least 50 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity. When the weather does not permit outside recess the gymnasium will be used for recess.
- Elementary students have a variety equipment that is available for use at recess and are encouraged to organize structured games as well.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

- The high school and middle school, as well as elementary classes as appropriate, will offer interscholastic sports programs.
- JVCS will offer activities that meet the needs, interests, and abilities of many students, including boys, girls, and students with special health-care needs.
- We will educate and encourage participation in community or club activities.

Rewards/Incentives/Consequences

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or regularly withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Students will not regularly be denied physical activity for purposes of make-up work, testing, etc.

Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.
- The school district will encourage students to use public transportation when available and appropriate for travel to school.

Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

Wellness Council/Committee

- Our Wellness Council/Committee comprised of school personnel, community members, and students will plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

School Based Activities Component

Professional Development

- We will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.

Eating Environment

- Students and staff have adequate space to eat meals in clean, safe, pleasant surroundings. They also have adequate time scheduled in the day to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene is available during the day.

Rewards, Incentives and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food items will be discouraged as a reward but other more appropriate rewards may be used (free time, pencils bookmarks).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
- Teachers and other school personal will not make it a regular policy to prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance.

Vending Machines

- Vending machines with food and beverages will not be available to students during the school day.

Nutrition Standards Component

School Meal Program

- The food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended with applicable laws and regulations of the state of South Dakota. We will comply with USDA regulations and state policies.
- We offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Menus are planned with input from students (each class gets to choose meals throughout the school year) and other school personal and will take into account students' cultural norms and preferences.
- Students with special dietary needs (diabetes, celiac sprue, allergies) are accommodated as required by USDA regulation.

Fundraising

- At least 50% of the fund raising activities will not involve the sale of food and/or beverages.

Celebrations

- Our school will limit celebrations that involve food during the school day.
- Each party will strive to include foods and beverages that meet the Standards for Food and Beverages.
- We will encourage healthy party ideas to parents and teachers.