

BERKLEY CHARTER SCHOOL

WELLNESS POLICY ASSESSMENT TOOL

SCHOOL: Berkley Charter School

COMPLETED BY: Gayle Thomas TITLE: Principal DATE: 12/8/2022

Please complete each area, marking "X" in the appropriate column indicating the goal as being implemented "Fully" or "Partially".
Provide comments if appropriate.

Benchmark

Fully

Partially

Comments

1. All food sold/served to students is prepared in health inspected facilities under the guidance of trained staff.

X

2. Students are provided access to hand washing before meals and snacks.

X

3. Students are provided with a pleasant eating environment where they have ample seating and are not feeling rushed during meals.

X

4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch.

X

5. Accommodations are provided for students who need more time to finish their meal.

X

6. Meal periods are scheduled at appropriate times. Breakfast is served between 7:30am-8:00am and lunch is served between 10:30am-12:30pm.

X

7. Students in elementary schools are provided a recess time.

X

8. Students are provided with attractive clean dining areas which have ample seating for all students scheduled during a given meal period.

X

9. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this is part of a student's IEP, BIP, or 504 plan).

X

10. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items.

X

11. Fundraising activities involving the sale of food take place outside the school day (school day is defined as a 1/2 hour before school and the final bell) and must meet smart snack nutritional guidelines.

X

12.	Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages to students on campus.	X		
13.	Classroom celebrations encourage healthy choices and portion control.	X		
14.	Sharing of foods and beverages is NOT allowed.	X		
15.	Only "smart snack" options are offered in vending machines, school stores, concession stands, a la carte lines and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	X		
16.	Foods sold a la cart in schools must meet the guidelines of the National School Lunch Program overseen by the Cafeteria Manager.	X		
17.	The only beverages sold in schools: plain Water - with or with out carbonation, milk (flavored must be fat free, unflavored may be fat free or 1%), or calorie-free or very low-calorie beverages.	X		
20.	Free, potable water will be available to all students during meal service (water fountain or cups of water).	X		
21.	Schools will provide nurtition education as part of a holistic sequential, age-appropriate comprehensive program designed to provide students with the knowledge and skills necessary to promote healthy life styles.	X		
22.	Health education, including nutrition education is delivered by certified staff.	X		
23.	Nutrition education is integrated throughout the school day.	X		
24.	Nutrition benchmarks included in Florida's Physical Education Standards are 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.	X		
25.	Students will have the opportunity to be involved in physical activity through physical education programs, before or after school activities or other activity programs/clubs.	X		
26.	Students are encouraged to participate in community-offered fitness and athletic programs.	X		
27.	Families are encouraged through newsletters, homework assignments, parent-teacher meetings, etc. to make helathy food choices and to lead a healthy lifestyle.	X		

BERKLEY CHARTER SCHOOL

WELLNESS POLICY ASSESSMENT TOOL

SCHOOL: Berkley Charter School

COMPLETED BY: Deanna Brewer TITLE: PreK Director DATE: 12/9/2022

Please complete each area, marking "X" in the appropriate column indicating the goal as being implemented "Fully" or "Partially".
Provide comments if appropriate.

Benchmark

Fully Partially Comments

- | | Fully | Partially | Comments |
|--|-------|-----------|----------|
| 1. All food sold/served to students is prepared in health inspected facilities under the guidance of trained staff. | X | | |
| 2. Students are provided access to hand washing before meals and snacks. | X | | |
| 3. Students are provided with a pleasant eating environment where they have ample seating and are not feeling rushed during meals. | X | | |
| 4. Students are provided with at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch. | X | | |
| 5. Accommodations are provided for students who need more time to finish their meal. | X | | |
| 6. Meal periods are scheduled at appropriate times. Breakfast is served between 7:30am-8:00am and lunch is served between 10:30am-12:30pm. | X | | |
| 7. Students in elementary schools are provided a recess time. | X | | |
| 8. Students are provided with attractive clean dining areas which have ample seating for all students scheduled during a given meal period. | X | | |
| 9. Foods or beverages are NOT used as rewards for academic performance or good behavior (unless this is part of a student's IEP, BIP, or 504 plan). | X | | |
| 10. Fundraising is supportive of healthy eating by emphasizing the sale of healthy food items or of non-food items. | X | | |
| 11. Fundraising activities involving the sale of food take place outside the school day (school day is defined as a 1/2 hour before school and the final bell) and must meet smart snack nutritional guidelines. | X | | |

12.	Students and staff are prohibited from personal fundraising efforts that include the sale of foods or beverages to students on campus.	X		
13.	Classroom celebrations encourage healthy choices and portion control.	X		
14.	Sharing of foods and beverages is NOT allowed.	X		
15.	Only "smart snack" options are offered in vending machines, school stores, concession stands, a la carte lines and classrooms. Choices meet guidelines for foods sold outside reimbursable meals and portion size.	X		
16.	Foods sold a la cart in schools must meet the guidelines of the National School Lunch Program overseen by the Cafeteria Manager.	X		
17.	The only beverages sold in schools: plain Water - with or with out carbonation, milk (flavored must be fat free, unflavored may be fat free or 1%), or calorie-free or very low-calorie beverages.	X		
20.	Free, potable water will be available to all students during meal service (water fountain or cups of water).	X		
21.	Schools will provide nurtition education as part of a holistic sequential, age-appropriate comprehensive program designed to provide students with the knowledge and skills necessary to promote healthy life styles.	X		
22.	Health education, including nutrition education is delivered by certified staff.	X		
23.	Nutrition education is integrated throughout the school day.	X		
24.	Nutrition benchmarks included in Florida's Physical Education Standards are 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.	X		
25.	Students will have the opportunity to be involved in physical activity through physical education programs, before or after school activities or other activity programs/clubs.	X		
26.	Students are encouraged to participate in community-offered fitness and athletic programs.	X		
27.	Families are encouraged through newsletters, homework assignments, parent-teacher meetings, etc. to make helathy food choices and to lead a healthy lifestyle.	X		

BERKLEY CHARTER SCHOOL

WELLNESS POLICY ASSESSMENT TOOL

SCHOOL: Berkley Charter School

COMPLETED BY: Suzanne Martin TITLE: Food Service Director DATE: 12/8/2022

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Provide comments if appropriate.

Benchmark

Fully Partially Comments

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	fully	Partially	Comments
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20. Free, potable water will be available to all students during meal service (water fountain or cups of water).	X		
21. Schools will provide nutrition education as part of a holistic sequential, age-appropriate comprehensive program designed to provide students with the knowledge and skills necessary to promote healthy life styles.	X		
22. Health education, including nutrition education is delivered by certified staff.	X		
23. Nutrition education is integrated throughout the school day.	X		
24. Nutrition benchmarks included in Florida's Physical Education Standards are 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.	X		
25. Students will have the opportunity to be involved in physical activity through physical education programs, before or after school activities or other activity programs/clubs.	X		
26. Students are encouraged to participate in community-offered fitness and athletic programs.	X		
27. Families are encouraged through newsletters, homework assignments, parent-teacher meetings, etc. to make healthy food choices and to lead a healthy lifestyle.	X		