

TFS Wellness Policy

The Foundations School 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/their 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 school meal programs, supporting the development of good eating habits and promoting increased physical activity.

The Foundations School is committed to creating an environment that promotes and protects 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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

1. Local School Wellness Policy Leadership

The Foundations School will assemble an Advisory Committee that will meet **annually** to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made.

- ☐ The School Food Authority shall ensure overall compliance with the local school wellness policy and its implementation.
- ☐ The Advisory Committee comprised of Parents/guardians, representatives of the school food authority, community health professionals, students, and school administrators shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
- ☐ The Advisory Committee is established by the Board of Directors to generally assist the COO and Head of Schools with daily school operations, function, and policies.

The Foundations School 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

2. Nutrition Promotion

- ☐ Students MUST be served a reimbursable meal regardless of whether they have money to pay or the family owes a balance.
- ☐ The Foundations School will provide breakfast through the USDA School Breakfast Program to all students who attend morning care.
- ☐ Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- ☐ Reduce the amount of food which students waste by 20% by monitoring consumption and/or waste.
- ☐ Listen to feedback from the students and actively work with food vendor to adjust the school menu to improve consumption by 20%
- ☐ Coordinate with food service vendors as to which products could be prepared on-site vs. delivered in order to improve food quality and consumption.
- ☐ Applications for Free/Reduced Meals are sent home annually during the first week of school and must be collected on every student who enrolls in the school after that time.

3. Nutrition Education

- ☐ 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 class and/or in general assemblies at least twice per school year.
- ☐ Faculty will build learning opportunities that integrate nutrition and/or wellness into other core subjects. Nutrition education should address agriculture and the food system. Other topics could include healthy choices, reading food labels and menu planning.
- ☐ 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.
- ☐ Specific training requirements for food service staff and teachers related to nutrition and physical activity will be developed over the next two years and must meet the annual Continuing Education/Training requirements in the USDA Professional Standards for Child Nutrition Programs.
- ☐ Preparation and professional development activities will provide staff with 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

- ☐ All elementary students will have at least 30 minutes of daily recess. The 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 develop and implement physical activities which meet a variety of child abilities. These activities should address the Florida State Standards for Physical Education where possible.
- ☐ Staff will provide daily, mid-morning physical activity/snacks breaks (“brain breaks”).
- ☐ Physical activity may never be used as a physical punishment.

- ☐ All students will participate in Sports and Fitness classes twice weekly (60 minutes weekly) for the entire year to help promote physical activity and focus on personal fitness.
- ☐ Sports and Fitness must be taught by a certified teacher, youth fitness specialist, or other relevant credentialed staff member.
- ☐ Students are not permitted to substitute another course for Sports and Fitness unless authorized by a physician in writing.
- ☐ Physical activity or sports clubs must be made available during aftercare.

5. Other School-Based Activities

The Foundations School will integrate wellness activities across the entire school setting. These initiatives may include nutrition, physical activity, social & emotional learning, 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 follow drug, alcohol and tobacco-free policies.
- ☐ Only food and drinks served to students through the NSLP are allowed in the kitchen which includes refrigerators, freezers, microwaves, and dry storage. Exceptions can be made for fundraising and special events but must be approved by administration.

Eating Environment

- ☐ Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

- ☐ The Foundations School will provide nutritious, fresh, locally grown food and/or contract with vendors that do.
- ☐ Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- ☐ The Foundations School shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.
- ☐ The Foundations School will reduce meals served in Styrofoam and seek ways to reduce single-use products.
- ☐ Students will use refillable water bottles in order to reduce the use of plastic water bottles.

Employee Wellness

- ☐ The Foundations School will have a licensed Clinical Social Worker who supports staff with wellness resources.
- ☐ All staff will be provided with opportunities to eat a healthy school lunch at no charge to them.
- ☐ All staff will have the opportunity to participate in wellness initiatives, including health assessments and wellness challenges.
- ☐ All full-time employees whether exempt or nonexempt will be eligible for Employee Health benefits.
- ☐ Staff are encouraged to model healthy eating and physical activity.

Health Services

- ☐ A coordinated program of professional development shall be provided staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.
- ☐ The Foundations School requires a school entry Health Form for all students.
- ☐ The Foundations School requires proof of or exemption from immunizations.
- ☐ At least one nutrition education class will be offered to parents and guardians annually.
- ☐ The Clinical Social Worker will monitor information from staff and families in order to identify food insecurities and connect students and families with appropriate resources.

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).
- ☐ Staff will not deny or require physical activity as a means of punishment.
- ☐ Staff may deny students activities they prefer during recess but may not withdraw or reduce a students' participation in recess.
- ☐ Students will be taught weekly lessons in SEL strategies using the PATHS curriculum.

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

The Foundations School 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. <https://www.fns.usda.gov/school-meals/nutrition-standards/nslp-meal-pattern> The guidelines for reimbursable 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.
- ☐ Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs as documented by a physician.
- ☐ 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 students during each meal service and throughout the day.
- ☐ The Foundations School will contract vended food sources where 5-10% of all fresh fruits and vegetables from local farmers when practicable.
- ☐ The Foundations School has implemented plans to protect students' privacy. The cafeteria is "cashless." Eligibility Status and Eligibility Source are not disclosed or accessible to any non-licensed staff.

Competitive Foods

- ☐ No foods or beverages may be sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

7. Standards for food and beverages available during the school day that are not sold to students:

- ☐ Class parties or celebrations should be held after the lunch period.
- ☐ **The Foundations School** will limit celebrations that involve food during the school day to no more than one party per class per month. Celebrations should focus on activities not food.
- ☐ The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties.
- ☐ No food will be brought into the classroom.
- ☐ While food may be a part of any given celebration, students must never be rewarded or punished using food.
- ☐ All snacks and beverages provided by The Foundations School, especially those in aftercare, comply with the nutritional standards established by the FDACS Smart Snacks Guidelines.
- ☐ Items can be checked using the Smart Snacks Product Calculator.
<https://foodplanner.healthiergeneration.org/calculator/>

8. 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.
- ☐ The SFA is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- ☐ As applicable, each sponsor shall maintain records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with the rule found at FAC 5P-2.002.

9. Policy for Food and Beverage Marketing

- ☐ No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).
- ☐ Marketing of food and beverages on school grounds that do not meet Smart Snacks standards is prohibited.
- ☐ Signage for healthier choices will be sent home, posted in classrooms, or posted in the cafeteria.

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

The Foundations School Advisory 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 compliance **at least once every three years** using the Wellness School Assessment Tool-Implementation or the School Health Index. This triennial assessment will monitor the implementation of the local school wellness policy, and include:

- ☐ The extent to which **The Foundations School** complies with the local school wellness policy.
- ☐ The extent to which the local school wellness policy compares to model local school wellness policies; and
- ☐ A description of the progress made in attaining the goals of the local school wellness policy.

11. 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 (as applicable/possible) 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 available on its website for the public to view.
- ☐ Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of emails, handouts, website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.
- ☐ Students and Parents may also be informed through classroom communication platforms such as ClassDojo.

12. 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/guardians, students, representatives of the school food authority, school health professionals, staff, 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 and Parents may offer suggestions and feedback to the staff and/or School Food Authority at any time and attention will be given to their comments.
- ☐ **The Foundations School** will use electronic mechanisms, such as email or displaying notices on **The Foundations School** website, as well as non-electronic mechanisms, such as newsletters to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- ☐ The Clinical Social Worker will seek and establish community partners which would support school wellness initiatives.

13. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are 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; and
- Documentation of the triennial assessment of the local school wellness policy.

This institution is an equal opportunity provider.