



Brilliant Child Christian Academy

Wellness Policy

STUDENT WELLNESS

Brilliant Child Christian Academy educates students that their body is made a temple by God; therefore, we should respect our bodies by striving for both bodily and spiritual health. The Bible says that we are to take care of our physical health because it prepares us to fulfill the divine purpose God predestined for us, thus providing an environment in which students can make healthy food choices and have opportunities to be physically active.

This Student Wellness Regulation complies with the Nevada Department of Agriculture guidelines as stated in Nevada's School Wellness Policy and with the Federal Statute: Healthy, Hunger-Free Kids Act of 2010.

1. ADVISORY GROUP

Brilliant Child Christian Academy will have a Wellness Advisory Group made up of diverse stakeholders to assess the schools' needs and develop a policy that meets the operational realities of the schools and works toward improved health and wellness outcomes for school children. The Wellness Advisory Group Will include:

- 3 Parent Representatives
- 2 Middle School Students
- 4 Administration & Staff Members

The Wellness Advisory Group will meet twice a year to review the schools' goals, menus and to discuss other issues. Wellness Advisory Group meetings will be open to the community.

2. WELLNESS POLICY COORDINATOR

Wellness Policy Coordinator: Executive Chef Airen Etable
702-889-0496

The Wellness Policy coordinator will be responsible for reporting the status of policy implementation annually. Brilliant Child Christian Academy will provide the Nevada Department of Agriculture (NDA the name(s), position (s), and contact information for the person(s) responsible for the oversight of the school's Wellness Policy by September 30th of each year. If the designated wellness policy coordinator changes, Brilliant Child Christian Academy must notify NDA within 60 days.

3. RECORDKEEPING

Brilliant Child Christian Academy will retain basic records demonstrating compliance with the Wellness Policy and will include the following documentation: compliance with the requirements of the advisory group representation, triennial assessment of the School's Wellness Policy, annual School Wellness Policy progress reports for the school and demonstrate compliance with public notification that includes:

The Wellness Policy can be found on the school's website under the lunch/Breakfast tab. Additionally, under the Wellness Policy tab, there will be a link to the Wellness Policy, a schedule of events or activities related to the Wellness Policy, and how individuals and the public can get involved with the advisory group.

4. BRILLIANT CHILD CHRISTIAN ACADEMY – WELLNESS POLICY GOALS

Brilliant Child Christian Academy Wellness Advisory Group will annually review and create goals in the following areas:

1. Nutrition Education and Promotion
2. Physical Activity
3. Other School Wellness Activities

5. INCENTIVES AND REWARDS

Brilliant Child Christian Academy will not use food as an incentive or reward. For special circumstances, and with school administrator approval, food awards or incentives may be used if they align with the Smart Snack Nutrition Standards.

6. FUNDRAISING

All items sold to students on the school campus during the school day will meet the Smart Snacks Nutrition Standards – there are no exemptions. The school day is defined as the period from midnight before, to 30 minutes after, the end of the official school day.

7. SPECIAL OCCASIONS POLICY

For the following special occasions and/or holidays, food may exceed the established nutrition standards:

State or National Holidays

- Valentines Day
- Nevada Admissions Day/Halloween
- Day prior to Thanksgiving Break
- Day prior to Spring Break
- Day prior to Winter Break

School Community Observations

- Lesson Plans – Prior approval by the administration is required.
- Birthday parties and other celebrations – once per month or as otherwise determined by the school administration on a limited basis.

To minimize risks of foodborne illness and to avoid known food allergens, food must be commercially prepared.

8. REVENUE

Proceeds from the sale of food and beverages on school grounds must directly benefit school academics, activities, or the Brilliant Child Food Department.

9. MEAL CONSUMPTION

It is the intent of this policy to allow each student adequate time to eat their meals; there, time spent acquiring the meal is not included in the time to consume the meal.

Brilliant Child Christian Academy shall:

Provide at least 30 minutes for each student to consume meals during lunch and at least 15 minutes for each student to consume meals during breakfast.

10. PHYSICAL ACTIVITY

Brilliant Child Christian Academy will provide the opportunity for moderate to vigorous physical activity for at least 30 minutes each regular school day (as defined by the USDA). It is recommended that students be given physical activity opportunities in bouts of 10 minutes at a minimum. Passing periods do not qualify as physical activity time.

Teachers, school personnel, and community personnel will not use physical activity or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

11. RECESS BEFORE LUNCH

Recess before lunch is recommended but is left to the discretion of Brilliant Child Christian Academy Principal and Director of Physical Education

12. MARKETING

Only marketing consistent with Smart Snacks Nutrition Standards is allowed on the school campus. This includes any advertising and other promotions on the school campus during the school day (oral, written, or visual).

13. SMART SNACKS NUTRITION STANDARDS

All foods and beverages available for sale or given away to students on the school campus during the school day must meet minimum nutritional standards. These food standards apply to all grade levels (unless otherwise specified).

To be allowable, a food item must meet all the competitive food standards as follows:

Calories:

Snack/Side Item - ≤ 200 calories per item as served (includes any accompaniments)

Entrée - ≤ 350 calories per item as served (includes any accompaniments) **AND**

Sodium:

Snack/Side Item - ≤ 200 mg per item as served.

Entrée - ≤ 480 mg per item as served.

AND

Fat:

Total Fat - $\leq 35\%$ of calories

Saturated Fat - $\leq 10\%$ of calories

Trans Fat – 0g per serving

AND

Sugar:

Total Sugar - $\leq 35\%$ by weight-specific Nutrient Standards for Food

14. BEVERAGES

Allowable beverages vary by grade level and address container size. All beverages sold on campus during the school day must be non-carbonated. There are no restrictions on

the sale of any allowable beverage at any grade level, during the school day, or anywhere on the school campus.

Beverages for all:

Water – Plain, no size limit.

Milk – Unflavored non-fat, unflavored low-fat (1%), flavored non-fat or flavored low-fat (1%) milk, ≤ 8 fl. Oz. per serving for elementary school, ≤12 fl. Oz. per serving for middle and high school.

Juice – 100% fruit and/or vegetable juice, 100% juice diluted with plain water (no added sweeteners), ≤8 fl. Oz. per serving for elementary school, ≤12 fl. Oz. Serving for middle and high school allowable.

It is recommended that juice be sold in smaller serving sizes: 4-6 fl. Oz. servings for elementary school and 8 fl. Oz. servings for middle and high school.

Beverage	Elementary School	Middle School	High School
Plain water	No Size Limit	No Size Limit	No Size Limit
Low-fat milk, unflavored*	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
Non-fat milk, unflavored or flavored*	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz
100% Fruit/Vegetable juice**	≤ 8 fl oz	≤ 12 fl oz	≤ 12 fl oz

*Includes nutritionally equivalent milk alternatives, as permitted by NSLP/SBP

** May include 100% juice diluted with plain water & with no added sweeteners

15. SPECIFIC NUTRIENT STANDARDS FOR FOOD

In addition to the Smart Snacks Nutrition Standards, food items **must meet one** of the following criteria:

- Be a grain product that contains >50% whole grains by weight or has whole grains listed as the first ingredient on the food label; **OR**
- Have a listed as the first ingredient on the food label one of the non-grain main food groups: fruit, vegetable, dairy, or protein food; **OR**
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

*If water is the first ingredient, the second ingredient must meet one of the above criteria.

16. CAFFEINE

All foods and beverages in elementary school and middle school must be non-carbonated and caffeine-free, apart from trace amounts of naturally occurring caffeine substances (e.g., chocolate milk).

It is recommended that no caffeine be allowed, however, caffeine is permitted at the high school level at the discretion of the school district.