

Pike Christian Academy

Wellness Policy

Pike Christian Academy is committed to providing staff and students with a school environment that promotes nutrition, physical activity and health education.

Pike Christian Academy has established a health council that will include at least 4 members including but not limited to the school administrator, food service staff, a teacher and a parent/nurse. They will strive to meet at least twice a year to evaluate the effectiveness of this policy and monitor needs for changes and improvements.

It is the policy of Pike Christian Academy that:

1. The PCA Health Council will assist in developing, implementing, monitoring and reviewing nutrition and physical activity policies.
2. The PCA Health Council will establish nutrition guidelines for all food served or sold at school. These guidelines will meet the nutrition recommendations of the U.S. dietary guidelines for Americans. Nutrition programs will comply with federal, state, and local requirements. It is the goal of PCA to promote lifelong habits of healthy eating.
 - A. PCA will be committed to offering school meals through the NSLP.
 1. It will be available to all students
 2. Appealing and attractive to students
 3. Served in a clean and pleasant setting
 4. Meets or exceeds current nutrition requirements established by local, state, and federal guidelines.
 5. Promotes healthy food and beverage choices
 6. Water will be available to all students
 7. All foods served outside the reimbursable school meal will meet state nutrition guidelines.
 - B. Professional Development will be available for program directors and cooks – training will be based on the USDA Guidelines.
 - C. Fundraising
 1. School will use only non-food items when fundraising during the school day.
 2. Fundraisers will include more walk-a-thons, jump rope etc.
 - D. Nutrition Education
 1. Nutrition curriculum will be available for staff to use during health class.
 - E. Physical Activity
 1. Physical education will be provided to students with the curriculum Promoting an active lifestyle.

3.Nutrition Guidelines

- A. PCA will follow the local, state and federal guidelines for the implementation of the school lunch program.
 1. Cafeteria will be free of beverage machines and advertising of foods and beverages outside the reimbursable guidelines
 2. Guidelines will apply in all locations and through all services where food and beverages are sold.
4. Principal and lunchroom director will be responsible to ensure PCA complies with the policy.
5. In order to inform and update our school community we will include a copy of PCA's wellness policy in the fall parent handbook.
6. All students will be encouraged and have the opportunity to be physically active during regular school hours.
7. All school activities should comply with the wellness goals established by the health council.
8. Through the use of Chapel, Bible Study and Christian teachers, our students will be provided with a safe place to grow spiritually, academically, socially and emotionally.
9. Every three years, beginning Spring of 2020 we will review and compare PCA wellness policy to our own goals and also to model wellness policies to assure we are in compliance.