

Wellness Policy
The Foundations School at the Center for Creative Education

Preamble

The Foundations School at the Center for Creative Education 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.

The Foundations School at the Center for Creative Education is committed to creating school environments that promote and protect 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.

1. Local School Wellness Policy Leadership

The Foundations School at the Center for Creative Education will assemble a representative wellness committee that will meet in beginning of the school year (September) as well in the second semester (February) to monitor and set goals for the development and implementation of our school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

➤ The Director of Schools (principal)/Food Service Manager (Kevin Kovacs) shall ensure overall compliance concerning the wellness policy.

➤ Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the wellness policy.

We will include Supplemental Assistance Program Education (SNAP-ED) coordinators or educators on the local school wellness policy committee, as appropriate.

➤ *Examples of the public may include a local dietitian, business representative, health care professional or community or civil leader interested in children, nutrition, education, health and physical activity.*

➤ *We will also make available to the public and school community, a list of names and position titles (or relationship to the school) of individuals who are a part of the wellness committee; as well as the name, position title, and school-based contact information of the lead individual (s) or coordinator(s) for the school.*

- The director of schools/principal and school staff shall have the responsibility to comply with federal and state regulations as they relate to The Foundations School's wellness policy.
- The director of schools/principal 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 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-2.002)
 - 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-2.002
 - And reporting its school's compliance of the regulations to the director of schools/principal, the person responsible for ensuring overall compliance with The Foundations School's wellness policy.

The Foundations School at the Center for Creative Education 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.

2. 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.

Nutrition Promotion related goals:

- 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.
- Increase the number of on campus locations that students can access useful nutrition information by 10-15%.
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts, and digital content by 10-15%.
- Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 20-25%.

- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

3. Nutrition Education

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

Nutrition Education related goals:

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during structured physical education classes, guided games during recess, and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in math, science, and other classes that might incorporate nutrition/health themes. Students might learn about mindful eating, balanced meals, and how to read nutrition facts labels.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff and school food service in partnership with community organizations will integrate hands-on experiences at least once per month, such as in-house field trips from local farmers, a visit to community gardens, and integrating nutrition and wellness themes into core curriculum whenever possible.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

The Foundations School at the Center for Creative Education shall ensure that physical activity is an essential element of each 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.

Physical Activity Goals:

- All students shall receive at least 150 minutes per week of social/emotional and academically relevant physical activity such as organized games during recess and movement/breathing exercises during mindfulness/yoga time each day.

- All students will have at least 20 minutes of daily free-play recess time (not teacher-guided or structured game play). The Foundations School will provide space, equipment, and an environment conducive to safe and enjoyable play.
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly (specify frequency of breaks per week), as appropriate.

5. Other School-Based Activities

The Foundations School at the Center for Creative Education 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 Foundations School shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- 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.
- The Foundations School 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.
- The Foundations School shall stay in compliance with drug, alcohol, and tobacco-free policies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 25 minutes after receiving their food.
- The Foundations School will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.

- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting, and purchasing recycled products.

Employee Wellness

- The Foundations School 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.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

- The Foundations School 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.

6. Guidelines for All Foods and Beverages Available During the School Day

The Foundations school at the Center for Creative Education 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 ethnic and cultural food preferences.

- To the maximum extent possible, The Foundations School will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- 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 (the LEA’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-2.002)
- 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.

Nutrient standards for competitive foods:

Nutrient Standard	Snack Items and Side Dishes <i>(including any added accompaniments)</i>	Entrée Items <i>(including any added accompaniments)</i>
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.*

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
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.
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 calorie 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 except for 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.
- Schools 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.

7. 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:

- Schools 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.
- The Foundations School will foster a food service environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.

- The Foundations School nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The Foundations School 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

The Foundations School will assess 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 The Foundations School is in compliance with the local school wellness policy.
- The extent to which the local school wellness policy compares to model local school wellness policies.
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

The Foundations School will ensure that the wellness policy and most recent triennial assessment are always available to the public. The Foundations School will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- The Foundations School will ensure the most updated version of the wellness policy and triennial assessments are always available to our staff and interested and enrolled families.
- The Foundations School will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, 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, The Foundations school at the Center for Creative Education website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.

10. Community Involvement

The Foundations School is committed to being responsive to community input, which begins with awareness of the wellness policy. The Foundations School will actively communicate ways in

which parents, students, representatives of the school food authority, teachers, school administrators, representatives from the local agriculture community, food and nutrition professionals, and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- The Foundations School will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- The Foundations School will use electronic mechanisms, such as email or displaying notices on the school'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 any updates to the wellness policy, as well as how to get involved and support the policy.

Record Keeping

Records to document compliance with the requirements of the 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 triennial assessments available to the public as consistent with the section on informing and updating the public
- Documentation of the triennial assessment of the local school wellness policy

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