PENN VIEW CHRISTIAN SCHOOL
WELLNESS POLICY

1. **PHILOSOPHY**. The Penn View Christian School Board believes that lifestyle choices learned in childhood can impact quality of life for years to come. We believe that our lives are a gift from God. Teaching our students good decision-making skills regarding wellness is a priority. Children and youth who begin each day making healthy choices can be more effective learners. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages intentional decisions regarding nutrition, physical activity, and social well-being. It is sensitive to individual and family needs.

   "I can do all things through Christ who strengthens me." Philippians 4:13

2. **NUTRITION**. Academic performance and quality of life issues are affected by the choice and availability of good foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.
   (a) Penn View Christian School nutrition guidelines require that healthy food products be used whenever possible. (This includes products that are high in fiber, low in added fats, sugars and sodium.)
   (b) Menus will meet the nutrition standards established by the United States Department of Agriculture (USDA) and the National School Lunch Program (NSLP), conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality and are served at proper temperature. A modified version of "Nutritional Standards for Competitive Foods in Pennsylvania Schools – A Starting Point" will be implemented on July 1, 2006. See Appendix C.
   (c) Portions will be served in appropriate sizes consistent with the USDA standards required by the NSLP.
   (d) Food safety will be a key part of the school foodservice operation.
   (e) Food service policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
   (f) Attention shall be given to rewards offered in the classroom. Faculty and staff are encouraged to use ideas listed on Appendix A for nutritious food options and on Appendix B for non-food rewards.
   (g) Ongoing consideration will be given to the appropriate use of faculty vending machines, fundraising activities, summer camp lunches, and other non-cafeteria food-related activities on campus.
   (h) Nutritional Standards for Competitive Foods at Penn View Christian School have been developed. See Appendix C.

   "He makes grass grow for the cattle, and plants for man to cultivate – bringing forth food from the earth." Psalm 104:14

3. **HEALTH EDUCATION AND LIFE SKILLS**. Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) The school shall provide for an interdisciplinary, sequential skill-based health and nutrition education program based upon state standards and benchmarks.
(b) Students shall have access to valid and useful health information and health promotion products and services.
(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

"Every good and perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning." James 1:17

4. **PHYSICAL EDUCATION AND ACTIVITY**. Physical education shall be taught by a certified specialist for pre-kindergarten through 8th grade. In addition, physical activity shall be provided by a qualified staff member for preschool through 8th grade. Physical education and physical activity are essential elements of the school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide significant health benefits to students, subject to the differing abilities of students.

1. Participation in physical education shall be required for all students in kindergarten (full day) through grade five for a minimum of thirty minutes, one day per week, or the equivalent. These students will be provided varied opportunities for enjoyment, challenge, self-expression and social interaction to direct them toward a physically active lifestyle. **UPDATE July 2011**
2. Such instruction will be provided for grades 6-8 through formal physical education courses, integration into other courses, activity block electives, and scheduled school-wide activities.

(a) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a healthy level of physical fitness.
(b) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction to direct them toward a physically active lifestyle.
(c) An opportunity to participate in interscholastic sports will be given to 7th and 8th grade students.

"The Lord will give strength to His people; The Lord will bless His people with peace." Psalm 29:11

5. **HEALTHY AND SAFE ENVIRONMENT**. A healthy and safe environment for all supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

(a) The school building, grounds, structures, and equipment shall meet all current health and safety standards, including environmental air quality. The above mentioned will be kept inviting, clean, safe, and in good repair.
(b) The campus environment shall remain free of tobacco, alcohol and other drugs.
(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence/harassment free environment.
(d) Each work site and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

"For you have been a shelter for me, And a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings." Psalm 61:3-4

6. **SOCIAL AND EMOTIONAL WELL-BEING.** Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

(a) Penn View shall provide a supportive environment which includes guidance and counseling services that encourage students, families and staff to request assistance when needed and links them to school or community resources.
(b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
(c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relationships.
(d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

"Therefore let us pursue the things which make for peace and the things by which one may edify another." Romans 14:19

7. **SPIRITUAL WELL-BEING.** The school shall provide information and activities related to the Bible and an Anabaptist understanding of Biblical values and teachings.

(a) Teachers and staff will be encouraged to model Christ-centered behaviors.
(b) Teachers will integrate Biblical truths and Anabaptist values into the curriculum.
(c) The students will attend classes with the Bible and related themes as the core curriculum.
(d) Opportunities for personal spiritual expression will be provided.
(e) Students will be encouraged to engage in an on-going personal spiritual experience with God.

"This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words." 1 Corinthians 2:13

8. **HEALTH SERVICES.** An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

(a) Primary oversight of health services for Penn View Christian School shall be the responsibility of the district physician appointed by the Souderton Area School District. State and district requirements shall be monitored by the registered nurse employed by Penn View Christian School.

(b) The school nurse shall collaborate with community and district health liaisons and resources to promote health and wellness for students, families, staff and community. There is full-time coverage by a registered nurse during the school day.

(c) A coordinated program of accessible health services shall be provided to students and staff. This plan includes abuse prevention, school safety, communicable disease prevention, health screening, Body Mass Index measuring, community health referrals, CPR/AED training for staff and other priority health education topics.

"I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well." Psalm 139: 14

9. **FAMILY, SCHOOL CHURCH, AND COMMUNITY PARTNERSHIP.** Long term effective partnerships improve the planning and implementation of health promotion projects and events within families and schools as well as churches and the broader community. Penn View Christian School has strong church and community partnerships.

(a) Family, student, church, and community partners shall be included in the continued wellness planning process as needed.

(b) The equality and diversity in the school and community shall be valued in the wellness planning process.

(c) Church and community partnerships shall be maintained as resources for the wellness planning process as deemed necessary by Penn View Christian School.

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10

Approved by Penn View Christian School Board of Directors April 20, 2006.
Review and revision of the Penn View Christian School wellness policy will be initiated by the Food Services Director and/or the Business Office on an as needed basis.

Appendix A: Suggestions for Nutritious Snacks

Beverages:

Fruit juices, fruit smoothies, milk (non-fat or low-fat, plain or flavored), approved sparkling or plain water

Low-Fat Grain Foods:

Mini-bagel bread sticks, animal crackers, graham crackers, soft pretzel, English muffin, hard pretzels, mini rice cakes, flavored, low-fat sports bars, Fig Newtons, baked tortilla chips with salsa, small low-fat fruit or grain muffins, Vanilla wafers, individual servings of dry cereal, fresh fruits and vegetables including carrots, broccoli, cauliflower with low-fat dip or salad dressing, other in-season sliced fruits.

Additional Treats:

100% fruit snacks, fruit bars, frozen low-fat yogurt, frozen fruit bars, low-fat pudding (either plain or as a parfait), fat-free popcorn.

Appendix B: Non-Food Rewards

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. These effective alternatives can be offered to individual students or entire classes in place of food rewards.

Read a book.
Sit by friends.
Read outdoors.
Teach the class.
Have extra art time.
Enjoy class outdoors.
Have an extra recess.
Play a computer game.
Read to a younger class.
Get a no homework pass.
Sing a silly song together.
Make deliveries to the office.
Listen to music while working.
Play a favorite game or puzzle.
Earn play money for privileges.
Walk with a teacher or principal.
Eat lunch outdoors with the class.
Be a helper in another classroom.
Eat lunch with a teacher or principal.
Start and maintain a vegetable garden.
Dance to favorite music in the classroom.
Get a “free choice” time at the end of the day.
Listen with a headset to a book on audiotape.
Be first in line when the class leaves the room.
Have a teacher read a special book to the class.
Have a teacher perform special skills (i.e. sing, play an instrument, etc.)
Take a trip to the treasure box (filled with stickers, pencils, erasers, bookmarks, etc

Appendix C: Nutritional Standards for Competitive Foods at Penn View Christian School

A la carte Foods / Snacks

The following standards apply to all foods offered a la carte.

- Portion sizes will not exceed the serving size of food served in the National School Lunch Program and/or items will be packaged in single serving sizes.
- A selection/variety of whole grains will be available on a daily basis * (Table 1)
- A minimum of 1 fresh fruit and vegetable will be offered daily. A variety of fruits and vegetables will be offered from day to day.
- A variety of items that provide >2 grams of fiber per serving will be available on a daily basis. *
- No foods will be on-site deep fat fried. This does not include stir-fried or sautéed foods. Pre-fried and flash fried foods will not be offered more than 4 times per week. **
- Foods of Minimal Nutritional Value (USDA regulation CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

- Not contain sugar as the first ingredient. (Table 3)
- Provide minimal to no trans fatty acids. (Table 4)

Marketing, pricing and nutrition education strategies will be used to encourage the selection of healthier foods.

* Foods offered through the National School Lunch Program may qualify towards meeting this requirement if the item is also offered for sale as an a la carte item.
** Includes any item served as a competitive food whether it is a part of a reimbursable school meal or solely a competitive food.

A la carte Beverages

A minimum of 75% (100% for grades K-5) of the beverages offered will be:

- Water, unflavored (any size).
- 100% fruit juice (not to exceed 12 oz).
- Milk, 1%, low fat or nonfat (not exceed 12 oz), flavored or unflavored (not exceed 30grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic re-sealable containers.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.

Foods of Minimal Nutritional Value (USDA regulation CFR 210 and 220) will not be available anytime during the school day.

Vending Foods / Snacks / Beverages

Vending machines will not be available for students in grades K-8.

Fundraisers

All food items sold as fundraisers, available during the school day, will follow the standards listed below.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation CFR 210 and 220) will not be available anytime during the school day.
- Foods will not be fried. (Table 2)
- Foods will not contain added sugar as the first ingredient. (Table 3)
- Provide minimal to no trans fatty acids. (Table 4)

Marketing, pricing and nutrition education strategies will be used to encourage the selection of the foods and beverages listed above.

The Director of Food Services can provide assistance in identifying foods that meet these criteria.

Classroom Parties / Holiday Celebrations

Classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient (Table 3) and are encouraged to provide the following:

- Fresh fruits and vegetables.
- Water, 100% fruit juice, or milk.

School Store Food / Snacks

The following standards apply to all foods sold in the school store.

- Packages will be in single serving sizes.
- No foods will be on-site deep fat fried.
- Foods of Minimal Nutritional Value (USDA regulation CFR 210 and 220) will not be available anytime during the school day.

In addition, the majority of items offered will:

- Not be fried. (Table 2)
- Not contain added sugar as the first ingredient. (Table 3)
- Provide minimal to no trans fatty acids. (Table 4)

Marketing, pricing and nutrition education strategies will be used to encourage the selection of the foods meeting these standards.

The Director of Food Services can provide assistance in identifying foods that meet these criteria.

School Store Beverages

A minimum of 75% of the beverages offered will be:

- Water, unflavored (any size)
- 100% fruit juice (not to exceed 12 oz)
- Milk, 1%, low fat or nonfat (not exceed 12 oz), flavored or unflavored (not exceed 30grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar). Preferably packaged in plastic re-sealable containers.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of healthier foods.

Foods of Minimal Nutritional Value (USDA regulation CFR 210 and 220) will not be available anytime during the school day.

The Director of Food Services can provide assistance in identifying foods that meet these criteria.

Rewards

Attention shall be given to rewards offered in the classroom. Faculty and staff are encouraged to use ideas listed on appendix A for nutritious food options and on
Appendix B for non-food rewards.

Faculty Lounge

Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy.

FORMULAS

% Total fat:	1. Multiply grams of total fat per serving times 9 2. Divide by calories per serving 3. Multiply times 100
% Saturated fat:	1. Multiply grams of saturated fat per serving times 9 2. Divide by calories per serving 3. Multiply times 100
% Sugar by weight:	1. Divide grams of sugar per serving by gram weight for the serving size 2. Multiply times 100

WHOLE GRAINS A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the "whole grain health claim" to contain 51% or more whole grain ingredients by weight per reference amount and be low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are: "cracked," "crushed," "whole," "entire," or "groats." Examples of whole grain ingredients are:

Whole/entire wheat flour	Whole grain barley (hulled or lightly pearled)
Whole oats/ oatmeal	Wild rice
Cracked/crushed wheat	Buckwheat
Graham flour	Wheat berries (whole wheat kernels)
Old fashioned oatmeal	Triticale
Quick cooking oats	Bulgur
Cornmeal	Millet
Whole grain corn	Quinoa
Popcorn	Sorghum
Brown rice	Spelt
Whole rye	

Generally, if the first ingredient is "fortified" or "enriched," it is probably not a whole grain. These items are generally not whole grains:

Unbleached flour	Organic, unbleached flour
Wheat flour	Enriched flour
Semolina	Degerminated (cornmeal)
Durum wheat	Multigrain (may describe several whole grains or several refined grains)

Sources include the USDA Food Buying Guide for Child Nutrition Programs, Dietary Guidelines for Americans 2005, Whole Grains Council.

FRIED FOODS

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir fried or sautéed, but does include foods that have been pre-fried, flash fried, or deep-fat fried.

ADDED SUGAR

Brown sugar	Invert sugar
Corn sweetener	Lactose*
Corn syrup	Maltose*
Dextrose	Malt syrup
Fructose*	Molasses
Fruit juice concentrate	Raw sugar
Glucose*	Sucrose
High fructose corn syrup	Sugar
Honey	Syrup
*Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food table.	

TRANS FATTY ACIDS (TRANS FATS)

Trans fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. Trans fatty acids are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef and lamb. Federal labeling of trans fats on all food products was required by January 1, 2006.