

WELLNESS POLICY

1. The School of Success (SOS) Board recognizes the important role wellness plays in achieving high levels of student achievement and employee success in the workplace. The Wellness Program shall include, but not be limited to, the following components:
 - A. Involvement of parents, students, representatives of the school food authority, the SOS Board, teachers, school administrators, support staff District administrators and the public in the development of the program.
 - B. Establishment of a sub-committee of the School Health Advisory Council (SHAC), which operates according to the Centers for Disease Control (CDC), Coordinates School Health program model (including but not limited to matters pertaining to health education, physical education, health services, nutrition services, counseling, social and psychological services, healthy school environment, health promotion for staff and family/community involvement) to oversee the implementation of the Wellness Program. This sub-committee shall be known as the SOS Wellness Committee.
 - C. Establishment of the Wellness Committees oversee the implementation of the Wellness Programs at the school.
 - D. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness:
 - E. Goals for nutrition education, physical activity and other activities that are designed to promote employee wellness.
 - F. A plan for implementing the goals of the programs.
 - G. Nutrition guidelines for all foods available on school campus during the school/workday with objectives to promote student and employee health and fitness, reduce obesity and prevent diet-related chronic diseases.
 - H. A plan for measuring the implementation of the Wellness Programs:
 - I. A plan for evaluating the outcomes of the Wellness Programs:
 - J. A plan for modifying the Wellness Programs based on evaluation data.
- II. The Superintendent shall establish a Wellness Program for staff and students to assist in the implementation of the Wellness Policy.
- III, The program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966.

WELLNESS POLICY

S.O.S. ACADEMY CHARTER MIDDLE

Revised October 26, 2006

Introduction

- Approximately 13% of school-age children are obese, and 15% are overweight.
(2001 Surgeon General's Report)
- Between 56 – 85% of school age children consume soda every day. **(J Am Diet Assoc. 2003)**
- 51% of school-age children consume less than one serving of fruits and vegetables a day.
(J Am Diet Assoc. 2003)
- 84% of school-age children consume too much fat. **(J Am Diet Assoc. 2003)**
- Among children of varying ages, 8 to 45% (depending on geographic region) of newly diagnosed cases of childhood diabetes are Type 2, non-insulin dependent associated with obesity. **(American Academy of Pediatrics, 2000)**
- Most high school students take only one year of physical education between grades 9 and 12 and less than a third of high school students attend physical education classes daily. One out of four children do not attend any school physical education classes.

The research listed above presents an alarming reality that today's schools, communities, and families are faced with addressing. Recognizing the value of school meals and good nutrition, *the Wellness Policy for S.O.S Academy Charter Middle School* urges school educators, administrators and school staff to create healthy school environments through adopting sound nutrition-food service environment policies. This Wellness Policy has been developed to protect the health of S.O.S. Academy School children so they may achieve their full academic potential.

A sound *Wellness Policy* helps promote action to combat the rising health risks in children. The normal school day is for most children nearly one-half of their non-sleep time day. The *Wellness Policy* is an important and critical partner with physical activity and nutrition education in improving children's health. S.O.S. Charter Middle Schools has endeavored to voluntarily adopt a policy.

Purpose and Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

- A Food Service Program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods.
- Pleasant eating areas for students and staff with adequate time for unhurried eating.
- An overall school environment that encourages students to make healthy food choices.
- Opportunities and encouragement for staff to model healthy eating habits.
- Services to ensure that students and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment; and
- Strategies to involve family members in program development and implementation.

SOSACS nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

I. The Food Service Operation

A. Financial Management

1. It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, the school operates a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. **SOSACS Food Service Program aims to be financially self-supporting.** However, the program is essential educational and support activity and budget neutrality, or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- 3.

B. Program Requirements

1. During each school day the food service program shall offer lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. The school makes efforts to ensure that families are aware of need-based programs for free or reduced-price meals and those eligible families are encouraged to apply. The program maintains the confidentiality of students and families applying for or receiving free or reduced-price meals.
2. SOSACS Food Service Program operates in accordance with the USDA'S National School Lunch Program and all applicable laws and regulations of the State of Florida. The school offers varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "*Dietary Guidelines for Americans*" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks. Menus are planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies are designed to encourage students to purchase nutritious items. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
3. SOSACS Food Service Program monitors the nutrient breakdown of their menus. Regardless of menu planning format of nutrient or food based, the schools analyze the menus offered to students using nutrient analysis to ensure that USDA guidelines are being met.
4. SOSACS Food Service Program has in place a procedure for handling leftover food production.
- 5.

C. Staffing

1. SOSACS employs a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school Food Service Program and satisfy reporting requirements.
2. Cafeteria supervisory staff (teachers, aids, janitorial staff, etc.) has received appropriate training in how to maintain safe, orderly, and pleasant eating environments.
3. The Food service directors and staff inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.
- 4.

D. Adequate Eating Space and Time and Appropriate Use of Food

1. Students and staff have adequate space to eat meals in pleasant surroundings and have adequate time to eat, relax, and socialize. Safe drinking water and convenient access to facilities for hand washing and oral hygiene are available during all meal periods.
2. Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them. If food is included in recognition of academic performance, it should be used in the general celebration of the achievement not as the reward.
3. Food is not withheld from students as punishment.

E. Food Safety

1. SOSACS encourages classes to order foods for classroom parties from sources providing food in compliance with USDA Standards to ensure compliance with food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCAP) plans and guidelines are implemented to prevent food illness in schools.
2. All food service equipment and facilities meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation; and workplace safety.
3. All food service personnel shall have adequate pre-service training.

II. Nutrition Education**A. Instructional Program Design**

1. Nutrition education topics are integrated within the sequential, comprehensive health education program taught at every grade level, sixth through eighth. The nutrition education program focuses on students' eating behaviors be based on theories and methods proven effective by published research and be consistent with the state's/district's health education standard, guidelines, framework. Nutrition education is designed to help students learn:
 - a. Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling, and storage.

- b. Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
 - c. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.
 2. Nutrition education instructional activities stress the appealing aspects of healthy eating and are participatory, developmentally appropriate, and enjoyable. The program engages families as partners in their children's education.

B. Staff Qualifications

1. Staff responsible for nutrition education is adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities provides basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

C. Educational Reinforcement

1. SOSACS instructional staff collaborates with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of the school/district.

D. Staff as Role Models.

1. School staffs are encouraged to model healthy eating behaviors.

E. Nutrition-Related Health Problems and Modified Diets

1. School counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals are prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

2. SOSACS food service program complies with USDA's disability requirements for modified diets. SOSACS food service program meets ethnic dietary requests as recommended by USDA.

III. Food Choices at School and a Healthy School Environment

A. The School Environment

1. Physical Education

- a. Careful consideration of the school lunch environment is considered when scheduling physical education classes. The importance of physical activity for children of all ages is duly acknowledged. *Center for Disease Control defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.* SOSACS provides P.E. before lunch or at a different time than lunch at all appropriate sites.

B. Nutritious Food Choices

1. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, are available wherever and whenever food is sold or otherwise offered at school during the normal school day.
2. Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and other nutrition standard guidelines as set forth by the National School Lunch Program. This includes:
 - a. a la carte offerings in the food service program.
 - b. food and beverages sold as part of school-sponsored fundraising activities; and
 - c. Refreshments served at student parties, celebrations, and meetings.

3. Foods of Minimal Nutritional Value as defined by **7 CFR 210.11(2)** is prohibited from being served or sold anywhere a reimbursable meal is served, sold, and/or eaten. Foods of minimal nutritional value as defined by USDA include carbonated beverages, water ices, chewing gum, hard candies, jellies and gums, marshmallow candies, fondant, licorice, spun candy-, and candy-coated popcorn.
 - a. Non-Creditable Food Items- may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count towards USDA meal patterns. The school limits availability of these food items to students.
 - b. Creditable- food item determined by USDA to have nutritional value and acceptable as a component of a complete meal. SOSACS serves a variety of credible food items.

C. Food Sales

1. At the discretion of the Food Service Director, the management of foods sales on school grounds shall be under the management of the School Food Service Program, (except foods sold as part of a fundraising activity). If food and beverages are sold from vending machines or school stores during school hours and are not under the management of the school's food service programs, the nutrition requirements of USDA's School Lunch Program and the nutrition environment requirements set forth in this policy must still be met.
2. Only student organizations and legally constituted, nonsectarian, nonpartisan organizations approved by a designated school official are permitted to engage in fundraising on school grounds during the school day. These organizations are encouraged to raise funds through the sale of items other than food. Foods sold for fundraising purposes are prohibited during meal services and until 30 minutes after the last meal is served during the school day. Foods sold for fundraising purposes during the school day shall be monitored by the food service director to ensure compliance with the nutritional standards established by the USDA for school food service programs. Organization raising funds by selling foods must schedule and authorize the fundraiser with the food service director prior to the event.
3. Foods and beverages that have as the first ingredient: sugar, corn syrup, shortening, lard, or similar, may not be sold to students on school grounds during the normal school day.

IV. Physical Activity and a Healthy School Environment
A. Recommendations for Physical Activity

1. Physical education courses are the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
2. Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
3. Children should accumulate at least 60 minutes of physical activity on all or most days of the week. This can be accomplished through several bouts of physical activity lasting 15 minutes or more each day.
4. Extended periods of inactivity (periods of two or more hours) are discouraged.

B. Recommendations for Physical Education for Children During the Normal School Day

1. Ensure that state-certified physical education teachers teach all physical education classes.
2. Provide an adequate amount of time for physical education classes. SOSACS provides at least 225 minutes per week for middle school students for the entire school year.
3. Ensure that physical education classes have a teacher/student ratio comparable with those of other classes
4. Implement a sequential physical education course of study consistent with national standards for physical education and with a focus on students' development of motor skills, movement forms, and health-related fitness.
5. Ensure that students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
6. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
7. Prohibit the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes.

C. Encouraging Lifetime Physical Activity

1. SOSACS offers after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students, including those who are not athletically gifted and those with special health care needs.
2. SOSACS provides community access to and encourages students and community members to use the school's physical activity facilities outside of the normal school day.
3. SOSACS encourages parents and community members to institute programs that support physical activity, such as a walk to school program.
4. SOSACS encourages after-school childcare programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Assurances

SOSACS assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

Evaluation and Measuring

We evaluate each student's weight at the beginning of the school year and compare it to their weight at the end of the school year. We attempt to raise the student's heart rate during calisthenics each day and have instructed the students on how to take their own pulse.

Goals for Nutritional Education

Each week during the activity schedule we hold a class on nutrition. We allow the students to evaluate the school's menu for nutritional content and submit suggestions to the Wellness Committee monthly.

Wellness Committee

The Wellness Committee meets a minimum of once per month to discuss nutrition and to vote on changes to the schools' menus and policies if needed to be submitted to the SOSACS' Board of Directors at its monthly board meetings. The Board of Directors of SOSAC will review the wellness policy, request reports from the Wellness Committee on its effectiveness and make revisions as necessary, on an annual basis.

Wellness Policy Operational Responsibility

The Food Service Manager is designated the responsible party and the Principal is the overall authority.

Equal Employment Opportunity Policy

S.O.S. Academy Charter School is an equal opportunity employer and does not discriminate against any individual in any phase of employment on the basis of race, color, national origin, sex, age, or disability or any other legally protected status in accordance with applicable local, state and federal laws.

Students' Rights

S.O.S. Academy Charter School prohibits discrimination against students or clients accepted into this facility. Students and/or clients are admitted without regard to race, color, national origin, sex, age, or disability or any other legally protected status in accordance with applicable local, state and federal laws.

Policy Terms and Definitions

Action For Healthy Kids Coalition - (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. AFHK is composed of 51 State Teams and a national coordinating and resource group. AFHK fosters sharing and collaboration among diverse stakeholders to encourage and facilitate meaningful change in schools. Guidance and direction is provided by more than 35 national organizations and government agencies representing education, health, physical activity and nutrition. <http://www.actionforhealthykids.org/index.htm>

Center For Disease Control and Prevention – (CDC) is recognized as the lead federal agency for protecting the health and safety of people - at home and abroad, providing credible information to enhance health decisions, and promoting health through strong partnerships. <http://www.cdc.gov/default.htm>

Overweight - a state in which weight exceeds a standard based on height, having a body mass index of 25-29.9 or greater.

Obesity - The CDC uses growth charts BMI-for-age to assess overweight in children (2-20 years old).

85th percentile to < 95 percentile is considered at risk for overweight and a BMI-for-age of 95th percentile or greater is considered overweight

Dietary Guidelines for Americans – dietary recommendations for healthy Americans age 2 years and over about food choices that promote health specifically with respect to prevention or delay of chronic diseases.

Physical Activity - CDC defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

National School Lunch Program – (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

American School Food Service Association – (ASFSA) has been advancing the availability, quality and acceptance of school nutrition programs as an integral part of education since 1946. The Association strives to see that all children have access to healthful school meals and nutrition education. The primary activities of the association are 1) providing education and training, 2) setting standards through certification and credentialing, 3) gathering and transmitting regulatory, legislative, industry, nutritional and other types of information related to school nutrition, and 4) representing the nutritional interests of all children. <http://www.asfsa.org/>

Hazard Analysis & Critical Control Points – (HACCP) involves seven principles in order to identify, analyze, prevent and or control any biological, chemical, or physical hazard. HACCAP was developed and is maintained as part of the Food and Drug Administration (FDA). <http://www.cfsan.fda.gov/~comm/haccpov.html>

Normal School Day – Time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period. For schools who have multiple schedules in place, the school day for each schedule ends 7 hours after the first bell indicating the start of the initial class of the first session.

ADDITIONAL BOARD AND SCHOOL BASED WELLNESS GOALS

1. The Board or designee continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
2. SOS ensures that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
3. The school serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
4. The Board or designee shall employ a food service director who is properly credentialed according to professional standards to administer the school food service program.
5. All Food and Nutrition 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.
6. 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.
7. Food and Nutrition designated staff ensures that required and effective food safety practices are applied to all foods prepared, sold, and served.
8. Meals are scheduled as close a possible to the middle of the day. Dining areas should be attractive.
9. 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.
10. 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.

EVALUATION OF THE CHARTER SCHOOL'S WELLNESS POLICY

1. The school and non-school based department is responsible for identifying an individual or group responsible for implementation of SOS Wellness Policy requirements in that school or department.
2. 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.
3. The Nutrition Committee will continue to provide input and recommendations regarding wellness initiatives and outcomes.

4. 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.

STUDENT'S RIGHTS

SOS Charter School prohibits discrimination against students or clients accepted into this facility. Students and/or clients are admitted without regard to race, color, national origin, sex, age, or disability or any other legally protected status in accordance with applicable local, state, and federal laws.

Wellness Policy Committee:

Parent:

Students:

School Food Service:

Board Member:

School Administrator:

Physical Education Staff:

*SOS Charter School Wellness Policy
Procedures Adopted: April 3, 2014*