

# **WELLNESS POLICY FOR: Amazing Hope School Academy**

## **Setting Nutrition Education Goals**

### **Classroom:**

Nutrition education is offered as part of a planned, systematic, comprehensive school health education program designed to provide students with knowledge and skills necessary to promote and protect their health. It is based on federal and state guidelines for health and nutrition education. Students will learn the food pyramid and participate in classroom discussions with their teachers regarding making healthy food choices. Weekly, they will evaluate the lunch menu to see how the food fits USDA's MyPlate.

### **Education Outside the Classroom:**

Nutrition services support classroom activities for all elementary, middle and high school students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

### **Teacher Training:**

The school provides appropriate training for teachers and other school staff members in the area of health and nutrition education. Professional development activities and training provides basic knowledge of nutrition, combined with instructional techniques and strategies designed to promote healthy eating behaviors. Staff providing nutrition education does not advocate dieting behaviors or any specific eating regimen.

### **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.

### **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 student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 20-25%. 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.
- Organizations operating concessions at school functions will promote healthy food choices by introducing several healthier items at a lower profit margin to encourage student selection.

- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales.
- School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students, through activities such as:
  - o Featuring food grown in the school garden, through sampling and inclusion in school meals based upon availability and acceptability.
  - o Developing cafeteria themes relating to local farmers and products grown in the region.
  - o Developing creative campus fundraisers based on healthy food items, integrating farm-grown produce where appropriate.

### **Setting Physical Activity Goals**

#### **Classroom Format & Instruction**

The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Participation in such physical activity is required for all students in kindergarten through grade five for a minimum of forty minutes, three days a week, or the equivalent.

#### **Teacher-Student Ratio**

We ensure that physical education classes have a teacher/student ratio comparable with those of other classes and state requirements. Currently, we're offering such classes at a 12:1 ratio.

#### **Sequential Physical Education**

Physical education classes are developmentally appropriate and based on standards from the National Association for Sport and Physical Education (NASPE), and Florida Department of Education's sunshine state standards. Education is sequential, building from year to year. Incorporating Physical Activity into the Classroom: Opportunities for physical activity shall be incorporated into other subject lessons, as part of the learning process and as an "activity break". Short physical activity breaks between lessons or classes can also be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments. Physical education teachers assigned to each school are used as a resource for training other teachers on appropriate methods for "activity breaks."

### **Staff Training/Certification**

Physical education is taught by a certified specialist.

### **Physical Activity Outside of Physical Education**

We incorporate a minimum of two school and/or community based activities per school year that support physical education and active lifestyles. Students also participate in outside sports such as Soccer and Football through the City of Apopka.

### **Recess**

We have supervised recess for a minimum of 30 minutes a day. Recess is scheduled after lunch.

### **Walk/Bike to School**

When appropriate, the school works with local community agencies to make it safer and easier for students to walk and bike to school.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

### **Nutritional Value**

Nutrition guidelines that meet USDA standards are established for all foods available through school meals or vendors. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

### **Portion Size**

School foods are served in age-appropriate portion sizes.

A La Carte/Vending/Student Stores/Concession Stands/In-School Fundraisers

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.

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 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 and FAC 5P-2.002.

To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards found in the Smart Snacks Product Calculator (healthiergeneration.org).

### **After school Snacks/Field Trips/School Events**

Any school snack is based on the nutrient guidelines from the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Each school makes available nutritious snacks (as prescribed by USDA Snack guidelines) and provides structured physical activities in after-school programs.

### **Parties/Celebrations/Meetings**

Schools are encouraged to promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons. Schools are encouraged to limit the number of celebrations in the school.

### **Food Rewards**

Foods or beverages that meet the nutritional standard listed in this Wellness Policy used on a regular basis as rewards for academic performance or good behavior. Candies, cookies, or any other empty caloric treat are avoided.

### **Food Related Fundraising**

Schools commonly use food and beverage sales in fundraising activities. To support children's health and reinforce nutrition lessons, fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that include the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping schools meet their financial needs.

### **Food/Beverage Contracts**

No new contracts shall be entered into nor renewed for the sale of any non approved food or beverage on campus from before the school day until ½hour after the end of the school day.

### **Qualified nutritional professionals administer the school meals programs.**

Setting Goals in the School Meals Program

### **Access**

We provide free/reduced meals and affordable access to nutritious foods without any stigma or identification.

### **Time and Scheduling**

We allow adequate time for breakfast and lunch and not schedule any meetings or activities during mealtimes.

### **Surroundings**

The dining room facility is conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, custodial staff, etc.) receive training in appropriate dining practices from the school principal or designee.

### **Marketing**

Marketing in schools includes promotion of good nutrition and physical activity. In-school marketing of food and beverages will meet competitive food (Smart Snack) standards.

### **Coordinated School Health**

A coordinated program of accessible health services is provided to students and staff and include violence prevention, social emotional learning, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

### **Community Involvement**

Family and community partners are involved in the efforts of planning and supporting school wellness policies. AHSA is committed to being responsive to community input, which begins with awareness of the wellness policy. AHSA will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, 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:

### **Goals**

- AHSA 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.
- AHSA will use electronic mechanisms, such as email or displaying notices on AHSA'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.
- At the final board meeting of each year, the local school wellness policy will be discussed, and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.
- A team of district and community representatives will be established to support the food service director and teachers in implementing local purchasing and other farm to school activities on an ongoing basis.

## **Staff Wellness**

We provide information about wellness resources and services to assist in identifying and supporting the health, safety and wellness of site staff. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. This assurance includes other school based activities.

## **Setting Goals for Measurement and Evaluation**

### **Implementation**

The physical education/health teacher is responsible for providing technical assistance. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities. Additionally, evidence-based strategies such as the Smarter Lunchroom tools and techniques will be considered in establishing wellness goals.

### **Monitoring and Evaluation**

The principal monitors and evaluates schools' compliance with the wellness policy. We will monitor using BMI indices. The physical education teacher will draw a random sampling of students across grade levels to be evaluated twice per year, in the Fall and Spring. The analysis will consider whether students are demonstrating a positive age appropriate health result. The data will be used to prioritize needs in addressing various areas to develop additional programming.

### **Triennial Progress Assessments**

The wellness policy will be assessed for 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 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; and
- A description of the progress made in attaining the goals of the local school wellness policy.

### **Revision**

The Wellness Committee will review the Wellness Policy every year. Updates to the policy will be 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 review of the Wellness Policy and any recommended revisions will be presented to the board every year by Tanya Tolentino.

**Informing the Public**

Amazing Hope School Academy (AHSA) will ensure that the wellness policy and most recent triennial assessment are always available to the public. AHSA 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.

**Goals**

- AHSA will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- AHSA will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, 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, AHSA website, articles and each school’s newsletter, to ensure that the community is informed, and that public input is encouraged.
- AHSA will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

**These policies are adopted by Amazing Hope School Academy, effective 06/15/2023.**

**Original Committee members: Dr. Marilyn Card, Principal; Tanya Tolentino, Food Service Manager  
Michelle Sanchez, Community Member; Merling Melse, Parent**

**Reviewed by the Board of Directors on June 15, 2023**

**Board Member signature:**

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Date