

The Imagine Schools at West Melbourne

Wellness Policies on Physical Activity and Nutrition Committee consists of:

Brian DeGonzague	Principal
Billie Dee Davis	Dean of Students
Julie Petrisko	Kitchen and Cafeteria Manager
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Imagine Schools at West Melbourne

Wellness Policies on Physical

Activity and Nutrition

Revised Date: July 8, 2020

Introduction:

Whereas, children need access to healthful food and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years old) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas nationally, the items most commonly sold from school vending machines, school stores and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, and candy, cookies and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus Imagine Schools at West Melbourne is committed to providing school environments that promote and protect all children's health and well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy that Imagine Schools at West Melbourne will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

All students in grades PPK-6 will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, our school will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program and the After School Snack Program.
- Our school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

Imagine Schools at West Melbourne will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to the school for implementing these policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children:
- Be served in clean and pleasant settings:
- Meet minimum nutritional requirements established by local, state, and federal statutes and regulations:

- Offer a variety of fruits and vegetables:
- Serve only low fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grains.

Imagine Schools at West Melbourne will engage students and parents help in selecting foods sold through the School Meal Program, through taste-tests and with surveys, in order to identify new, healthful, and appealing food choices. In addition, Imagine Schools at West Melbourne will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

At Imagine Schools at West Melbourne we want to ensure that all children have breakfast, either at home or at school, and meet their nutritional needs as well as enhance their ability to learn.

Therefore;

- Imagine Schools at West Melbourne will, to the extent possible, operate the School Breakfast Program.
- Imagine Schools at West Melbourne will, to the extent possible, arrange bus schedules and
- Utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom when necessary, and “grab and go” breakfast.
- We will notify parents and students of the availability of the School Breakfast Program.
- We will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Imagine Schools at West Melbourne is a CEP school. All students are offered the same meals at no cost. Toward this end, all students will be offered the same menu options, regardless of income and eligibility; we will promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or offer-versus-serve.

Meal Times and Scheduling

- Imagine Schools at West Melbourne will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

- Imagine Schools at West Melbourne will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1:15 p.m.
- Imagine Schools at West Melbourne will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Imagine Schools at West Melbourne will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Imagine Schools at West Melbourne will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of Imagine Schools at West Melbourne’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages

Imagine Schools at West Melbourne will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Elementary School

The school food service program will approve and provide all food and beverages given to students in the school. Given young children’s limited nutrition skills, food in elementary schools should be available as balanced meals. At all times, foods and beverages will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. Imagine Schools at West Melbourne has always ordered and prepared all meals and has never sold soda to any students.

Fundraising Activities

To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Imagine Schools W.Melbourne will encourage fundraising activities that promote physical activity. Our school will make available a list of ideas for acceptable fundraising activities.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Imagine Schools at West Melbourne will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after school program personnel, and parents.

- Imagine Schools at West Melbourne receives reimbursements for snack costs through the National after School Snack Program.

Rewards

Imagine Schools at West Melbourne will not use foods or beverages; especially those that do not meet the nutrition standards for foods and beverages sold individually (refer above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations-Imagine Schools at West Melbourne will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than on food or beverage that does not meet nutrition standards for food and beverages sold individually (refer above). Imagine Schools at West Melbourne will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as but not limited to, athletic events, dances, or performances); Food and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (refer above).

III. **Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion**

Imagine Schools at West Melbourne aims to teach, encourage, and support healthy eating by students. Imagine Schools at West Melbourne will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health; Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects?

Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; Promotes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices; Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); Links with school meal programs, other school foods, and nutrition-related community services; teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff. Have nutritional nurses come in and speak with each grade level.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e. at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end; classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television; opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide short physical activity breaks between lessons or classes; as appropriate.

Communications with Parents

The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents send home nutrition information, post nutrition tips on school websites. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community. Imagine Schools at West Melbourne will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support patents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity

and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, Imagine Schools at West Melbourne will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include; vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.)PK-6. All students in grades PK-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 45 minutes/week for elementary school students and 45 minutes/week for middle school students) for the entire school year. A certified physical education teacher will teach all physical education. Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

Imagine W. Melbourne school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which Imagine Schools at West Melbourne will encourage moderate to vigorous physical activity verbally and through the provision of space and

equipment. Imagine Schools at West Melbourne will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.

After-school childcare and enrichment programs will provide and encourage verbally and through the provision of space, equipment, and activities daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers, other school and committee personnel will not use physical activity or withhold opportunities for activity (e.g. recess, physical education) as punishment.

Safe Routes to School

The school will assess and, if necessary to the extent possible, make needed improvements to make it safer and easier for students to walk and ride their bike to school. When appropriate, we will work together with local public works, public safety, and/or police departments in those efforts.

Imagine Schools at West Melbourne will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation to finance such improvements. We will encourage students to use public transportation when available and appropriate for the travel to school, and will work with the local transit agency to provide transit passes for students.

Assurance of Less Restrictive Meals

Imagine Schools at West Melbourne assures that the guidelines for reimbursable school meals shall not be less restrictive than USDA regulations and diets.

V. Monitoring and Policy Review

Monitoring

The Principal of designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. Our school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's

compliance to the school designee, the report and recommendation of any revisions will be presented to the board annually.

School food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The designee will develop a summary report every three years on district-wide compliance “with the established nutrition and physical activity wellness policies, based on input from the school that report will be provided to the school’s board of governors, parent/teacher organizations and school’s principal.

Policy Review

To help with the initial development of the wellness policies, the school will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of the assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Governing Board Members and Wellness Committee Chairperson

Melissa Koretsky, Chairman

Bill McMullen, Board Member

Michael Russell, Board Member

David McFadden, Board Member

Julie Petricko, Committee Chair

Approved by the Governing Board of Imagine Schools at West Melbourne at a meeting open to teachers, parents, students and the general public on

Date: July 8, 2020

Melissa Koretsky, Board Chairman _____