

ACCELERATION EDUCATIONAL SERVICES, INC. #0599
“YOUTH FOOD PROGRAM” WELLNESS POLICY Updated 2018-2019 SY

Re: Addition of the “School Activity Room”, and partnership with Youth Action Project for community outreach for increased daily participation in the NSLP.

Goal 1: To reduce barriers to increase participation by feeding more children daily.

Goal 2: To increase awareness of health, nutrition and exercise to create a healthier, more informed student body.

Goal 3: To create partnerships with community organizations to support and provide sports, fitness, exercise and nutritional education curriculum.

Goal 4: To create an activity room where students will have the opportunity to participate in sports, activities, outside recreation, and provide a regular schedule for health, nutrition and healthy eating habits education.

Goal 5: To increase extra- curricular extended hour’s activities and sports for children after school hours.

TITLE: SETTING NUTRITION EDUCATION GOALS

POLICY:

Accelerations Educational Services, Inc. believes that good health directly impacts positive education outcomes. Healthy children are better prepared to learn and are more likely to participate in the educational setting. Comprehensive health education will be taught to all students through the implementation of the FLDOE health education benchmarks that align with the Common Core Standards. Accelerations will adhere to all state and federal statutes as they relate to health education instruction.

PROGRAM REQUIREMENTS:

Classroom teaching: All students at Accelerations will receive health and sports education instruction that includes nutrition education that is part of a planned, sequential and comprehensive school health education program. Health and sports instruction curriculum will be provided in the general education classroom setting, during homeroom, extended period and the newly added activity periods based on student schedules.

- a) The classroom teaching of health and nutrition education will include links to the community and outside resources. Sports and exercise will be emphasized and

encouraged with the addition of the activity classroom, outside basketball, soccer, flag football, yoga, marching and walking. Outside support will be utilized to enhance classroom instruction in health education benchmarks for exercise and sports training.

Accelerations staff will participate in ongoing training to promote best practices in health, wellness and nutrition education.

TITLE: SETTING PHYSICAL EDUCATION AND PHYSICAL ACTIVITY GOALS

POLICY:

Accelerations believes that habits that foster physical fitness foster good health. The physical fitness component will contain the essential goal of providing students will the opportunity to participate in physical activities which will promote a healthy lifestyle.

PROGRAM OFFERINGS:

- a) The physical activity program shall be designed to provide the opportunity for students to participate in physical activities during the extended school day, and/or Activity Period coordinated by appropriate school personnel. Activities may include Zumba, flag football, walking clubs, and basketball.
- b) Students will participate in a variety of sports and exercise via the Activity Room daily.
- c) The physical education/ health program should be designed to develop the following learning priorities: Motor skills and other movements, positive attitudes toward individual fitness, a healthy lifestyle and lifelong physical; activities, health enhancing levels of physical fitness, responsible personal and social behavior in physical activity settings, appreciation of cultural and individual differences in physical activity settings, safety skills for physical activities.
- d) The school will support students in establishing and accomplishing personal fitness goals that result in the achievement and maintenance of health enhancing fitness.

TITLE: ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY.

POLICY:

Accelerations shall establish a healthy school nutrition environment. Healthy options for food served in the school will be consistent with the goals of the School Wellness Policy and with the guidelines for nutrition set forth by the USDA.

PROGRAM REQUIREMENTS:

- a) The school will offer breakfast and lunch on each day that students attend that are compliant with the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. The school will encourage all students to participate in the meal options. In particular the school will make every effort to ensure that families are made aware of the need- based programs available at the school via Title 1 monthly meetings and a wellness committee.
- b) The school's food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 and reauthorized in 2004 and applicable laws and regulations of the State of Florida. The school shall serve a variety of nutritional food choices that are consistent with the Dietary Guidelines for Americans.
- c) The school shall provide a dining area that is conducive to eating a safe clean place.
- d) Access to safe drinking water and facilities for hand-washing and oral hygiene will be available during all meal periods.
- e) All food categories with comply with the federal and local food safety and sanitation regulations.
- f) All school personnel are required to comply with the competitive foods regulations issued by the Florida Department of Education CFR 210.11. Only foods that are in alignment with Eat Smart Nutrition Standards will be permitted on site.
- g) School standards for food from any outside source will meet the State of Florida Department of Health Chapter 64E-11-11.003 Food Supplies: Foods must be sealed in the manufacturer's container and the list of ingredients must be on the container or provided in written form by the manufacturer, Food prepared in someone's home may only be provided to their own child and that child may not share with other children, parents may only give or send fresh fruits or vegetables to their child.

- h) All food safety standards are required to be followed when distributing food. Standards for food safety can be found in the food service area.

TITLE: SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

POLICY:

The school will provide an environment that promotes wellness messages that are conducive to health eating and physical activity. The school further believes that healthy staff can more effectively provide quality education and model healthy behaviors to promote wellness.

- a) All students will have access to school nutrition programs, breakfast and lunch.
- b) Students will be allowed at least 10 minutes to eat meals after they have received and checked out of the POS lunchroom; 20-minute lunch periods.
- c) Students will have access to quality drinking water.
- d) The school will make available nutritious snacks as prescribed in the USDA Snack guidelines, for students participating in structured after school activities when an if appropriate.
- e) Programs designed to promote staff wellness will be structured to reach all employees at various levels of interest and need.
- f) The school will provide for staff members who have been trained in First Aid/CPR as well as Food Safety.

TITLE: SETTING GOALS FOR MEASUREMENT AND EVALUATION

POLICY:

The school will conduct ongoing reviews of the implementation of the wellness policy. This self-review will be conducted by the members of the Wellness Committee. At the end of each academic year the school administration will complete a report that indicates the implementation, effectiveness, and maintenance of implementing the Wellness Policy at the school. The Local School Wellness Policy will be annually reviewed and updated by the administration.

Meetings: The school Wellness Committee meets every 4th Wednesday of the month.