

SCHOOL WELLNESS

Family Community Christian School participates in the National School Lunch Program and the School Breakfast Program and has established a school Wellness Policy and Program in accordance with federal and state food and nutrition laws. The Principal shall have the authority and responsibility for development, maintenance, and implementation of and compliance with district wellness policies, plans, programs, and initiatives. To assist the principal and to strengthen such policies and increase transparency, the School Board shall establish a School Wellness Advisory Board (SWAB) which is responsible for continued review and update of the school's Wellness and Policy Program and implementation of new regulations or requirements as announced by federal and/or state law.

It is the School Board's desire to ensure school environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The school's Wellness Policy and Program contains goals, standards, and procedures to ensure that:

- Students have access to healthy foods in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop life long healthy eating behaviors;
- Students have opportunities be physically active before, during and after school; schools engage in nutrition and physical activity promotion and other activities that promote student wellness
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school, including a wellness partnership with Richland Parish Hospital;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The school establishes and maintains an infrastructure for management, oversight, implementation, communication about, documentation, and monitoring of wellness policies and established goals and objectives.

A copy of the school's Wellness Policy and Program and information about the school's School Wellness Advisory Board (SWAB) may be found by visiting the school's website at fccswarriors@webbiv.com. This will be on the website by December 1, 2025.

Adopted: September, 2020

Family

Board

Family Community Christian School
Wellness Policy and Program
2025-2026

Family Community Christian School is committed to the best possible development of every student and believes that our school should provide an environment where students are taught positive, safe, and health-promoting skills and values. This policy outlines our school's approach to make sure the environment and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while diminishing distractions. This policy and program apply to all students, staff, and schools in the district.

Wellness Leadership

The Principal is responsible for the development, maintenance, and implementation of and compliance with our school's wellness policies and programs.

School Wellness Advisory Board

Our school has established the School Wellness Advisory Board (SWAB) and appointed the following: the principal, parents of students, individuals representing the community, physical education teachers, school board members, and other school health professionals.

Implementation, Monitoring, Accountability,
and Community Involvement

Implementation

Our school will form a wellness committee to implement the school wellness policies. The school wellness committee will include, to the extent possible, physical education teachers, other teachers, parents, administrators, cafeteria staff, members of the public as appropriate. The Committee will use the Wellness School Assessment Tool for implementation to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan, and generate an annual progress report to be submitted to the administration of the school. This school-level assessment shall be completed by March 1 of each school year.

Triennial Assessment

At least once every three years, the Principal will conduct an assessment to measure implementation of and compliance with the school's Wellness Policy and Program.

Our school assessment will be compiled and a Triennial Assessment Report will be developed and made available to the public. The report will describe the extent to which the school complies with the Wellness Policy and Program, the extent to which the school's Wellness Policy and Program aligns with model wellness policies, and progress made in attaining the goals of the Wellness Policy and Program.

Recordkeeping

The principal will retain records to document compliance with the requirements of the Wellness Policy and Program in the principal's office. Documentation maintained in this location will include, but will not be limited to:

- A copy of the written Wellness Policy and program,
- Documentation demonstrating that the policy and assessments have been made available to the public,
- Documentation of efforts to review and update the policy, including an indication of who was involved in the process, their relationship to the school, and method(s) used to provide stakeholders with notice of their ability to participate,
- Documentation of compliance with the annual public notification requirements,
- The most recent Triennial Assessment of the policy, and
- Documentation that the most recent assessment on the implementation of the Wellness Policy and Program has been made available to the public.

Updates to the Wellness Policy and Program

The school will update or modify the Wellness Policy and Program as appropriate based on the Triennial Assessment and/or as school priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new federal or state guidance or standards are issued.

Communications, Community Involvement, and Notifications of Policy

The school is committed to being responsive to community input, which begins with awareness of the Wellness Policy and Program. The school will provide parents and the

public with information regarding improvements that have been made to school meals and compliance with school meals standards, availability of child nutrition programs and application procedures, and descriptions of and compliance with nutrition standards. The school will use electronic methods such as email or the school's website, and/or newsletters, or other methods of sending information home to parents. These methods will ensure that families and the public are aware of the school's wellness policies and programs. The Wellness Policy and Plan will be placed on the school's website for public consumption.

Nutrition

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day, including at mealtimes.

Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students

The school will encourage students to make nutritious food choices. As a result, the school will not operate any kind of concessions during the school day.

School Meals

Reimbursable school meals shall meet requirements found in the USDA's Nutrition Standards for School Meals. The school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Foods will be moderate in sodium, low in saturated fat, and zero grams of trans-fat per serving, and meet the nutritional needs of the school children within their calorie requirements. Our school is committed to offering school meals that:

- Accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings; and
- Meeting or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

Competitive Foods and Beverages

To support healthy food choices and improve student health and well-being, any foods and beverages, outside the federally regulated children nutrition programs, will not be sold in a school store or concession stand.

Standards for Other Food and Beverages Provided, but not Sold, to Students

All foods and beverages which are offered during the school day will meet the USDA Smart Snacks in school nutrition standards.

The school has developed the following guidelines for foods and beverages which are provided, but not sold, during the school day:

- Celebrations and Parties. The School Wellness Advisory Board has prepared a list of healthy party ideas, including non-food celebration ideas, for parents and teachers- a copy of which will be found in the 2021-2022 student handbook and on the website.
- Classroom snacks brought by parents. The school will prepare a list of foods and beverages that meet Smart Snacks nutrition standards- a copy of which may be found in the 2024-2025 school handbook and website.
- Rewards and Incentives. The School Wellness Advisory Board will provide teachers with other relevant school staff with a list of alternative ways to reward children- a copy of which may be found on the school website.
- NOTE: Foods and beverages will not be used as a reward or withheld as punishment for any reason.

Nutrition Promotion

The school will promote and advertise healthy food and beverage choices for all students and parents by way of menu presentation on the intercom and paper. We hope that this will encourage participate in the school meal programs.

Nutrition Education

The school will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills for healthy eating by all students and protect their health;
- Is part of not only healthy education classes, but also integrated into other classroom instruction;
- Includes enjoyable developmentally-appropriate and participatory activities such as cooking demonstrations in French classes, farm visits;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods.

- Emphasizes caloric balance between food intake and physical activity/exercise; and
- Links with school meal programs, cafeteria nutrition promotion activities, and other school foods and nutrition-related community services.

Food and Beverage Marketing in Schools

It is the intent of the district to protect and promote student health and to provide consistent health-related messaging. Foods and beverages marketed on the school campus during the school day will be restricted totally.

Physical Activity and Physical Education

Physical Education

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

Students in grades K-8 shall receive physical education for at least thirty minutes per day throughout the school year. High school students are required to have a minimum of IS Carnegie units in physical education to graduate.

Physical Activity

Students in grades K-8 are required by state law to receive at least thirty minutes of physical activity per day. High school shall be encouraged to incorporate physical activity into their day. Most students will achieve that through physical education class. Our school will ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent possible, the district will ensure that its grounds and facilities are safe and that equipment is available to students to be active.

Classroom Physical Activity Breaks (Elementary and Secondary)

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, elementary and

secondary students will be afforded periodic opportunities to be active or to stretch through the day on all or most days during a typical school week. Teachers are encouraged to provide short (3-5 minute) physical activity breaks to students during and between classroom time at least three days per week. Such physical activity breaks should complement, not substitute, physical education class, recess, and class transition periods.

Active Academics

Teachers are encouraged to incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible and to do their part to limit inactive behavior during the school day. The school supports classroom teachers incorporating physical activity and using kinesthetic learning approaches into core subjects. Teachers should also serve as role models by being physically active alongside the students whenever feasible.

Other School-Based Activities that Promote Student Wellness

The school will attempt to integrate other wellness activities and programs, including a wellness program with Richland Parish Hospital, across the high school student body and staff. The staff will receive a physical checkup include items such as blood pressure, cholesterol and triglycerides check, weight, body mass, and more.