



**THE CHARTER SCHOOLS
OF EXCELLENCE**

**CHARTER SCHOOLS OF EXCELLENCE
WELLNESS POLICY**

The Charter Schools of Excellence promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support of good nutrition and physical activity, schools contribute to the basic health status of children.

GOALS:

- **NUTRITION EDUCATION**
 - School programs offer students in kindergarten through fifth grade nutrition education that provides the knowledge they need to adopt healthy lifestyles.
 - Nutrition education is a component in elementary school.
 - The staff responsible for providing school-based nutrition and health education programs is adequately trained.
 - The school cafeteria serves as a learning laboratory to teach and practice good nutrition.
 - The Schools provide 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.

- **PHYSICAL ACTIVITY AND OTHER SCHOOL BASED ACTIVITIES**
 - Schools work to provide the opportunity for every student to receive regular, age appropriate, quality physical education.
 - Schools recommend that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
 - All physical education classes shall be taught by certified physical education teachers and be designed to build interest and proficiency in skills, knowledge and attitudes essential to a life-long physically active lifestyle.
 - The physical education curriculum shall be coordinated with the health education curriculum.
 - Physical education should provide safe and satisfying physical activity for all students including those with special needs.

- Elementary school will provide at least 15 minutes of daily recess on days that they do not have physical education.
- Schools shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- 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.
- The School will adopt a physical education policy that meets the Sunshine State Standards for physical education policy required under s. 1003.455.

GUIDELINES

- **ALL FOOD SERVED ON CAMPUS WITH THE INTENT OF PROMOTING STUDENT HEALTH AND REDUCING CHILDHOOD OBESITY**
 - 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.
 - A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetables, meat/meat alternatives and grains.
 - 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.
 - 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.
 - Salad bars or pre-packaged salads are available daily.
 - Fruit is available at each meal.
 - Food and Nutrition designated staff will encourage whole grain breads and cereals.
 - Food and Nutrition designated staff offer low fat milks.
 - At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.
 - Guidelines will be provided for parents in multiple languages on packing healthy lunches.
 - 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.
 - Drinking water and hand sanitizing facilities should be conveniently available for students at all times.

- A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the Florida Administrative Code.
- 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.
- 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.
- Snacks and rewards provided in after-care programs should re-enforce the importance of healthy choices.

ADDITIONAL BOARD AND SCHOOL BASED WELLNESS GOALS

- The Superintendent or designee continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
- Schools ensure that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
- Each school serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
- The Superintendent or designee shall employ a food service director who is properly credentialed according to professional standards to administer the school food service program.
- All Food and Nutrition personnel have adequate pre-training and participate in ongoing professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
- 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.
- Food and Nutrition designated staff ensures that required and effective food safety practices are applied to all foods prepared, sold, and served.
- Meals are scheduled as close a possible to the middle of the day. Dining areas should be attractive.
- Through the Nutrition Committee, the Superintendent or designee formally involves families and community organizations to address food and nutrition issues, recommend nutrition policy and programs to school meal options are culturally sensitive and meet special dietary needs. The Nutrition Committee provides community support to Schools health endeavors and makes recommendations to the Wellness Policy Committee.

- Continue the expansion of the “Commit 2B Fit” program, coordinated by the Physical Education Department, which provides nutrition and fitness education for students and families.
- The School assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

EVALUATION OF THE CHARTER SCHOOLS OF EXCELLENCE
WELLNESS POLICY

- Each school and non-school based department is responsible for identifying an individual or group responsible for implementation of The Charter Schools of Excellence Wellness Policy requirements in that school or department.
- The Wellness Policy Committee shall convene at least annually to assess whether policies are effective in improving student health. The chairperson will appoint an administrator to coordinate the evaluation process.
- The Nutrition Committee will continue to provide input and recommendations regarding wellness initiatives and outcomes.
- Wellness Policy Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommend revisions if necessary to the Superintendent or designee.
- Procedures for public input and/or revisions to policy are clearly stated in the Parent Handbook which is distributed to all families during Orientation. If parents disagree with established rules of conduct, policies, or practices they can express their concern through the problem resolution procedure. Parents present the input to the Principal, Superintendent or designee or any member of the Board. The Principal will respond within 5 school days. The Superintendent or designee reviews and considers the concern or policy change. Parents may also, at any time, request to have an item placed on the Board agenda. This is done by putting the request in writing to the Superintendent at least 24 hours before a Board meeting.

Wellness Policy Committee:

Parent:	Jessica Garcia, Adrienne Clarke, Sarah Lumpkin
Students:	SeoYeon Kim, Jarid Altmark, Zenzele Clarke
School Food Service:	Richard Moreno
Board Member:	Jeffery Wood, President
School Administrator:	Tracy A. Nessler, Lisa Castro, Jeremy Westbrook
School Nurse:	
Physical Education Staff:	Mai Lyn Muller, Emily Pinder

CSE Wellness Policy
 Procedures Adopted: