

Discovery Academy of Lake Alfred Local Wellness Policy



LOCAL WELLNESS POLICY – Adopted by Ridgeview Global Studies Academy School Board on June 19, 2006; revised on April 16, 2007; revised on June 23, 2008; revised on August 30, 2010

Ridgeview Global Studies Academy and Discovery Academy of Lake Alfred are committed to providing an environment that promotes learning and lifelong wellness practices.

Nutrition Education Goals

Ridgeview Global Studies Academy and Discovery Academy of Lake Alfred will:

- Integrate nutrition education into the curriculum as addressed in the Sunshine State Standards.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Encourage students to start each day with a healthy breakfast.
- Provide access for students to hand washing before eating meals or snacks.
- Serve as a learning environment to encourage Lifelong Healthy Eating Habits. Students will learn how to make their own healthy choices to create a well-balanced meal.

Physical Activity and Education Goals

Ridgeview Global Studies Academy will:

- Promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.
- Meet or exceed state requirements for physical education.
- Provide ample opportunities for physical activity for all students.
- Provide meaningful content and appropriate instruction in physical education.
- Train classroom teachers in ways to develop methods of incorporating physical activity into the school day.
- Promote physical activity outside of physical education classes.
- Maintain status of Certified Physical Education teacher.
- Provide a daily 30 minute physical education class for all elementary students. (Revision 4/16/2007)
- Provide training for classroom teachers for methods to integrate physical activity into their lessons.
- Encourage teachers to refrain from using physical activity for punishment or withholding physical activity for academic or behavioral remediation during physical education.

Goals for Other School Based Activities

Ridgeview Global Studies Academy and Discovery Academy of Lake Alfred will:

- Consider Local Wellness Policy guidelines and goals in planning all school-based activities (such as school events, field trips, and assemblies).
- Encourage physical activity and healthy habit formation in after-school programs.
- Have a local wellness committee comprised of families, teachers, administrators, and School Board members, which will plan, implement and improve nutrition and physical activity in the school environment.

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Monitoring Implementation and Measuring Outcomes

- The Assessment, Accountability and Evaluation Department of the Polk County School Board will be asked to include Ridgeview Global Studies Academy in the provision of monitoring assessments.
- After one year of implementation of the Local Wellness Policy, Ridgeview Global Studies Academy will begin the process of developing an outcomes evaluation to measure and assess expected outcomes.
- Key individuals at Ridgeview Global Studies Academy will be charged with administering the assessments and reporting results to the School Board.

Nutrition Guidelines for All Foods on Campus

School Meals Program

- Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- All reimbursable meals will meet the Recommended Dietary Guidelines for Americans and the following Healthy School Meals Initiative Guidelines:
 - Student breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
 - Student lunches will provide 1/3 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
 - The average fat content of school meals will not exceed 30% total fat and 10% saturated fat.
- Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.
 - Student and Foodservice Manager Menu Surveys will be conducted.
 - Student taste testing of food items is a bid requirement when considering new menu items.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (school lunch, school breakfast, and after-school snack programs).
- School Foodservice Staff will be properly trained according to current professional standards and will regularly participate in professional activities.

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All Other Foods Made Available on Campus

Foods outside of the National School Meals Program made available on campus will meet the following Nutrition Standards.

- Foods will comply with the current USDA Dietary Guidelines for Americans:
 - Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
 - Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
 - Added sugars will not exceed 35% by weight (excluding fruits and vegetables).
 - Conscious effort should be made to limit the sodium content of foods.
- Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

A La Carte Food

Ridgeview Global Studies Academy

- Foods sold daily as a la carte will be restricted to skim and low fat milk, 100% juice, water, fruits and vegetables.
- Once a week other foods approved by the foodservice committee, such as sherbet, frozen yogurt and cookies may be sold.
- Foods of Minimal Nutrition Value as defined by USDA may not be sold.

Discovery Academy of Lake Alfred

- All foods sold daily as a la carte will meet the School's Nutrition Standards.
- Once a week other foods approved by the foodservice department that do not meet the District Nutrition Standards may be sold.
- Foods of Minimal Nutrition Value as defined by USDA may not be sold. (Revision 8/30/2010)

Vending

- No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.
- All items sold in snack vending machines will meet the School's Nutrition Standards.

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Fundraisers

- Sale of food and/or beverages will not be permitted with the exception of after school events.

- Food and beverages that are sold during after school events will include healthy choices.
- Fundraisers not associated with the school in which food and/or beverages are being sold, should not be sold during the school day. (Example: Girl Scout Cookies)

School Parties and Other Celebrations

Ridgeview Global Studies Academy

- Any activity during the school day, involving food and/or beverages that do not meet the School's Nutrition Standards, will be limited to once a month per classroom.

Discovery Academy of Lake Alfred

- Any activity during the school day involving food and/or beverages that do not meet the School's Nutrition Standards, will be limited to 10 times per school year. (Revision 8/30/2010)

Healthy attitudes about food will be promoted. Suggestions for appropriate non-food rewards may be found in Appendix A; however, schools should strive to promote a sense of pride and accomplishment as the primary reward.

Classroom Snacks

- Pre-K and Kindergarten classroom snacks will include only healthy choices, which meet the District Nutrition Standards. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. Appendix A provides a list of Approved Healthy Classroom Snacks.
- After School snacks served as part of the Federal After School Snack Program will meet the federal guidelines.

Eating Environment

- Meals will not be used as reward or discipline for student behaviors.
- Students will be provided with adequate time to eat lunch. Ridgeview Global Studies Academy will be working toward providing at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating all students.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness.

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- For the safety and security of the food and facility, access to the foodservice operations is limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

- For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program.
- During an after school event in which permission by the administration has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must be present during the event and the storage facilities may not be used following the conclusion of the event.

Staff Wellness Center

- Provide a room for Ridgeview Global Studies Academy's staff for physical exercise.
- Fitness room will include tread mills, elliptical bikes, recumbent bikes, bioforce stations, television with built-in dvd for exercise tapes, etc.
- Group activity as well as individual activity will be encouraged.
(Revised 6/23/2008)

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Appendix A – Healthy Choices for Classroom Snacks and School Activities

Beverages

Water
Milk, Non-fat, low-fat, plain or flavored
100% Fruit Juices
Fruit Smoothies

Snacks

Fresh Fruit and Vegetables	Low Fat or Fat Free Yogurt
Canned Fruit (in natural juices or light syrup)	Trail Mix with Fruit, Nuts & Seeds
Celery or Apples with Peanut Butter	Soy Nuts
Dried Fruit	Hummus
Pop Corn	Low Fat String Cheese
Dry Cereal (low sugar varieties)	Baked Tortilla Chips with Salsa
Mini Bagels	Low Fat Fruit or Grain Muffin
Soft or Hard Pretzels	Wafer Cookies
English Muffins	Low Fat or Fat Free Frozen Yogurt
Fruit Bar	Low-Fat Crackers

Healthy Entrée Choices for After School Parties or Celebrations

Burritos or Tacos made with low fat cheese and lean meat
Quesadillas made with low fat cheese
Pasta with Tomato Sauce
Sub Sandwiches
Tortilla Wraps
Pizza Bagels
Baked Potato Bar

Non-Food Reward Ideas

Sticker Certificates	Eat lunch outdoors with the class
Movie Coupons	Fun Video
Special Recognition	Fun physical activity break
Eat lunch with teacher/administrator	
Extra computer time, art time, reading time, etc.	

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Appendix B – Opportunities for Additional Physical Activity

Define Physical Activity

1. Physical Activity: Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.
2. Moderate Physical Activity: Activities that use large muscle groups and are at least equivalent to brisk walking.
3. Vigorous Physical Activity: Rhythmic, repetitive physical activities that use large muscle groups at 70% or more of the maximum heart rate for age.

Define Physical Education: A physically educated person:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Opportunities for Additional Activity:

1. Before School
2. Extended Lunch
3. Preferred Activity Time
4. Field Days
5. After School Programs
6. Community Based Activities