



# Brice Christian Academy

## Wellness Policy

Brice Christian Academy has established a wellness policy that promotes students' health, well-being, and ability to learn. BCA has the responsibility for developing, implementing, and evaluating a wellness policy.

### Requirements and Goals of the BCA Wellness Policy

**Student Wellness-** Student Wellness will consist of Nutrition Education and Physical Activity.

- Physical education is offered weekly.
- Outside recess is offered daily, weather permitting for grades K- 8th grade.
- Brice Christian Academy has a goal that each student has the opportunity for 3.5 hours of physical activity a week.
- Students from 5th-8th grade are encouraged to participate in afterschool sports at BCA. Current offerings include soccer, basketball, volleyball, and winterguard.
- Healthy eating and nutrition will be discussed in each grade level.
- Oral Hygiene, brushing and flossing, will be discussed and demonstrated in Kindergarten and 1st grade.

### Nutrition Standards

- The breakfast and lunches served at BCA will follow the NSLP standards for calories, trans fats, sodium, and added sugar.
- Students may not have carbonated pop or soda drinks at school. Water will always be offered at lunch, and water breaks will be offered/encouraged during the school day.

### Food and Beverage Marketing: Sale and Non-sale

- Snacks will only be sold after 4:00pm for sporting events.
- Birthday Party treats should be a small toy (pencil, bubbles etc.).
- Classroom rewards can be physical activities such as an extra recess, basketball parties etc.
- Classroom parties shall limit unhealthy snacks offered and instead offer low sugar, low fat snacks, along with fresh vegetables and fruits.
- Food is not used as a reward.

### **Leadership and Participation**

- BCA has designated the school principal to oversee the wellness policy.
- BCA will seek a variety of community members and stakeholders and invite them to Wellness Policy meetings.

### **Annual Updates**

- BCA will have scheduled wellness policy meetings and bring any update suggestions to the BCA School Board for approval.

### **Annual Notification**

- The Wellness Policy and meeting dates/times will be available on the school website.

### **Triennial Assessment and Public Notification**

- BCA will hold a triennial assessment of the Wellness Policy and measure the extent to which we have complied. The assessment will measure progress towards goals and compare it with model policies. BCA will make the assessment available to the public on its website.

### **Document Retention**

- BCA will retain the following documents for 5 years  
Wellness Policy  
Agendas and Attendance of Policy Meetings  
Board Meeting Updates  
Triennial Assessments  
Annual Updates  
Public Notifications