



WELLNESS

LUNA CHRISTIAN ACADEMY PROMOTES HEALTHY SCHOOLS BY SUPPORTING WELLNESS, GOOD NUTRITION, AND REGULAR PHYSICAL ACTIVITY AS PART OF THE LEARNING ENVIRONMENT. THE DISTRICT SUPPORTS A HEALTHY ENVIRONMENT WHERE CHILDREN LEARN AND PARTICIPATE IN POSITIVE DIETARY AND LIFESTYLE PRACTICES. BY FACILITATING LEARNING THROUGH THE SUPPORT OF GOOD NUTRITION, HEALTHY FOOD CHOICES AVAILABLE AT SCHOOL, PHYSICAL ACTIVITY AND HEALTH PRACTICES, SCHOOLS CONTRIBUTE TO THE BASIC HEALTH STATUS OF CHILDREN.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 111–296, HEALTHY, HUNGER-FREE KIDS ACT of 2010 (42 U.S.C. 1751 et seq.), THE BROWARD COUNTY SCHOOL WELLNESS AND LEARNING SUPPORTS COMMITTEE DETERMINES AND MONITORS ALL WELLNESS INITIATIVES OF THE SCHOOL BOARD OF BROWARD COUNTY INCLUDING OBESITY PREVENTION. THE BROWARD SCHOOL BOARD WELLNESS AND LEARNING SUPPORTS COMMITTEE WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY.

FEDERAL, STATE AND DISTRICT LEGISLATION, POLICY OR GUIDELINES, SUPPORTING THE TENETS OF THE BROWARD COUNTY SCHOOLS WELLNESS POLICY: FEDERAL – HEALTHY, HUNGER-FREE KIDS ACT, 2010, *2010 DIETARY GUIDELINES FOR AMERICANS*. STATE – CHAPTER 64E-11, CHAPTER 5P-1.003(2)(d), FLORIDA ADMINISTRATIVE CODE, SECTIONS 570.981, 381.0056, 381.0057, AND 402.3026, FLORIDA STATUTES, SCHOOL BOARD OF BROWARD COUNTY, FLORIDA –POLICY 6300, ADVERTISING MATERIAL, POLICY 6202, ATHLETICS, POLICY 6208, COMMUNITY FUNDRAISING, POLICY 5302, COMMUNITY INITIATIVES FOR FAMILIES, POLICY 1165, PARENT/FAMILY INVOLVEMENT, POLICY 6000.1, STUDENT PROGRESSION.

GOALS**1. HEALTH AND NUTRITION EDUCATION**

- a. School programs offer students in pre-kindergarten through grade 12 comprehensive sequential health and nutrition education curriculum providing the knowledge needed to adopt healthy lifestyles and reduce high risk behaviors for all students as specified in Policy 6000.1. Schools will include the following essential nutrition education topics in their health education curriculum: the relationship between healthy eating and personal health, food guidance from MyPlate, eating a variety of foods every day, and eating more fruits and vegetables.

- b. Nutrition education is a component in elementary through high school.
- c. Resources and training are available for employees responsible for providing nutrition and health education.
- d. The school cafeteria serves as a learning laboratory to teach and practice good nutrition, incorporating nutrition promotions and foods from school gardens to enhance the experience.
- e. The District provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided in multiple languages on the District's website.

2. PHYSICAL ACTIVITY AND OTHER SCHOOL BASED ACTIVITIES

- a. Schools work to provide the opportunity for every student to receive regular, age-appropriate, quality physical education.
- b. Schools recommend that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
- c. All physical education classes will be taught by qualified teachers as defined in the State Statutes, and to the extent possible, by certified physical education teachers, and be designed to build interest and proficiency in skills, knowledge, and attitudes essential to a lifelong physically active lifestyle.
- d. Physical education should provide safe and satisfying physical activity for all students including those with varying exceptionalities. Exceptional Student Education strategies for students with varying exceptionalities are noted on the lesson plan and verified by school's administrator.
- e. Elementary students will have physical education as defined in Policy 6000.1.
- f. Elementary schools offer at least 20 minutes per, day of consecutive, supervised, safe, and unstructured free play (recess) for elementary students on all full school days in addition to required physical education.
- g. Schools shall not use participation or non-participation in physical education class or recess (free play) as a way to punish or discipline students.
- h. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- i. Schools shall disseminate, in multiple languages, information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

3. ALL SCHOOLS WILL HAVE AN ENVIRONMENT THAT SUPPORTS THE CONSUMPTION OF HEALTHY FOODS BY STUDENTS, THEIR FAMILIES AND STAFF WITH THE INTENT OF PROMOTING STUDENT HEALTH AND REDUCING CHILDHOOD OBESITY.

GUIDELINES FOR ALL FOOD SERVED ON CAMPUS

- a. Food and beverages offered over the course of the school week as part of the National School Lunch and Breakfast Programs are nutrient dense, including whole grain products and fiber rich fruits, and vegetables to provide students a variety of choices to maintain a balanced diet. Guidelines for a reimbursable meal shall not be less restrictive than regulations and guidance issued by United States Department of Agriculture (USDA).
 - 1) A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetables, meat/meat alternates and grains.
 - 2) Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students and served at the proper temperature.
 - 3) Foods and beverages available during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 - 4) Salad bars or pre-packaged salads are available daily.
 - 5) Fresh fruit is available at each meal.
 - 6) Food and Nutrition Services will encourage whole grain breads and cereals.
 - 7) Food and Nutrition Services offer only milk designated as low fat or lower and makes available nutritionally equivalent soy milk for student upon parent or practitioner request.
 - 8) At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.
 - 9) A vegan meal option is available daily for students.
 - 10) The District supports healthy food and beverage choices for all students throughout the school campus by implementing evidence-based healthy food promotion techniques through the school meal program, such as Smarter Lunchrooms™.
 - 11) The District will include produce grown in Florida as part of a Farm to School Program.
 - 12) Guidelines will be located on the District's website in multiple languages on how to pack healthy lunches.
 - 13) During the school day, marketing of food products shall be limited to those foods and beverages which meet the Smart Snack requirements.

- b. If a la carte, vending or other food sales are available they should include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items, and water. All packaged snacks and beverages sold during the school day must meet or exceed USDA Smart Snack requirements. Food and Nutrition Service Administrators participate in assessing the nutritional value of foods available in vending machines and monitoring compliance to Smart Snack rules.
- c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
- d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. School Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*. The punitive denial of food and the punitive denial of food rewards are prohibited.
- e. Schools shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events. All fundraisers held during the school's day must be in compliance with Florida's Competitive Food Rule, 5P-1.0003. Off campus fundraising and fundraising after the school day are not restricted by this policy.
- f. Food and beverages sold at events must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*, and reinforce the importance of healthy choices.
- g. Snacks and rewards provided in after-care programs will re-enforce the importance of healthy choices. Items available for purchase will comply with Smart Snack requirements.

4. ADDITIONAL DISTRICT – SCHOOL BASED WELLNESS GOALS

- a. The District continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
- b. Schools ensure that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
- c. Each school in the District serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
- d. The District shall employ a food service director who is properly credentialed according to professional standards to administer the school food service program.
- e. All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking. Food and Nutrition Services Managers receive training regarding food allergies and Cardiopulmonary Resuscitation. Specific guidelines for managing students with life-threatening hypersensitivity (Kelsey Ryan Act) can be found on the District's website under Health Education Services, Chronic Health Conditions.

- f. School menus meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent. Each meal served meets the guidelines for a USDA reimbursable meal.
- g. Food and Nutrition Services ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services Department.
- h. Meals are scheduled as close as possible to the middle of the day. Dining areas should be clean, safe and provide an environment for an enjoyable meal break.
- i. The District formally involves families and community organizations to address food and nutrition issues, recommend nutrition policy and programs and school meal options which are culturally sensitive and meet special dietary needs.
- j. Coordination of health services will be provided in schools in accordance with the School Health Services Act.
- k. All schools will promote positive behavioral health and interventions to affect student well-being and achievement through prevention liaisons and utilization of District and community resources.
- l. All schools will provide a learning environment that is physically and psychologically safe and secure for all students and staff through prevention liaisons and utilization of District and community resources.
- m. All covered Broward County Public School Employees, and their covered dependents, will have access to an on-line Health Risk Assessment, which will provide them the opportunity to create physical and/or biometric goals to encourage a healthier lifestyle.
- n. Learning Support Services are coordinated with existing and community stakeholder groups to ensure Learning Support Services are culturally competent and provided through collaboration with community partnerships for the best utilization of resources.

EVALUATION BROWARD COUNTY SCHOOLS WELLNESS POLICY

- 1. Each school and non-school based department is responsible for identifying an individual or group responsible for implementation of the Broward County Schools Wellness Policy requirements in that school or department. Each school must establish a Healthy Schools Team with the responsibility of annually evaluating the school's adherence to Smart Snack requirements in fund-raising, ala carte and vending sales, and compliance to the District's Wellness Policy. The team must meet at least twice during the year.
- 2. The Wellness and Learning Supports Committee shall convene at least biannually to assess whether policies are effective in improving student health. The Florida Healthy Schools Self-Assessment, conducted by Coordinated Student Health Services may serve as the evaluation tool of the District's Wellness Policy. The District's Wellness Policy will be formally evaluated every three years. The chairperson will appoint a District Administrator to coordinate the evaluation process.

3. The Broward County School Health Advisory Committee, and other stakeholder advisory committees will continue to provide input and recommendations regarding wellness initiatives and outcomes. The District's website will identify opportunities for parents to provide input directly to the Wellness and Learning Supports Committee.
4. The Wellness and Learning Supports Committee will annually determine wellness promotion objectives based on annual review Wellness Policy and make recommendations for changes or revisions in the policy to the Board when appropriate. The results of the Wellness Policy evaluations along with the Wellness Policy will be posted on the District's website. Additionally, a summary of revisions will be provided to stakeholder groups and on the District's website.
5. The superintendent through the principals and District administrators is responsible for implementation of the District's Wellness Policy.

AUTHORITY:

F.S. 1006.6, 1001.41, 42 U.S.C. 1758b, 570.981, 381.0056, 381.057, 402.3026
Healthy, Hunger-Free Kids Act of 2010 (42 U.S.C. 1751, *et seq.*)
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