



LION OF JUDAH ACADEMY

Lion of Judah Academy Wellness Policy & Guidelines

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, 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;

Whereas, 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;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, schools around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Lion of Judah Academy School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Lion of Judah Academy School that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.



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- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

PURPOSE

The purpose of this policy is to develop healthy learners through a school environment that promotes students' health, well-being and ability to learn by supporting healthy eating and physical activity.

MISSION

Lion of Judah Academy (LOJA) is to educate students to be self-motivated, creative, critical thinkers, with the ultimate goal of shaping life-long learners and citizens with a strong sense of personal and civic responsibility.

GENERAL STATEMENT OF POLICY

1. LOJA recognizes that nutrition and physical education are essential components of the educational process and that good health fosters student attendance and education.
2. LOJA will involve students, parents, teachers and community partners in implementing, monitoring and reviewing our Wellness Policy and Guidelines.
3. The school environment will promote and protect students' health, wellbeing and ability to learn by providing opportunities for healthy eating and physical activity.
4. All students will have the opportunities, support and encouragement to be physically active on a regular basis.
5. All students will have access to a variety of nutritious and appealing foods that meet their health and nutritional needs.
6. All foods and beverages vendors will strive to meet USDA Dietary Guidelines where appropriate.
7. The religious, ethnic and cultural diversity and food allergies of the student body will be respected in meal planning, nutrition education and physical activity. LOJA will provide a clean, safe and pleasant setting with adequate time to eat.



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ACCOUNTABILITY

LOJA Health and Wellness Committee will ensure the implementation of the compliance with the Wellness Policy and Guidelines.

SCHOOL MEALS

Guidelines for All Foods and Beverages Available During the School Day

Lion of Judah Academy shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the

State of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, all schools in LOJA will participate in available federal school meal programs, including the SBP, NSLP, ASSP and SFSP.
- Free, potable water will be made available to all children during each meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
 - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers.
- Unless being sold by LOJA food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)



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- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion).	0 g of trans fat as served (less than or equal to 0.5 g per portion).
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.



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- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

1. LOJA will contract with an outside vendor to provide a healthy school meal program that complies with all federal, state, and local statute regulations.
2. LOJA's lunch program will aim to be self-supporting and profit generation will not take precedence over the nutritional needs of students.



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3. LOJA will work with the contracted vendor in choosing menu items and accommodating the cultural, ethnic and religious diversity of our community.
4. Meals served through our contacted vendor will:
 - Offer a variety of fruits and vegetables;
 - Serve only low-fat (1%) unflavored milk and fat-free flavored or unflavored milk except when another milk is recommended for students with special nutritional needs, offer lactose reduced milk when requested by students and or parent/guardian;
 - Ensuring that all grains served are whole- grains rich
 - Continue to exclude deep fried foods and strive to replace higher fat main entrée items with lower fat items as appropriate;
 - Be served in portion sizes that meet the National School Lunch Program and Breakfast Program requirements;
 - Meet current USDA nutrition requirements.

FOOD SAFETY

1. All foods served to students will be served in health inspected facilities under the guidance of food safety certified staff.
2. LOJA will provide student access to hand washing or hand sanitizing before the students eat any meals or snacks.

SCHEDULING OF MEALS

1. LOJA will make every effort to provide sufficient time for all students to eat and will schedule meal periods at appropriate times during the school day. LOJA will move toward:
 - Providing students with at least 15 minutes for breakfast and 25 minutes for lunch; and
 - Arranging for accommodations for students who need more time to finish lunch; and
 - Scheduling meal periods at appropriate times i.e. lunch served between 11:30 AM and 1:00 PM; and
 - Offering attractive dining areas which have enough space for seating all students; and
 - LOJA campus will remain closed during lunch and no outside visitors are allowed to bring in outside food for students.
2. Alternative healthy meal options will be planned when students will be off campus due to a school related events or field trips.

FOOD AND BEHAVIOR

1. LOJA will follow the healthy nutrition guidelines created by the Institute of Medicine (2007, April) when using foods or beverages as rewards for academic performance or good behavior.)
2. LOJA will not withhold foods or beverages as punishment.



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CELEBRATIONS AND SNACKS

1. Classroom celebrations should encourage healthy choices and portion control.

The Health & Wellness team will create a resource list of healthy snacks.

- All snacks in the school must either be listed on the healthy snacks list or meet LOJA nutrition guidelines.
- Birthday snacks are not allowed (cupcakes, cookies, cake); LOJA celebrates each student's birthday with a card.
- Fundraising
- Polaris encourages all school based organizations to use nonfood items for fundraising.
- Any fundraisers including food must be approved by the school's health and wellness committee to ensure their concurrence with the mission.

SHARING FOOD AND BEVERAGES

LOJA will encourage students to not share their food or beverages with one another during meal or snack times given concerns about allergies and other restrictions on some students' diets.

FOOD AND BEVERAGE MARKETING

- LOJA will not promote vending in its school.
- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards

FOOD IN CLASSROOMS

LOJA will not allow students to bring outside food or beverages into the classrooms unless it is fruit from our nutrition program or water. School staff will role model healthy eating by consuming healthy beverages and snacks.

Lion of Judah Academy will review and consider evidence-based strategies and techniques In establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to, at a minimum, include a review of Smarter Lunchroom tools and techniques.

NUTRITION EDUCATION AND PROMOTION

1. Be offered as a part of the school day;
2. Promote learning through taste tests, promotions, farm visits, and gardens;
3. Be culturally relevant and teach students about cross-cultural nutrition;
4. Collaborate with nutrition-related community programs;
5. Provide and promote nutrition education to families through events and newsletters.
6. Engage staff and students in Mind Body practices to promote overall wellness.



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PHYSICAL ACTIVITY AND EDUCATION

1. **Physical Education**

- LOJA will offer at least 90 minutes daily of regular physical education for the entire school year to students in order to satisfy the PE graduation requirements or for students who would like to engage in physical activity to earn required elective credits.
- LOJA will introduce and engage students in lifelong exercise activities as well as collaborative group activities.
- Students will spend at least 50 percent of physical education class time participating in moderate physical activity.
- LOJA will establish an enrollment cap for PE class sizes to ensure adequate supervision and minimize liability for injuries.

2. **Physical Activity Opportunities Before and After School**

- LOJA will provide voluntary afterschool activities to students.



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- LOJA will collaborate with other community agencies to enhance opportunities available for physical activity for out-of-school time.
- LOJA will collaborate with Minneapolis Public Schools so that eligible students are able to participate in district intramural physical activity programs.
- LOJA will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate.

Physical Activity and Punishment

LOJA staff will not use physical activity (i.e. running laps, pushups) or withhold opportunities for physical activity as punishment.

Staff Wellness

LOJA staff serves as role models for students and are the key to successful implementation of student wellness programs. LOJA will offer wellness resources and opportunities to staff through workshops and presentations.

COMMUNICATION WITH FAMILIES AND THE COMMUNITY

1. LOJA recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. LOJA will encourage parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
3. LOJA will provide information to families by utilizing community partners and education that promotes healthy lifestyles.

INFORMING AND UPDATING THE PUBLIC

The LOJA wellness policy and most recent triennial assessment will always be available on the school website for the public to view.

IMPLEMENTATION AND MONITORING

1. Twice a year, the Health and Wellness Team will review the wellness policy.
2. Health Assessments will be implemented to assess the nutrition and physical activity needs of students. Assessments will be given every year to help review policy compliance, assess programs and determine areas in need of improvement.
3. LOJA will develop and implement a communications plan with students, staff and families which includes training to ensure understanding of the rationale for the policy and the implementation plan.



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4. The Health and Wellness Team will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

The Health and Wellness team will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Lion of Judah Academy is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

COMMUNITY INVOLVEMENT

Involvement of school and community stakeholders in developing the wellness policy

•Lion of Judah will engage the parent association, teaching staff, students, school leadership, and lunch provider in the development of the wellness policy.

•Lion of Judah will engage with student's wellness experts, including nutritionists, dentists, physical trainers and pediatricians in their annual wellness on health and wellness. Students will contribute to the wellness policy through the creation of a final product, specifically geared toward enhancing the wellness of the LOJA community.

•Lion of Judah will have a school garden, so the students may engage in healthy eating habits at school as well as home.

•Lion of Judah will create and setup a wellness council to lead implementation efforts was a critical step.

•LOJA will set up wellness councils to develop their wellness policies and to implement programs and activities. These councils include various stakeholders, such as school and official leaders, school staff, community partners, parents, and students.

•LOJA community to implement wellness policies by providing leadership, accountability, and structure. They also will provide the support and resources needed to face challenges as they emerge. Students generally respond well to activities designed to improve health and wellness.

•LOJA reported that many students were excited about new health and wellness activities, especially when they are given an active role in making decisions. For example, students are



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excited about new ideals in school lunches when they could taste and give feedback on recipes.

- LOJA will engage in lessons on nutrition that included hands-on experience, such as planting and tending fruits and vegetables in school gardens. Inviting parents to help set wellness goals and plan activities helped to ensure support and participation.

- LOJA parents will be invited to participate in developing and putting wellness policies into practice, so that they were more likely to accept and support new activities and changes in the schools.

- LOJA will be partnering with community to provided resources for wellness activities. These partnerships also allowed more community involvement in the efforts to improve student health.