

# Cornerstone Christian School of Jacksonville

## *A Division of Cornerstone of Jacksonville, Inc.*

### School Wellness Policy

#### 2023-2024 School Year

#### **Preamble**

Cornerstone Christian School of Jacksonville, hereby referred to as Cornerstone, recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Cornerstone is committed to creating a school environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

#### **Local School Wellness Policy Leadership**

##### **School Level**

Cornerstone Christian School will establish an ongoing Healthy School Team that will meet annually to ensure compliance and to facilitate the implementation of Cornerstone's wellness policy.

- The Food Service Director shall have the responsibility to comply with federal and state regulations as they relate to Cornerstone's wellness policy.
- The Food Service Director will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- The Healthy School Team is responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
  - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
  - And reporting its school's compliance of the aforementioned regulations to the Food Service Director, the person responsible for ensuring overall compliance with Cornerstone's wellness policy.

Cornerstone will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

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**NOTICE OF NONDISCRIMINATORY POLICY:** Cornerstone of Jacksonville, Inc. admits students of any race, color, national, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national, and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

**IRS NOTICE:** Cornerstone of Jacksonville, Inc. is a nonprofit, tax-exempt, organization under Sections 501 (c)(3) and 170 of the IRS Code, and is incorporated and registered in the State of Florida. All donations are tax deductible to the extent allowed by law.

### **Nutrition Promotion**

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

#### ***Goals Include:***

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters and brochures will be available in classrooms and in the cafeteria.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.
- At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.

### **Nutrition Education**

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our school. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

#### ***Goals Include:***

- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in health classes.
- Students will understand how food reaches the table and the implications that it has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, and cooking activities. Students will receive homework supporting these activities to ensure comprehension.
- Nutrition education will be incorporated within the school community. The nutrition education program shall work with the school's meal program to use the cafeteria as a learning lab.
- Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

### **Physical Activity**

Cornerstone shall ensure that physical activity is an essential element 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 physical activity.

#### ***Goals Include:***

- **Students in Kindergarten thru 5th Grade** - All students in grades Kindergarten thru 5th shall receive 30 minutes per week of instructionally relevant physical education.

- **Students in Kindergarten thru 5th Grade** - All students in grades Kindergarten thru 5th will have at least 20 minutes of daily recess. Each class will be provided with space, equipment and an environment conducive to safe and enjoyable play.
- **Students in 6th Grade thru 8th Grade** - All students in grades 6th thru 8th, shall receive a minimum of one semester of physical education in each of the three years.
- **Students in 9th Grade thru 12th Grade** - All students in grades 9th thru 12th, shall receive a minimum of one credit of physical education in senior high school as required.
- **All Students** - All students will be encouraged to participate in community-offered fitness and athletic programs.
- **All Students** - Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

### **Other School-Based Activities**

Cornerstone will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

### **General Guidelines**

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool Programs will encourage healthy snacking and physical activity.
- Cornerstone shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Cornerstone shall be in compliance with drug, alcohol and tobacco-free polices.

### **Eating Environment**

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

### **Recycling**

- Cornerstone shall maximize the reduction of waste by recycling and using recycled products.

### **Employee Wellness**

- Cornerstone's Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

### **Use of School Facilities Outside of School Hours**

- Cornerstone will promote the use of school facilities outside of school hours for physical activity programs offered for the school community's use.

### **Behavior Management**

- Cornerstone is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

### **Guidelines for All Foods and Beverages Available During the School Day**

Cornerstone shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the State of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

### **General Guidelines**

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and cultural food preferences.
- To the maximum extent possible, Cornerstone will participate in available federal school meal programs, including the SBP and NSLP.
- Free, potable water will be made available to all children during each meal service.

### **Competitive Foods**

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
  - School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
  - School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by Cornerstone's food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

### **General Nutrition Requirements for Competitive Foods**

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

<b>Nutrient Standards for Competitive Foods</b>		
<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes (including any added accompaniments)</b>	<b>Entrée Items (including any added accompaniments)</b>
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans Fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

### **Exemptions**

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*\*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

<b>Nutrition Standards for Beverages</b>			
<i>Portion sizes listed are the <u>maximum</u> that can be offered.</i>			
<b>Beverages</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
Plain Water	unlimited	unlimited	unlimited
Unflavored Low-Fat Milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored fat-free milk	-	-	-
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.
For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.			

### **Standards for food and beverages available during the school day that are not sold to students.**

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Cornerstone will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Fundraising**

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- Cornerstone's Health School Team is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school year:

<b>School Type</b>	<b>Maximum Number of School Days to Conduct Exempted Fundraisers</b>
Combination School	9 Days

- Cornerstone's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

### **Policy for Food and Beverage Marketing**

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Cornerstone will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- Cornerstone's nutrition department purchasing decisions will reflect the marketing guidelines mentioned above.

### **Evaluation and Measurement of the Implementation of the Wellness Policy**

Cornerstone's Wellness Committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

### **Triennial Progress Assessments**

Cornerstone will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Cornerstone is in compliance with it's wellness policy;
- The extent to which the school's wellness policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

### **Informing the Public**

Cornerstone will ensure that the wellness policy and most recent triennial assessment are available to the public at all times on our website ([www.csjax.org](http://www.csjax.org)).

### ***Goals Include:***

- Cornerstone will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- Cornerstone will present wellness policy updates, as applicable, during meetings with the Parent Teacher Organization (PTO), health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, and Cornerstone website to ensure that the community is informed and that public input is encouraged.

- Cornerstone will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

### **Community Involvement**

Cornerstone is committed to being responsive to community input, which begins with awareness of the wellness policy. Cornerstone will actively communicate ways in which parents, students, representatives of the school food authority, teachers, school health professionals, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

#### ***Goals Include:***

- Cornerstone will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- Cornerstone will use electronic mechanisms, such as email or displaying notices on Cornerstone's website, as well as non-electronic mechanisms, such as newsletters and sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final school leadership meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

### **Record Keeping**

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and annual assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the annual assessment of the local school wellness policy.

**See Next Page**



**Key Personnel / Stakeholders**

<b>Key Staff Members and Stakeholders / Healthy School Team</b>	
Mr. Donald Corley	Food Service Director
Mr. Eric Wagner*	Food Service Manager
Ms. Jenna Chapman	Kitchen Manager ( <i>FSMC Rep</i> )
Ms. Donna Stables*	Head of School ( <i>School Administrator</i> )
Mrs. Sabra Selling	Parent Representative (1)
Ms. Elizabeth Adams	Parent Representative (2)
A. Williams	Student Representative (1)
Z. Brown	Student Representative (2)
Ms. Wendy Cruz	School Health Professional Representative
Ms. DaShaundra Smith	Physical Education Teacher Representative
Mrs. Krystal Myers*	General Public Representative

\* Members of the Staff Wellness Subcommittee

**July 7, 2023 – Reviewed & Approved**

**This institution is an equal opportunity provider.**

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