

School Name:

Ramah Christian Academy

Strategy	Current Policy	Strength of Current Policy			Implementation of Current Policy					Notes	
		Strong	Weak	No Policy	School Wide	Most Classrooms	A Few Classrooms	In Planning	No Classrooms		
<p>These are the strategies that you will be working to write into policy.</p>	<p>Write any current policy you have for each strategy into the corresponding boxes below. Next you will score the strength and implementation of each policy.</p>										Opportunities, Barriers, Resources Needed, Rank Policies by Priority, etc.
<p><b>Celebrations and Rewards</b></p> <p>The Academy will work towards only offering foods on the school campus that will meet or exceed the USDA Smart Snacks in School nutrition standards including through:</p> <ol style="list-style-type: none"> <li>1. Celebrations and parties. The Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the <u>Alliance for a Healthier Generation</u> and from the <u>USDA</u>.</li> <li>2. Classroom snacks brought by parents. The Academy will provide to parents a <u>list of foods and beverages that meet Smart Snacks</u> nutrition standards.</li> <li>3. Rewards and incentives. The Academy will provide teachers and other relevant school staff a <u>list of alternative ways to reward children</u>.</li> </ol>	<p>Provide healthy choices for snacks and celebrations; limit unhealthy choices. LG</p>	X	X		X	X	X	X	X		Specifically state restrictions (i.e. peanut)

	<p>(CSPAP)</p> <p>All elementary schools will offer at least <b>20 minutes of recess</b> on all days during the school year (Exception: <i>This policy may be waived on early dismissal or late arrival days</i>).</p> <p>The Academy recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week.</p>			
<p>The school demonstrates a commitment to neither deny nor require physical activity as a means of punishment. <b>HUSSC</b></p>	<p>Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) <b>will not be withheld</b> as punishment for any reason [“This does not include participation on sports teams that have specific academic requirements].</p> <p>Teachers and other school personnel <b>will not</b> use physical activity (e.g., running laps, push ups) as punishment. The Academy will provide teachers and other school staff with a <u>list of ideas</u> for alternative ways to discipline students.</p>	<p>X</p>	<p>X</p>	<p>can 3-5 min breaks be provided daily</p>
<p>Limit recreational screen time. (School based screen time) <b>LG</b></p>		<p>X</p>	<p>X</p>	

<p>Provide water and low fat milk; limit or eliminate sugary beverages. LG</p>	<p>Our school Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk</p> <p>To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout the school campus. The Academy will make drinking water available where school meals are served during mealtimes.</p>	<p>X</p>	<p>X</p>	
<p>Provide non-food rewards. LG</p>	<p>Celebrations and parties. The Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the <u>Alliance for a Healthier Generation</u> and from the <u>USDA</u>.</p>	<p>X</p>		
<p>Primarily non-food items should be sold through school fundraising activities. HUSSC</p>	<p>Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The Academy will make available to parents and teachers a list of healthy fundraising ideas [examples from the <u>Alliance for a Healthier Generation</u> and the <u>USDA</u>].</p>	<p>X</p>		<p>Policy does not address non-food items fundraising.</p>
<p>Provide opportunities for children to get physical activity every day. LG</p>	<p>Children and adolescents should participate in at least 30 minutes of physical activity every day. Substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program</p>	<p>X</p>	<p>X</p>	<p>Specifically State if students will get physical activity. / State what percentage of group(s) of children will participate in an activity. and those that are involved</p>