

Berkley Charter School

Wellness Policy

8/16/2013

Berkley Charter School

LOCAL WELLNESS:

The School Board of Berkley Charter School Believes that good health fosters student attendance and achievement. The Board also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. The Board is committed to provide school and worksite environments that promote and protect children's health, well being, and ability to learn and employees' health and well being by promoting and supporting healthy eating, physical activity and healthy lifestyles. This policy encourages a holistic approach to student and staff wellness that is sensitive to individual and community needs by maximizing community and school resources to support optimal health.

I. Nutrition Guidelines for All Foods on Campus

A. School Meals Program

1. Our Mission: Nourishing bodies and minds today for healthier tomorrows.
2. Our Vision: Our Foodservice Program is the pinnacle of nutritional integrity and team-oriented service that positively influences students' lives.
3. Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
4. All reimbursable meals will be consistent with the Dietary Guidelines for Americans.
5. Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.
 - a) Student and Foodservice Manager Menu Surveys will be conducted.
 - b) Student taste testing of food items is a bid requirement when considering new menu items.
6. Beginning with the 2010-2011 school year, all elementary, middle and high schools will be required to offer reimbursable breakfast.

B. Child Nutrition Operations

1. 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 complete nutritionally with program meals.
2. 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.
3. The school will strive to increase participation in the available federal Child Nutrition Programs (National School Lunch, Breakfast, and Snack Programs).
4. School foodservice staff will be properly trained according to current professional standards and will regularly participate in professional development activities.

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5. Eating Environment

- a) Meals will not be used as reward or discipline for student behaviors.
- b) Students will be provided adequate time to eat lunch.
- c) Schools shall provide at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- d) Lunch periods shall be scheduled between 10 am and 2 pm.
- e) Cafeterias should include enough serving areas so that students do not have to spend too much time waiting in line.
- f) Dining areas are attractive and have enough space for seating all students.

C. All Other Foods Made Available on Campus

1. Food Safety/Food Security

- a) 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 in schools.
- b) For the safety and security of the food and facility, access to the foodservice is limited to Child Nutrition staff and authorized personnel.
- c) 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 or food that has been purchased and prepared by foodservice staff for the school.
- d) During an after school event in which permission by the Principal 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.
- e) For further guidance see the US Department of Agriculture food security guidelines.

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

- a) Foods will comply with the current USDA Dietary Guidelines for Americans:
 - 1) Total Fat shall be limited to no more than 35% of the total calories in the food product (excluding reduced-fat cheese, nuts, seeds and nut butters).
 - 2) Saturated Fat shall be limited to no more than 10% of the total calories in the food product.

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- 3) Trans Fat shall be limited to zero grams per serving.
- 4) Sugar will not exceed 35% of the total weight of the food product (excluding fruits and vegetables).
- 5) Conscious effort should be made to limit the sodium content of foods.

b) 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 for elementary schools, middle schools and high schools.

c) Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

3. School Parties and Other Activities

a) Food and beverages provided to students outside of the National School Breakfast or Lunch Program shall not be served during breakfast or lunch meal service times.

1) The Elementary School – Any activity during the school day, involving food and/or beverages that do not meet the District Nutrition Standards, will be limited to once a month per classroom.

2) Secondary Schools – Any activity during the school day involving food and/or beverages that do not meet the District Nutrition Standards will be limited to 10 times per school year.

4. Classroom Snacks

a) 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 Healthy Classroom Snacks.

b) After School snacks served as part of the Federal After School Snack Program will meet the federal guidelines.

5. Fundraisers

a) 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.

b) Food and beverages that are sold in concession stands will include healthy choices.

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c) 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)

6. A La Carte Food

a) The Elementary School

1) Foods sold daily as a la carte will be restricted to mild, 100% juice, water, fruits and vegetables.

2) Once a week other foods approved by the foodservice department, such as sherbet, frozen yogurt and cookies may be sold.

b) Secondary Schools

1) All foods sold daily as a la carte will meet the District Nutrition Standards.

2) Once a week other foods approved by the foodservice department that do not meet the District Nutrition Standards may be sold.

3) Foods of Minimal Nutrition Value, as defined by USDA may not be sold.

7. Vending

a) Beverage Contracts – No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.

b) Snack Vending – All items sold in snack vending machines will meet the District Nutrition Standards.

II. Nutrition Education Goals

- A. The school Cafeteria will function 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.
- B. School Menus will be posted on the school website.
- C. Nutrition education will be integrated into other areas of the curriculum.
- D. Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.
- E. Families will be encouraged to teach their children about health and nutrition and to provide nutritious meals for their families.

III. Physical Activity and Education Goals

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- A. Schools will promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.
- B. State requirements for physical education will be met or exceeded.
- C. All students will have equal opportunity to learn; frequency, time and or intensity.
- D. Physical Education will provide meaningful content and appropriate instruction. Students will be engaged in moderate to vigorous physical activity for the majority of physical education class.
- E. Physical Education teachers should receive professional development and certification opportunities.
- F. Classroom teachers should receive training in order to develop methods of incorporating physical activity into the school day.
- G. Schools will promote physical activity in our schools outside of physical education and strive to provide opportunities for students. (Secondary)
- H. Structured and organized physical activity outside of physical education should be allowed and promoted. (Elementary)
- I. Schools will encourage the integration of physical activity across the curricula (classroom-based movement) and throughout the school day to enrich academic subjects.
- J. Schools will promote and support programs and partnerships within the community that provide students' opportunities to be physically active.
- K. Priorities
 - 1. Maintain State Certified Physical Education instructors for all physical education classes.
 - 2. Review the physical education curriculum maps K-12 for scope and sequence of instruction to ensure all students' meaningful content and appropriate instruction.
 - 3. Maintain instructional periods of a minimum of 150 minutes per week in elementary/one semester in middle school.
 - 4. Strive to meet the goal of teacher/student ratio in physical education of 1:25 (Elementary) and 1:35 (Secondary) for safe and optimal instruction.
 - 5. Strive to meet physical activity consistent with research recommendations at the national and state levels. Opportunity for physical activity should last 15 minutes or more, approximately every two hours. (Elementary)

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6. Require a nationally recognized and validated pre and post physical fitness assessment that assesses the five health related areas of fitness: Body Composition, Cardio-respiratory Endurance, Flexibility, Muscular Endurance and Muscular Strength.
7. Schools will refrain from using physical activity for punishment or withholding physical activity for academic or behavioral remediation during physical education.
8. Offer ongoing opportunities for professional development.
9. Ensure that adequate equipment and facilities are available for all students.

IV. Goals for Other School Based Activities

- A. Wellness Policy guidelines and goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- B. Support for the health of all students is demonstrated by implementing coordinated school health programs hosting health screenings and assisting to enroll eligible children in health insurance programs.
- C. Promote and support after-school programs that provide opportunity for physical activity and encourage healthy habit formation.
- D. A local wellness committee comprised of parents, teachers, administrators, other staff members, and students will plan, implement and improve nutrition and physical activity in the school environment.

V. Employee Wellness

- A. Berkley Charter School highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by the staff to maintain a healthy lifestyle. The Board will foster a healthy environment by:
 1. Evaluating the needs of staff and delivering programs to address these needs.
 2. Providing wellness opportunities.
 3. Sharing health related information with staff.
 4. Providing an Employee Assistant Program.

VI. Monitoring

- A. Administrators will monitor compliance of wellness policy guidelines, consider input regarding areas for improvement, and revise guidelines as needed.

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Statutory Authority: Florida Statutes 1001.32, 1001.41, 1001.42, and 1001.43

Laws Implemented: Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108.265, Section 204

Child Nutrition Reauthorization Healthy Hunger Free Kids Act of 2010, Public Law 111.296, Section 204

Adopted: April 20, 2011

Amended: June 28, 2011; August 16, 2013

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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
Canned Fruit (in natural juices or light syrup)
Celery or Apples with Peanut Butter
Dried Fruit
Pop Corn
Dry Cereal (low sugar varieties)
Mini Bagels
Soft or Hard Pretzels
English Muffins
Fruit Bar
Low Fat or Fat Free Yogurt
Trail Mix with Fruit, Nuts and Seeds
Soy Nuts
Hummus
Low Fat String Cheese
Baked Tortilla Chips with Salsa
Low Fat Fruit or Grain Muffin (2 oz or less)
Wafer Cookies
Low Fat or Fat Free Frozen Yogurt
Low-Fat Crackers
Non-iced Animal Crackers

Healthy Entrée Choices for After School Parties or Celebrations

Salads (Taco Salad, Grilled Chicken Salad, Pasta Salad)
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

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