

BCA Wellness Policy

(Board Approved - October, 2019)

The following Nutritional guidelines will be enforced during the school year, in an effort to establish healthy eating habits during school hours.

1. No carbonated pop or soda drinks for any student. We highly encourage bottled water. Parents please monitor the sugar content of so called healthy drinks vitamin water/ gatorade. Water will always be offered at lunch, and water breaks will be offered/encouraged during the school day.
2. Snacks will be sold for sporting events and after 4:00PM.
3. One sugar snack will be allowed (this year) for Class Parties. All other party snacks will need to be healthy and school approved. Our goal is to reach our five hour a week physical activity. This is done through recess, parties, after school sports, rewards, classroom activities, ect.
4. Snacks brought in for Birthday Parties will not be the mile-high frosting cupcakes. We encourage small treats, an individual salty snack bag, and water.
5. We are asking all parents to pack healthy lunches, but BCA will not be monitoring lunches brought from home, except for carbonated pop drinks, and appropriate calories. Teachers will not use food as treats for classwork or behavior- instead classes will earn extra recess, free time, etc. as class rewards.

The following Physical Activity Guidelines will be enforced during the school year, in an effort to establish healthy physical exercise:

1. BCA students will receive the Ohio recommended amount of daily physical activity (i.e. at least 30 minutes per day of moderate to high physical activity). This is doubled for our K-5th graders, with the addition of a 30 minute recess. All students K-8th participate in one or two physical education sessions per week.
2. Students from 5th-8th grade will have the opportunity to participate in five different sports, sponsored by BCA. These include Coed Soccer, Girl's Volleyball, Boys and Girls Basketball and Co-ed Track.

The following Mental Health Guidelines will be enforced and monitored by our Dean of Students, who has a Master's in Clinical Counseling.

1. Any food deprivation Issues and/or dress negligence will be addressed through our Dean of Students, and reported to parents and/or Job and Family Services.
2. Students, Staff and Parents will have access to Biblical and General counseling through Mrs. Tina Gowins, our Dean of Students.

BCA has performed well in limiting unhealthy foods / snacks in the building at lunchtimes and celebrations (birthdays and holidays). **BCA** has increased the amount and variety of healthy snacks the students are receiving through the Fresh Fruit and Vegetable Program where students are exposed to a variety of vegetable and fruit choices.

BCA continues to support teachers with healthy classroom incentives that give opportunities for physical activity.

BCA will, at the next revision of the Wellness Policy, set measurable goals for nutrition promotion.