

# Phoenix Academy of Excellence

## Student Wellness

The Governing Board believes that good health fosters student achievement and student attendance. Thus, the Governing Board is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles, physical activity and physical education, and school safety. The Governing Board recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. The Governing Board further recognizes that children need access to healthful foods, opportunities to be physically active, and supported in a nurturing learning community in order to grow, learn, and thrive.

## Wellness Policy Development

The Governing Board believes that the participation of the community, school food service professionals, school administrators, physical education and health educators, staff, and students is essential.

## Wellness Policy Goals

The overall goal of the Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

**Nutrition Education** The Board believes that food and beverages available to students should support the health curriculum promote optimal health. To the maximum extent practicable, Phoenix Academy will participate in available federal meal programs and will meet the federal regulations for school meals and the Smart Snacks in School Nutrition standards.

1. Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension
2. 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
3. Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.

4. The staff responsible for 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 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.

1. The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
2. Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.
3. Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school

### **Other School-Based Activities**

Phoenix Academy will include wellness activities for the entire student body. These programs 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.

### Eating Environment

1. All students will be provided enough time to consume their meal with a at least 20 minutes after receiving their meal from the food line.
2. Phoenix Academy will provide nutritious, fresh locally grown food that reflects Florida's harvest.

### Recycling

1. Phoenix Academy will maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

### Positive and Safe School Environment

1. Phoenix Academy has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents in the quarterly newsletter.
2. Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The school will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

## **Guidelines for All Foods and Beverages Available during the School Day**

Phoenix 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

1. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements
2. 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
3. To the maximum extent possible, all schools in Phoenix Academy will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
4. Free, potable water will be made available to all children during each meal service.

### Competitive Foods

1. 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.
1. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers
2. Unless being sold by Phoenix Academy 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)
3. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

**General nutrition requirements for competitive food:**

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the nongrain 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

**Nutrient standards for food items:**

<b>Nutrient standards</b>	<b>Snack Item</b>	<b>Entrée Item</b>
Calories	200 calories or less	350 calories or less
Sodium Limits	230 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	10% or less of total calories	10% or less of total calories
Sugar Limits	35% or less of weight from total sugars	35% or less of weight from total sugars

**Exemptions:**

- Entrées served in the NSLP/SBP on the day of service and the following school day.
- Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100 percent juice, extra light syrup or light syrup (*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.

<b>Beverages</b>	<b>Elementary</b>
Plain water	unlimited
Unflavored low-fat milk	8 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.
100% fruit or vegetable juice	8 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.
Calorie-free, flavored water and other flavored drinks	Not allowed
Low-calorie (5 calories or less per 8 fl. oz.)	Not allowed
Low-calorie (40 calorie or less per 8 fl. oz.)	Not allowed

5. The school nutrition program will provide clean, safe, and pleasant settings and adequate time for students to eat.
6. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. There will be no identifying lines or other system to separate paying and non-paying students
7. All food and beverages that are sold for the purpose of fundraising or other activities during the school day shall meet all nutrition guidelines for food and beverage available outside the school meal program.
8. Any food or beverages that do not meet the nutrition standards may be sold by pupils if the sale takes place off and away from the school campus or at least thirty minutes after the end of the school day.
9. The school will promote healthy food and beverage products at all school-sponsored events.
10. The School will encourage all school-based organizations to use nonfood items for fundraising.
11. School staff will be encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. The school staff will work towards these goals.
12. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snack, which may be donated.
13. Celebrations and parties that involve food during the school day shall be limited to no more than two events per class per month. Each event should include no more than two food/beverages that do not meet the nutrition guidelines.
14. The school will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School Nutrition Standards.
15. Nutrition education will be provided through health education programs in grade spans 6<sup>th</sup> – 8<sup>th</sup>.

**Physical Activity and Physical Education** - All students in grades 6<sup>th</sup> – 8<sup>th</sup> will have opportunities, support, and encouragement to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education, recess, school athletic programs, extracurricular programs and other activities.

1. 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.
2. Opportunities for physical activity will be encouraged to be incorporated into other subject lessons.
3. All students will have at least twenty minutes a day of supervised recess, preferably outdoors, during which they will be encouraged to participate in moderate to vigorous physical activity.
4. Teachers and other school and community personnel will not withhold opportunities for physical activity as punishment.



### **Triennial Assessment**

Phoenix 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.

1. The extent to which your school is in compliance with the local school wellness policy
2. The extent to which the local school wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the local school wellness policy
4. Triennial Progress Assessment will be published in school newsletter and poster around the school.

### **Positive and Safe School Environment**

The Phoenix Academy Governing Board desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. The Governing Board recognizes that it is not always practicable or possible to have nurses, psychologists, and counselors on site to address mental health issues. However, it is the school's goal to identify and access resources that are responsive to its members' needs.

1. Phoenix Academy has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents in the quarterly newsletter.
2. Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The school will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

### **Staff Wellness**

Phoenix Academy values the health and well being of every staff member and encourages all staff to maintain a healthy lifestyle. Phoenix Academy encourages all staff members to model a healthy lifestyle for its students.

### **Communication with Parents**

Phoenix Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Phoenix Academy will support parents' efforts by sending home nutrition information, posting nutrition tips on websites and in bulletins, and providing nutrient analyses of school menus. Phoenix Academy will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition

standards for individual foods and beverages. The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and make the policy available to the public by posting it on the school's website.

Phoenix Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. It will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events.

### **Community Involvement**

Phoenix Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. (The LEA) 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:

1. Phoenix 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.
2. Phoenix Academy will use electronic mechanisms, such as email or displaying notices on Phoenix 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
3. 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

### **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

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may 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 discounted gym memberships.
- Phoenix Academy nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

## **Evaluation and Measurement of the Implementation of the Wellness Policy**

Phoenix 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. The most recent triennial progress will be available to the public by school newsletter and school poster around campus.

## **Policy Review and Accountability**

The Governing Board Chair will ensure compliance with established school-wide nutrition and physical activity wellness policies.

The Governing Board Chair and the wellness policy committee members will annually evaluate the extent to which the school is in compliance with the wellness policy, how the wellness policy compares to model policies and the progress made in attaining the goals of the wellness policy. All stakeholders will be asked to provide feedback on the policy and their comments and recommendations will be considered. Student needs will also be considered 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.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the superintendent.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Analysis of the nutritional content of meals served
  - Student participation in school meal program
  - Snack and beverage sales outside of meal program
  - Food sales as fundraisers or activities outside of school meal program
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- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Phoenix Academy wellness policy.
  - At Phoenix Academy, the principal will be responsible for establishing the Healthy School Team that will ensure compliance with the wellness policy.
  - The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
  - The Healthy School Team will be responsible for:
    - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P1.003),
    - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph © of FAC 5P-1.003,



- Reporting its school's compliance of the aforementioned regulations to the Principal, the person responsible for ensuring overall compliance with the Phoenix Academy wellness policy.
- Phoenix 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.

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Governed Board Chair

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Date

MF 7/19/18

