

# NATIVE AMERICAN CHRISTIAN ACADEMY

## Local Wellness Policy

### Nutrition Education

- Each grade will participate in a Health Education class
- Our school will encourage staff to model healthy eating and physical activity as a valuable part of life
- The entire school environment will promote and support physical education and healthy eating

### Physical Education and Physical Activity

Physical Education will be provided to all students grades K-12

- Students in grades K-4 shall receive a minimum of 150 minutes of physical education a week
- Students in 5-12 will receive or have the option of 200 minutes a week
- All students K-12 shall receive daily supervised recess. K-6 grades will participate in 2 recesses, one in the morning and one after lunch, lasting at least 20 minutes each. 7-12 grades will receive an after lunch recess and breaks throughout the day
- The students will take part in the Presidential Fitness test each year
- The students are encouraged to participate in sports and after school activities that promote physical activity

### Activities to promote Student Wellness

- Our school will promote healthy choices by displaying healthy foods in the dining hall. We will implement the use of posters and provide opportunities for the students to get involved in food related activities
- Our school will work with the school health advisory council to monitor, review, and revise the Local Wellness policy as needed or every 3 years. The council will consist of the Health Tech, Physical Education Teacher, Food Service Director, and Executive Director
- Students will participate in health class to learn healthy eating and exercise habits

### Nutrition Promotion

- As a boarding school, we feed our students three meals a day and on every other weekend. All meals promote good nutrition and include but is not limited to; fruits, vegetables, whole-grains and fat-free milk

- We offer two different types of milk to our staff and students: 1% white milk and non-fat whole milk
- All meals shall be attractive to our students to the best of our abilities
- Students will be provided a pleasant environment to eat their meals
- After obtaining their food, students will be given an adequate time to eat their meals of at least 30 minutes
- Our school complies with all special dietary needs for students as defined in the AED special dietary needs manual
- All food service personnel will have adequate training in food service operations and will hold a food handlers card
- Parents are provided with a copy of our Wellness Policy
- The school Wellness Policy is posted on the school website

### Nutrition Guidelines for all foods on campus

- Our school participates in the school breakfast program and national lunch program
- Our school will not use food as a reward
- Staff and students will have access to free, clean and fresh water at all times
- The cooks do not add any salt or sugar beyond the recipe amount
- All food and beverages are consistent with federal regulations for program meals
- Marketing and advertising of foods and beverages that don't meet Smart Snack in School nutrition program standards are not allowed

### Indian Health Services Partnership

- Our school will work closely with IHS to provide health care and good nutrition to students
- Our school will receive dental check-ups and cleaning for our students
- IHS will administer the Fitness Gram Pacer test to K-8<sup>th</sup> grade at least once a year
- IHS will provide hearing and vision test at the beginning of the year
- IHS will provide healthy eating and physical fitness training for all our staff

### Goals

- Teach our students proper foot care and provide items needed for doing so in the dorms
- Work with IHS to teach the students healthy eating
- Include High school students in our National Lunch and Breakfast program

*The NACA Wellness policy is reviewed and updated at least every three years. Please contact the school office if you would like to participate in the review, update, or implementation of our Local Wellness Policy.*

*Assessment results can be seen in the school office and will be posted online.*