

**Palm Bay Academy Charter School  
Elementary-Immersion-Middle**

**Wellness Policy**

# **Palm Bay Academy Charter School Elementary-Immersion–Middle Wellness Policy**

## **INTRODUCTION**

Palm Bay Academy Charter Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well-being of the children enrolled. The school continuously strives to promote activities and situations which enable students to make healthy choices which may then contribute to the total well-being of the school population.

## **PURPOSE AND GOALS**

Palm Bay Academy Charter School recognizes that good nutrition and physical activity are essential for students to maximize their full academic potentials, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Palm Bay Academy Charter School has a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The school has established a Local Wellness Policy Committee which is responsible for establishing and measuring the implementation of the Local Wellness Policy. The Wellness Policy is reviewed annually by the committee and will report the effectiveness of the wellness policy to the school Board of Directors on an annual basis. Board of Director meetings are open for public input. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure that the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

## **POLICY**

### **1.0 Local Wellness Policy Committee**

#### **1.1 Mission**

Palm Bay Academy Charter School will maintain a Local Wellness Policy Committee that serves the following purposes:

1. Establish standards for all foods and beverages available to students on each school campus during the entire school day
2. Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation

4. Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
5. Review and evaluate the Local Wellness policy standards and implementation
6. All policy related standards will be reviewed for final approval and report findings of policy implementation evaluation to the Board of Education.

#### 1.2 Membership

The Local Wellness Policy Committee membership at Palm Bay Academy Charter School will include the following individuals:

1. Parents
  - A member (parent) serving on the Board of Directors -
  - A member (Parent) President of the PTO -
2. Student
  - One middle school student –
3. School Food Service
  - An employee of Catering Partners-
4. School's Board (see above in the Parent section)
5. School Administrator
  - School principal –
6. Physical Education/Health Education
  - PE/health educator –
7. Local Health Professional
  - Community member who works in the health/well-being field

The Wellness Policy Committee Chairperson will be a principal of the school who is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

#### a. Nutrition Guidelines

#### 2.1. School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Florida.

**Palm Bay Academy Charter School will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.**

Solution:

Meals meet or exceed all USDA and state nutrient standards. Lunch meals are designed to provide 1/3 of the Recommended Dietary Allowances (RDA) appropriate for age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D. Breakfast meals provide ¼ of the RDA's for these nutrients. Meals are designed to incorporate the following recommendations of the Dietary Guidelines:

- No greater than 30% calories from fat and no greater than 10% calories from saturated fat
- Minimize trans-fats, sodium, and cholesterol
- Maximize dietary fiber
- Promote whole grains, fruits and vegetables, and low fat dairy choices

School administrators and food service management meets with students on a regular basis to obtain their input and suggestions regarding menu development.

**Students will be encouraged to start each day with a healthy breakfast.**

Solution:

The school breakfast program will incorporate nutritious menu items and utilize marketing strategies to promote breakfast participation as indicated by NSLP guidelines.

**All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.**

Solution:

Menu planning concepts and food merchandizing programs included in the Catering Partners' program are used to promote healthy and balanced meal choices. A wide selection of appealing entrees, accompanied by a variety of fruits, vegetables, and low fat milk choices, are offered at the middle school, signage programs clearly communicate the healthful food items included with each meal choice, and the food services staff encourages students to select these foods.

At the elementary schools, sets standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages which encourage students to participate in the meal program and to select a complete and balanced meal.

**School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.**

Solution:

School food service employees use food preparation techniques to provide meals that are lower in total fat, saturated fat, trans fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk is emphasized in menu planning.

Standardized recipes, developed by Brevard County Schools are used to prepare food items that meet nutritional guidelines for meals.

The Brevard County School Board trains the foodservice employees so they can improve their culinary skills, including the use of standardized recipes and attractive food presentation.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

## 2.2 Competitive Food

**All snacks and beverages offered to students during the school day comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.”**

Snacks:

- o No more than 200 total calories per package
- o No more than 35% calories from fat
- o No more than 10% calories from saturated fat
- o No more than 480 mg sodium
- o No more than 35% sugar by weight
- o Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- o 100% fruit and vegetable juice, limited to 12 oz. portion size
- o Water and flavored water without added sugar, unlimited portion size
- o Caffeine free except flavored milk
- o Carbonated water and carbonated 100% fruit juice with USDA approval

Solution:

## 2.3 Eating as a Positive Experience

The school will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period.

Adequate supervision will be provided in the dining area.

**The dining area will be clean, orderly and inviting.**

Solution:

Food service staff receives customer service training including strategies to serve students quickly and efficiently.

## 2.4 Food Safety

**All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.**

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

Solution:

Upholds standards set forth in the USDA Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

Brevard County Schools food service staff are trained and certified in food safety.

## 3.0 Nutrition Education

### 3.1 Classroom

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of Florida, The Sunshine State Standards.

In addition, teachers will provide students with additional activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the Sunshine State Standards.

The school's Local Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

### 3.2 Cafeteria

**The school cafeteria will serve as a “learning laboratory” enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.**

Solution:

Elementary school and Immersion program displays colorful signage that encourages Students to select a complete meal, as well as posters highlighting good nutrition and physical activity messages that are consistent with lessons taught in the classroom.

Information is posted in prominent locations in middle school cafeteria. Providing topics about nutrition, physical activity, and wellness are posted on the board and are available for students and parents to take home.

**School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.**

Solution:

Serve meals that meet precise nutrition parameters that exceed the USDA guidelines. Balanced Choices meals are prominently identified on menu and serving line signage with our recognizable.

**Competitive foods (a la carte snacks and beverages)**

Solution:

**Guidelines for students in Elementary – Grades 5 and lower**

Items sold a la carte are intended to supplement meals from school and/or home, not to compete with the reimbursable meal. Limit will be one or two items per child to be sold per day. Children who receive the reimbursable meal receive more nutrients than those that purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.

**Desserts:** will only be sold a la carte. Should not exceed 200 calories. Exception: if that day on a menu meeting nutrient standards or meal pattern for the grade group for the week. No foods of minimal nutritional value, no artificial sweeteners that contain Aspartame or Saccharin. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.

**Beverages:** Not to be available for purchase at this time.

**Guidelines for students in Middle School – Grades 6-8**

Items sold a la carte are intended to supplement meals from school and/or home, not to compete with the reimbursable meal. Limit will be one or two items per child to be sold per day. Children who receive the reimbursable meal receive more nutrients than those that purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.

**Desserts:** will only be sold a la carte. Should not exceed 250 calories. Exception: if that day on a menu meeting nutrient standards or meal pattern for the grade group for the week. No foods of minimal nutritional value, no artificial sweeteners that contain Aspartame or Saccharin. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.

**Beverages:** Not to be available for purchase at this time.

4.1 Physical Activity during the School Day Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

The Wellness Committee will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families opportunities to participate in physical activities. These activities will involve students from Kindergarten through 12th grade.

4.2 Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

4.3 Physical Education Classes

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4.4 Creating a Positive Environment for Physical Activity

Palm Bay Academy Charter School will promote a positive environment for physical activity by providing a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Recess will be provided for elementary students.

5.0 Other School Based Activities to Promote Student Wellness

5.1 Food Sold for Fundraising Activities

The schools will review fundraising activities and encourage activities that promote healthy food choices.

5.2 Healthy Classroom Parties and Celebrations

Palm Bay Academy Charter School recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the school.

The Wellness Committee will assess progress by first doing a baseline assessment and then monitoring throughout the year. The baseline assessment will consist of evaluating the constraints of the former policy held by Palm Bay Academy. The former wellness policy is the policy approved and implemented by Brevard County in 2006. Palm Bay Academy was required to originally adopt and implement that policy. As part of the requirement of the approval process, Palm Bay Academy was to write and adopt the current wellness policy. The Wellness Policy will be revised based on needs. Furthermore, the committee will present periodic reports to the Board of Directors who may use the updates from the policy in their reporting documentation.

6.0 School Faculty, Staff and Food Service Staff Role in a Healthy School Environment



## 6.1 Professional Development

**School and food service staff and faculty are encouraged to become full partners in the School's wellness goals. School and food service staff are encouraged to model healthy eating behaviors. The Wellness Committee will provide the schools with events throughout the year that will promote wellness.**

## 7.0 Policy Implementation

### 7.1 Monitoring

The school principal will be assigned to ensure compliance with standards of the Local Wellness Policy in his/her school. This individual will report on the school's compliance to the Chairperson of the Local Wellness Policy Committee.

The Director of Administrative Services will ensure compliance with nutrition policies within the school food service areas using parent, teacher and student surveys and will report on this matter to the Chairperson of the Local Wellness Policy Committee. These surveys will be distributed throughout the school year.

### 7.2 Reporting

The Chairperson of the Local Wellness Policy Committee will report on the Palm Bay Academy Charter Schools' compliance with the wellness policy to the Board of Directors at monthly meetings. All survey findings will be reported to Board of Directors on an annual basis. All board meetings are open to the public. All board meetings are advertised school wide.

### 7.3 Policy Review