



# THE KING'S ACADEMY

PRESCHOOL & LEARNING CENTER

1302 EDGEWAY DRIVE WINTER GARDEN, FL 34787

407-656-5665 | [WWW.YOURKINGSACADEMY.COM](http://WWW.YOURKINGSACADEMY.COM)

## 2024 EDITION OF THE WELLNESS POLICY

## The King's Academy Wellness Policy

### Table of Contents

Preamble .....	2
School Wellness Committee .....	3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement.....	4
Nutrition .....	5
Physical Activity .....	9
Other Activities that Promote Student Wellness.....	10
Glossary.....	11



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## The King's Academy Wellness Policy

### Preamble

*The King's Academy* (hereto referred to as the TKA) is committed to the optimal development of every student. The TKA believes that for Scholars to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition, and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among Scholars.<sup>8,9,10</sup> In addition, Scholars who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.<sup>11,12,13,14</sup>

This policy outlines the TKA's approach to ensuring environments and opportunities for all Scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Scholars in the TKA have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.
- Scholars receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Scholars have opportunities to be physically active before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- The community is engaged in supporting the work of the TKA in creating continuity between school and other settings for Scholars and staff to practice lifelong healthy habits; and
- The TKA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

The Wellness Policy in its entirety may be viewed in the School's Main Office.

This policy applies to all Scholars and staff of TKA.

## I. School Wellness Committee

### **Committee Role and Membership**

The TKA will convene a representative TKA wellness committee (hereto referred to as the TKAWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this TKA-level wellness policy (heretofore referred as “wellness policy”).

The TKAWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; Scholars; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the TKAWC will include representatives from each school building and reflect the diversity of the community.

### **Leadership**

The Superintendent or designee(s) will convene the TKAWC and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

The school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

Name	Title	Email address	Role
Byron Stevenson	President	<a href="mailto:pastorbyron2@gmail.com">pastorbyron2@gmail.com</a>	TKAWC Chairperson
Daniela Arancibia	School Leader	<a href="mailto:darancibia@yourkingsacademy.com">darancibia@yourkingsacademy.com</a>	TKA Principal
Jose Ann Watson	Program Administrator	<a href="mailto:jwatson@westorlandochurch.tv">jwatson@westorlandochurch.tv</a>	West Orlando Christian Center
Lisa Davis	Nutritionist	<a href="mailto:theolisad@yahoo.com">theolisad@yahoo.com</a>	Nutritionist
Modica Flemming	Director	<a href="mailto:director@yourkingsacademy.com">director@yourkingsacademy.com</a>	TKA Preschool Director

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The TKA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to the school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: <https://yourkingsacademy.com/>

### ***Determining Allowability***

Allowable costs are those costs consistent with the principles set out by the Department of Agriculture and those permitted by the grant program's authorizing board. To be allowable, costs must be reasonable, allocable, and necessary and they must comply with the funding statute and agency requirements.

### ***Separation of Duties***

Staff members who receive or manage the collection of monies are not allowed to be the distributors of said monies.

### ***Physical Controls***

No funds will be held by any individual, no transactions are done via cash, Cashapp or any other means that resembles cash. All funds are distributed via credit card attached to the food program for proper accounting purposes.

### ***Recordkeeping***

The TKA will retain records to document compliance with the requirements of the wellness policy at the TKA's Main Office and/or on the website, <https://yourkingsacademy.com/> Documentation maintained in this location will include but will not be limited to:

- The written wellness policy,
- Documentation demonstrating compliance with community involvement requirements,
- Records that clearly report all financial transactions,
- Records shall be maintained for no less than 3 years of the final claim for reimbursement for the fiscal year to which it pertains.

### ***Use of Funds***

The School Food Service Account and its funds are not allowed to be used to cover bad debt.

### ***Annual Progress Reports***

The TKA will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the TKA in meeting wellness goals. This annual report will be published around the same time each year in July and will include information from each school within the TKA. This report will include, but is not limited to:

## The King's Academy

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy,
- A description of each school's progress in meeting the wellness policy goals,
- A summary of each school's events or activities related to wellness policy implementation.
- The name, position title, and contact information of the designated TKA policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the TKAWC. The annual report will be available in English and translated upon request.

The TKA will notify households/families of the availability of the annual report on their website.

The TKAWC, will establish and monitor goals and objectives for the TKA.

### ***Triennial Progress Assessments***

At least once every three years, the TKA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the TKA are following the wellness policy,
- A description of the progress made in attaining the goals of the TKA's wellness policy.

### ***Revisions and Updating the Policy***

The TKAWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as TKA priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

### ***Community Involvement, Outreach, and Communications***

The TKA is committed to being responsive to community input, which begins with awareness of the wellness policy. The TKA will actively communicate ways in which representatives of TKA and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that TKA. The TKA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The TKA will use electronic mechanisms, such as email or displaying notices on the TKA's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

## **III. Nutrition**

### ***School Meals***

The TKA is committed to serving healthy meals to Scholars, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school Scholars within their calorie requirements. The school meal programs aim to improve the diet and health of school Scholars, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

# The King's Academy

TKA participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and Afterschool Snack Program. All schools within the TKA are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all Scholars,
- Are appealing and attractive to Scholars,
- Are served in clean and pleasant settings,
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The TKA offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using the following [Smarter Lunchroom techniques](#):
  - Daily fruit options are displayed in a location in the line of sight and reach of Scholars
  - All available vegetable options have been given creative or descriptive names
  - All staff members, especially those serving, have been trained to politely prompt Scholars to select and consume the daily vegetable options with their meal
  - Milk is placed in front of other beverages in all coolers.
  - A reimbursable meal can be created in any service area available to Scholars.
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
  - Daily announcements are used to promote and market menu options
  - School meals are administered by a team of child nutrition professionals.
  - The TKA child nutrition program will accommodate Scholars with special dietary needs.
  - Participation in Federal child nutrition programs will be promoted among Scholars and families to help ensure that families know what programs are available in their Scholars' school.

## ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

## ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all Scholars throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The TKA will make drinking water available where school meals are served during mealtimes. In addition, Scholars will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

## ***Competitive Foods and Beverages***

The TKA is committed to ensuring that all foods and beverages available to Scholars on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA

## The King's Academy

Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <https://www.fdac.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Smart-Snacks> The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to Scholars on the school campus during the extended school day will meet or exceed the state nutrition. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts. **As of the 2023/24 school year, TKA does not provide food and beverages outside of the school day. TKA does not offer any foods or beverages for sale.**

### ***Celebrations and Rewards***

All foods offered on the school campus will meet or exceed the state nutrition standards, including through:

1. At the beginning of each school year. TKA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) .
2. The TKA will provide teachers and other relevant school staff a [list of alternative ways to reward Scholars](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior

### ***Fundraising***

Foods and beverages will not be sold on the school campus, during the school day.

### ***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Scholars and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to Scholars and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, Scholars, and the community.

The TKA will promote healthy food and beverage choices for all Scholars throughout the school campus, as well as encourage participation in school meal programs.

### ***Nutrition Education***

The TKA aims to teach, model, encourage, and support healthy eating by Scholars. Schools will provide nutrition education and engage in nutrition promotion that:

- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and



healthy food preparation methods.

- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

### ***Essential Healthy Eating Topics in Health Education***

The TKA will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole grain products
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Accepting body size differences
- Importance of water consumption
- Importance of eating breakfast
- Social influences on healthy eating, including media, family, peers, and culture

TKA will encourage the [Eat Smart to Play Hard poster](#) as a simple guide to help students, teachers and families make better choices.

### ***Food and Beverage Marketing in Schools***

The TKA is committed to providing a school environment that ensures opportunities for all Scholars to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The TKA strives to teach Scholars how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if Scholars are subjected to advertising on TKA property that contains messages inconsistent with the health information the TKA is imparting through nutrition education and health promotion efforts. It is the intent of the TKA to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the TKA's wellness policy.

Any foods and beverages marketed or promoted to Scholars on the school campus during the extended school day will meet or exceed the state nutrition standards.

Food advertising and marketing is defined<sup>15</sup> as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.

- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, TKAs will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the TKA.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

#### **IV. Physical Activity**

Scholars should participate in 60 minutes of physical activity every day. A substantial percentage of Scholars' physical activity can be provided through a comprehensive, school-based physical activity program that includes these components: physical education, classroom-based physical activity, and out-of-school time activities and the TKA is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

##### ***Physical Education***

The TKA will provide Scholars with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help Scholars develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection).

All Scholars will be provided equal opportunity to participate in physical education classes. The TKA will make appropriate accommodations to allow for equitable participation for all Scholars

##### ***Essential Physical Activity Topics in Health Education***

The TKA will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching

## The King's Academy

- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

### ***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

The TKA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the Scholars whenever feasible.

## **V. Other Activities that Promote Student Wellness**

The TKA will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The TKA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the TKA are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the TKA's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the TKAWC/TKAWC. All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

### ***Community Partnerships***

The TKA will attempt to develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### ***Community Health Promotion and Engagement***

The TKA will promote to parents/caregivers, families, and the general community the benefits of

## The King's Academy

and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the TKA will use electronic mechanisms (such as email or displaying notices on the TKA's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The TKAWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies, and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is

### ***Professional Learning***

When feasible, the TKA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help TKA staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing TKA reform or academic improvement plans/efforts.

### ***Glossary:***

**Extended School Day** - time during before and after school activities that includes clubs, intramural sports, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport Scholars, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532.

<sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

<sup>3</sup> Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36.

<sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

<sup>5</sup> Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

<sup>6</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

<sup>7</sup> Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213.

<sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

<sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

<sup>10</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

<sup>11</sup> Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

<sup>12</sup> Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

<sup>13</sup> Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

<sup>14</sup> Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

<sup>15</sup> Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from <http://changelabsolutions.org/publications/district-policy-school-food-ads>.

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