

# Firm Foundation Christian School Policy

## NUTRITION AND PHYSICAL FITNESS

The FFCS school board recognizes that childhood obesity has reached epidemic levels in Washington and throughout the country. Overweight children are at a higher risk for developing severe long-term health problems, and overweight children are affected by discrimination, psychological stress, and low self-esteem. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Research also indicates that becoming physically active and maintaining a regular physical activity program significantly reduces the risk of some obesity and some cancers, diabetes and other chronic diseases.

Children who eat well-balanced meals and are healthy are more likely to learn in the classroom. The board supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of our school's youth. Therefore, it is the policy of the board to:

- A. Provide students access to nutritious food;
- B. Provide opportunities for physical activity and developmentally appropriate exercise; and
- C. Provide accurate information related to these topics

The FFCS administration has a school-wide nutrition program consistent with state and federal requirements for private schools utilizing the National School Program. The school has a focus on health, fitness and nutrition consistent with the school mission and goals, with developmentally appropriate instruction for grades K-12. The input of staff, students, parents and public health professionals in the wellness program is encouraged.

The school shall take a proactive effort to encourage students to make nutritious food choices. The administration shall encourage that:

- A. A variety of healthy food choices are available.
- B. The school shall regulate the sale or serving of foods or snacks high in fat, sodium or added sugars; and
- C. Nutritious meals served by the school nutrition and contracted food services operation complies with state and federal law.

### Nutrition Standards

The school shall provide school lunches which meet the nutritional standards required by state and federal school lunch programs. Meals served in school through the last lunch period shall conform to the U.S Dietary Guidelines for Americans.

The administration shall establish rules for the sale of food during the school day to encourage the eating of nutritious lunches. Foods and beverages that are sold during the day, shall be limited to only those that are nutritionally healthful as defined by the U. S. Department of Agriculture. For non-sale food (food that is provided during the day that is not for sale--i.e. for celebrations) FFCS Board and administration highly encourages teachers and staff to offer an alternative to food (stickers) or follow SMART snack guidelines.

### Food Services Program

The school supports the philosophy of the National School Lunch and shall provide wholesome and nutritious meals for children in the schools. The FFCS school board authorizes the administration to administer the food services program. Expenditures for food supplies shall not exceed the estimated revenues.

Because of the potential liability of the school, the food services program shall not accept donations of food other than as provided in this policy without the expressed approval of the FFCS board. Should the board approve a food donation, administration shall establish inspection and handling procedures for the food and determine that the provisions of all state and local laws have been met before selling the food as part of the school lunch menu.

### Free And Reduced-Price Food Services

The school shall provide free and reduced-price lunches and milk to students according to the terms of the National School Lunch and the laws and rules of the state. The school shall inform parents of the eligibility standards for free or reduced price meals. Reasonable efforts shall be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the school administration.

### Surplus Commodities

The contracted food service company shall use food commodities made available under the Federal Food Commodity Program for school menus.

## Physical Fitness Education

Physical Fitness Education will provide opportunities for developmentally appropriate instruction for grades K-12. Evaluation procedures will utilize classroom-based assessments or other strategies. All students in grades Kindergarten through fourth are required to complete an average of sixty instructional minutes per week of physical education. All students in grades fifth through eighth are required to complete an average of ninety instructional minutes per week. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete two credits of health and fitness. Suitable adapted physical education shall be included as part of individual education plans for students with chronic health problems, other disabling conditions, or other special needs that preclude such student's participation in regular physical education instruction or activities.

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The school shall provide daily recess period(s) for elementary school students, featuring time for unstructured but supervised active play. The school provides some co-curricular physical activity programs, such as an inclusive intramural program and physical activity clubs; and to promote the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.