

LAKE WALES  

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CHARTER SCHOOLS

# WELLNESS POLICY

## **MISSION**

To provide nutritionally nourished bodies and minds to secure a healthier tomorrow.

## **VISION**

To develop and provide a foodservice program which provides positive influences to students for a nutritionally balanced lifestyle.

## **NUTRITION EDUCATION GOALS**

The school cafeteria at each LWCS school will function as a learning environment to encourage Lifelong Healthy Eating Habits. Students will learn how to make their own healthy choices to create a well-balanced meal.

LWCS will post to its website ([www.lwcharterschools.com](http://www.lwcharterschools.com)) School Menus and a list of a la carte items, along with the nutritional information for parents and students.

Nutrition education will be integrated into the curriculum as addressed in the Sunshine State Standards.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

Families will be encouraged to teach their children about health and nutrition and to provide nutritious meals for their families.

## **PHYSICAL ACTIVITY AND EDUCATION GOALS**

Schools will promote physical activity, exercise, and health-related physical fitness to create a lifestyle pattern for all students.

State requirements for physical education will be met or exceeded.

All students will have equal opportunity to learn; frequency, time and or intensity.

Physical Education will provide meaningful content and appropriate instruction.

Maintain and hire certified Physical Education teachers.

Create physical education instructional periods that include a minimum of 150 minutes of PE instruction per week in elementary schools and 225 minutes per week of PE instruction per week in the middle school.

Classroom teachers will receive training in order to develop methods of incorporating physical activity into the school day.

Schools will promote physical activity outside of physical education classes.

Encourage teachers to refrain from using physical activity for punishment, or withholding physical activity for academic or behavioral remediation during physical education class.

LWCS will promote and support programs and partnerships within the community that provide students' opportunities to be physically active.

Use a nationally recognized, and validated, pre- and post- physical fitness assessment and report results to parents annually.

Add high school interscholastic sports as they become sanctioned by the FHSAA.

Provide adequate equipment and facilities for all students.

## **GOALS FOR OTHER SCHOOL-BASED ACTIVITIES**

Wellness Policy guidelines and goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies):

Support for the health of all students will be demonstrated by implementing coordinated school health programs in every school, hosting health clinics, health screenings, and helping to enroll eligible children in health insurance programs.

After school programs will encourage physical activity and healthy habit formation.

## **MONITORING IMPLEMENTATION AND MEASURING OUTCOMES**

LWCS has formed and will maintain a local Wellness Committee comprised of school administrators, a school nurse, parents, students, teachers, board members, school lunchroom managers, school support personnel, and local physicians. The committee will help plan, implement and improve nutrition and physical activity in the school environment.

### **Wellness Policy Committee Members**

Parents(s):	Mike Richards
Students(s):	Kelli Kahm , LWHS
School Food Service:	Amy Medina, DRFBPE; Karrie Cothron, LWHS
Board of Trustees:	Patrick Cain
School Administrator(s):	Ken Henson, BP; Gail Quam, PA; Beverly Lynne, JHW
School Nurse:	Paula Alford (Chair)
Physical Education Staff:	Arianne Seidl, BA
Health Education Staff:	Paula Alford
Support Staff:	Sue Medders
Other Health Professionals:	Dr. Anthony Faro

During the first year of implementation of the Wellness Policy, the LWCS Wellness Committee will start the process of developing an outcomes-based evaluation system to measure and assess expected outcomes. Key individuals will be charged with administering the evaluations throughout the LWCS system. The evaluation process will be completed annually and reported to the Wellness Committee and the LWCS Board of Trustees.

The principal at each school will ensure that his or her school is meeting the LWCS Wellness Policy.

### **Procedures used for public input**

The LWCS Wellness Policy will be presented to the Board of Trustees annually during a public work session for discussion. The policy will then be recommended from the Superintendent at a public Board of Trustees meeting. Public comments and input will be accepted at that time, prior to the Board voting to approve or not approve the policy.

## **NUTRITION GUIDELINES FOR ALL FOODS SERVED OR SOLD**

### **School Meals Program**

Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

All reimbursable meals will meet the Recommended Dietary Guidelines for Americans and the following Healthy School Meals Initiative Guidelines:

- i. Student breakfasts will provide  $\frac{1}{4}$  of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- ii. Student lunches will provide  $\frac{1}{3}$  of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- iii. The average fat content of school meals will not exceed 30% total fat and 10% saturated fat.

Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing, and culturally diverse meals.

- i. Student and Foodservice Manager menu Surveys will be conducted.
- ii. Student taste testing of food items is a bid requirement when considering new menu items.

### **Child Nutrition Operations**

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program needs.

The child nutrition program will ensure that all students have affordable access to the varied and, nutritious foods they need to stay healthy and learn well.

The school will strive to increase participation in the available federal Child Nutrition programs (school lunch, school breakfast, after-school snack and summer foodservice programs).

School foodservice staff will be properly trained according to current professional standards and will regularly participate in professional development activities.

## **All Other Foods Made Available on Campus**

Foods outside of the National School Meals Program made available on campus will meet the following Nutrition Standards.

Foods will comply with the current USDA Dietary guidelines for Americans:

- i. Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
- ii. Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
- iii. Added sugars will not exceed 35% by weight (excluding fruits and vegetables).
- iv. Conscious effort should be made to limit the sodium content of foods.

Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

Promotional activities will be limited to programs that are requested by school officials to support teaching and teaming. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

## **A La Carte Food**

### **Elementary Schools**

- i. Foods sold daily as a la carte will be restricted to skim and low fat milk, 100% juice, water, fruits and vegetables.
- ii. Once a week, other approved foods approved, such as sherbet, frozen yogurt, cookies and popcorn may be sold.

### **Secondary Schools**

- i. All foods sold daily as a la carte will meet the State Nutrition Standards.
- ii. Foods of Minimal Nutrition Value as defined by USDA may not be sold.

## **Vending**

### Beverage Contracts

#### Elementary Schools

- No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.

#### Secondary Schools

- Carbonated beverages sold on the high school campus will include 50% healthy choices, i.e., water, fruit juices and or nutritional power drinks.

### Snack Vending

- Snack vending machines on the high school campus will include no less than 50% healthy choices. No snack machines will be allowed on the elementary school campuses except where not accessible to students.

## **Fundraisers**

Fund raisers should not include candy products if at all possible, but rather non-perishable products, i.e. wrapping paper, candles, etc. Should there be candy products included in the fund raising material, these products cannot be sold to students during the school day or during school activities.

Food and beverages sold during school events will include healthy choices, i.e. water, power drinks, fruit juice and snacks from Appendix A. Food and beverages that are sold in concession stands will include healthy choices.

Fundraisers not associated with the school, in which food and /or beverages are being sold, should not be sold to students during the school day and should only be posted in the teacher's lounge. (Example: Girl Scout cookies)

## **School Parties *and* Other Celebrations**

Any activity during the school day, involving food and/or beverages will meet the National Nutrition Standards. An exception may be made to this policy but will be limited to once per month per classroom.

Healthy attitudes about food will be promoted. Suggestions for appropriate non-food rewards may be found in Appendix A, however, schools should strive to promote a sense of pride and accomplishment as the primary reward.

## **Classroom Snacks**

Pre-K and Kindergarten classroom snacks will include healthy choices. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. Appendix A provides a list of Suggested Healthy Classroom Snacks.

After School snacks served as part of the Federal After School Snack Program will meet the federal guidelines.

## **Eating Environment**

Meals will not be used as reward or discipline for student behaviors.

Students will be provided adequate time to eat lunch. Schools shall be working toward providing at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

Lunch periods are scheduled as near the middle of the school day as possible.

Cafeterias should include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas are attractive and have enough space for seating all students.

## **Food Safety/Food Security**

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.

For the safety and security of the food and facility, access to the foodservice operations are restricted to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program.

During an after-school event, in which permission by LWCS has been granted, the foodservice preparation and storage facilities **may be** used. Authorized foodservice personnel must be present during the event and the storage facilities may not be used following the conclusion of the event.

## ***Appendix A – Choices for Healthy Classroom Snacks and School Activities***

### **Beverages**

Water  
Milk, Non-fat, low-fat, plain or flavored  
100% Fruit Juices  
Fruit Smoothies

### **Snacks**

Fresh Fruit and. Vegetables	Low Fat or Fat Free Yogurt
Canned Fruit (in natural juices or light syrup)	Trail . Mix with Fruit, Nuts and Seeds
Celery or Apples with Peanut Butter	Soy Nuts
Dried Fruit	Hummus
Pop Corn	Low Fat String Cheese
Dry Cereal. (low sugar varieties)	Baked Tortilla Chips with Salsa
Mini Bagels	Low Fat Fruit or Grain Muffin (2 oz or less)
Soft or Hard Pretzels	Wafer Cookies
English Muffins	Low Fat or Fat Free Frozen Yogurt
Fruit Bar	Low-Fat Crackers
	Non-iced Animal Crackers

### **Healthy Entree Choices for After School Parties or Celebrations**

Salads (Taco Salad, Grilled Chicken Salad, Pasta Salad)  
Burritos or Tacos made with low fat cheese and lean 'meat  
Quesadillas made with low fat cheese  
Pasta with Tomato Sauce  
Sub Sandwiches  
Tortilla Wraps  
Pizza Bagels  
Baked Potato Bar

### **Non-Food Reward Ideas**

Sticker Certificates	Eat lunch outdoors with the class
School supplies	Fun video
Movie Coupons	Fun physical activity break
Special Recognition	Extra Credit Eat lunch with teacher/adm
Extra computer time, art time, reading time, etc	

## *Appendix B – Opportunities for Additional Physical Activity*

### **Define Physical Activity:**

1. Physical Activity: Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.
2. Moderate Physical Activity: Activities that use large muscle groups and are at least equivalent to brisk walking.
3. Vigorous Physical Activity: Rhythmic, repetitive physical activities that use large muscle groups *at* 70% or more of the maximum heart rate for *age*.

### **Define Physical Education:**

A physically educated person:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities,
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity
4. Achieves and maintains a health enhancing level of physical: fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self expression and/or social interaction.



### **Opportunities for Additional Activity**

1. Elementary 1-5:
  - Before school
  - Extended lunch
  - Preferred Activity time
  - Field days
  - After school programs
  - Community based activities
2. Middle 6-8:
  - Before school
  - Extended lunch
  - Preferred Activity time
  - Field Days
  - After school
  - intramurals
  - Middle School Extramural sports
  - Community based activities
3. High School:
  - Intramurals
  - Interscholastic Sports (Sanctioned by the FHSAA), Marching Band
  - Dance Teams and Cheerleading
  - ROTC
  - Community based activities

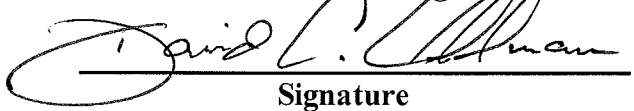
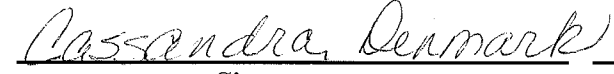
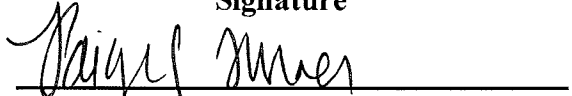


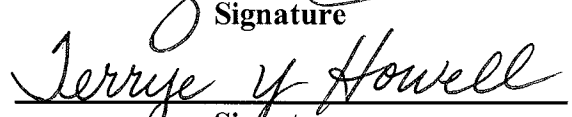
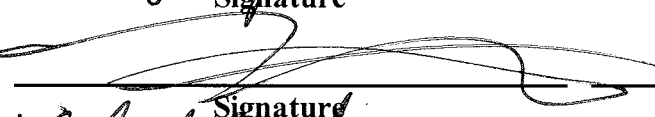

### Approval Signature Page

The following signatures represent the approval of the LWCS Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

**LWCS School Officials' Signatures:**

	<b>Superintendent</b>	2/22/11
Signature	Title	Date
	<b>CFO</b>	2/22/11
Signature	Title	Date

**LWCS Board of Trustees Signatures:**

	<b>Chairman</b>	2/22/11
Signature	Title	Date
	<b>Vice-Chairman</b>	2/22/11
Signature	Title	Date
	<b>Trustee</b>	2/22/11
Signature	Title	Date
	<b>Trustee</b>	2/22/2011
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	<b>Trustee</b>	02/22/2011
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	<b>Trustee</b>	2/22/2011
Signature	Title	Date
	<b>Trustee</b>	2-25/11
Signature	Title	Date
	<b>Trustee</b>	2/22/11
Signature	Title	Date

Policy Adoption Date: February 22, 2011