

Hillsboro Christian Academy
Wellness Policy
2021-2022

Hillsboro Christian Academy (HCA) recognized that good nutrition and regular physical activity affect the health and well-being of the District's students. Research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

School alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Wellness Committee will meet two times per year, or more as needed, to develop procedures and programs to promote wellness among students and staff. They shall report to the Board in April, May, or June of each year and include any recommendations for policy revisions at that time. This committee will be established consisting of the following members: School Administrator, Lunch Services Coordinator, Kitchen Manager, one School Board Member, School Nurse, Physical Education Teacher, a teacher representative, and a parent representative.

HCA set the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education

- a. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
- b. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
- c. The school cafeteria will serve as a learning lab by allowing students to make choices at mealtime.
- d. HCA will provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.

B. Physical Education

- a. The sequential, comprehensive physical education curriculum will provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

- b. Planned instruction in physical education will promote participation in physical activity outside the regular school day.
 - c. The physical education curriculum will provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
 - d. On an annual basis, all teachers in physical education and sports coaches will review and affirm receipt of the Ohio Department of Health's concussion information sheet.
 - e. Physical education teachers shall remove from class participation any student who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury. The school nurse and/ or teacher shall notify parents or guardians about the possible concussion or head injury.
- C. Physical Activity
- a. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
 - b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
 - c. The school will provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives. Information will be provided in writing and on the school website and Facebook page.
- D. Other School Based Activities
- a. The school will provide attractive, clean environments inside the school buildings, where the students eat.
 - b. Students, parents, and other community members shall have access to the school's outdoor physical activity facilities outside the normal school day. (Dusk to Dawn)
 - c. HCA will use electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- E. Parents and teachers will be encouraged to provide a variety of healthy foods for classroom parties and snacks.
- F. HCA will encourage students to increase their consumption of healthful foods during the school day.
- G. HCA will create an environment that reinforces the development of healthy eating habits, including offering healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards.
- H. The guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the US Department of Agriculture (USDA).
- I. The Board designates the Administrator as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress

under this policy. The Administrator will develop administrative guidelines necessary to implement this policy.



David McCallum
Board President

3/14/2022
Date