**Central Florida Leadership Academy School Wellness Policy**

**Preamble**

Central Florida Leadership Academy 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.

Central Florida Leadership Academy 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**

School level

Central Florida Leadership Academy will establish an ongoing Healthy School Team that will meet annually (at least 1 time per year) to ensure compliance and to facilitate the implementation of Central Florida Leadership Academy’s wellness policy.

* The school Operations Manager, Gay Dougherty, and school staff shall have the responsibility to comply with federal and state regulations as they relate to Central Florida Leadership Academy’s wellness policy.
* The school Operation Manager will be responsible for establishing the Healthy School Team that will ensure compliance with the school wellness policy.
* The Healthy School Team will represent all school levels and include, but not be limited to, the following stakeholders: parents and caregivers, students, school food service program representatives (e.g. school nutrition director), school administrators (e.g. superintendent, principal, vice principal), school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dietitians, doctors, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists], physical education teachers, school board members, and the general public.
* The Healthy School Team is responsible for:
  + 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.
  + 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-1.003);
  + 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-1.003;
  + And reporting its school’s compliance of the aforementioned regulations to the school Principal, the person responsible for ensuring overall compliance with Central Florida Leadership Academy’s wellness policy.

***Leadership***

The designated official for oversight is Maria Pena, [Maria.Pena@cflacademy.org](mailto:Maria.Pena@cflacademy.org).

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| **Name** | **Title / Relationship to the School or District** | **Role on Committee** |
| Maria Pena | Assistant Principal | Assists in the evaluation of the wellness policy implementation |
| Dr. Charles Bachand | PE Teacher/Athletics Director | Assists in the evaluation of the wellness policy implementation. |
| Rochely Ayala | Parent Representative | Assists in the evaluation of the wellness policy implementation |
| Ralphney Gayot | Student Representative | Assists in the evaluation of the wellness policy implementation |

**Central Florida Leadership Academy** **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.**

1. **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.

* The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

1. **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.

* The nutrition benchmarks included in Florida’s Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes 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 healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes.
* The staff responsible for health/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.
* Nutrition education at Central Florida Leadership Academy will:
* Include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
* 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);
* Link with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;

1. **Physical Activity**

Central Florida Leadership Academy 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.

* For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by Central Florida Leadership Academy with the approved state course codes. (Sunshine State Standards)
* The School physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.
* Students will have the opportunity to be involved in physical activity through physical education programs, before and after school activities or other activity programs.
* Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

1. **Other School-Based Activities**

Central Florida Leadership Academy 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 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.
* Central Florida Leadership Academy 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.
* Central Florida Leadership Academy shall be in compliance with drug, alcohol and tobacco-free polies.

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.
* Each school will provide nutritious, fresh, food that reflects Florida’s bountiful harvest.
* Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

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

* Central Florida Leadership Academy 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.

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

Central Florida Leadership Academy 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, all schools in Central Florida Leadership Academy 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 Central Florida Leadership Academy’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-1.003)
* 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**:

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| **Nutrient Standards** | **Snack Items and Side Dishes**  **(*including any added accompaniments)*** | **Entrée Items**  ***(including any added accompaniments)*** |
| 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.

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| **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 | 1. fl. oz. |

For middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

*\*The final rule requires each LSWP to also include nutrition guidelines for all food and beverages available on the school campus during the school day that are not sold (i.e. foods provided for classroom parties and school celebrations). This rule does not require LEAs to address standards for food brought from home for individual consumption.\**

**Standards for food and beverages available during the school day that are**

**not sold to students:**

* Class parties or celebrations shall be held after the lunch period.

**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 school board 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:

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| **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 |

* Each school’s Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

*\*The new food and beverage marketing rule requires local school wellness policies to establish only minimum standards for food and beverage marketing restrictions. State agencies and LEAs may choose to adopt more stringent policies for food and beverage marketing.* This new addition *does not apply to personal clothing or items, packaging of products brought from home or classroom materials used for educational purposes.\**

1. **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:

* Marketing activities that promote healthful behaviors are encouraged. Including: vending machine covers promoting water and pricing structures that promote healthy options in a la carte lines or vending machines.
* Central Florida Leadership Academy nutrition department’s replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

*\*The final rule requires an assessment of the local school wellness policy to be conducted, at a minimum of every three years. However, LEAs can choose to assess their policies more frequently to ensure goals and objectives are being met and to refine the policy as needed. The results of this assessment MUST be made available to the public.\**

1. **Evaluation and Measurement of the Implementation of the Wellness Policy**

Central Florida Leadership Academy 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

Central Florida Leadership Academy will conduct an assessment of 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 Central Florida Leadership Academy 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.

*\*At a minimum, LEAs must annually inform and update the public about the content and implementation of the local school wellness policy. USDA encourages LEAs and schools to include a summary of each school’s events or activities relating to the LSWP implementation, contact information for the designated LSWP official and information on how the public can get involved with the wellness policy committee.\**

1. **Informing the Public**

Central Florida Leadership Academy will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Central Florida Leadership Academy will also actively notify households on an annual basis about any updates made to the wellness policy, as well as provide information to the community about the school nutrition environment.

* Central Florida Leadership Academy will ensure the most updated version of the wellness policy are always available on the school website for the public to view.
* Central Florida Leadership Academy 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,Central Florida Leadership Academy website, articles and each school’s newsletter, to ensure that the community is informed and that public input is encouraged.

1. **Community Involvement**

Central Florida Leadership Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Central Florida Leadership Academy 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 and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

* Central Florida Leadership Academy will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
* Central Florida Leadership Academy will use electronic mechanisms such as displaying notices on Central Florida Leadership Academy 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 public school 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.

**Record keeping information is not required to be written into the wellness policy; however, the following documentation must be maintained and will be reviewed by the Florida Department of Agriculture and Consumer Services during an Administrative Review of the LEA’s National School Lunch Program.**

**Record Keeping**

Records to document compliance with the requirements of the local 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 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.

*\*Documentation demonstrating compliance with community involvement requirements may include a copy of the solicitation on the LEA website. Documentation to demonstrate compliance with the public notification requirements may include a copy of the LEA Web page where the LSWP has been posted or a copy of the school newsletter.\**