
BERKLEY CHARTER SCHOOL

WELLNESS POLICY



Wellness Policy

Preamble

Berkley Charter School recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Berkley Charter School is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Wellness Committee Members:

Jennifer Cervantes, Wellness Coordinator, Foodservice Director, Assistant Principal
Deanna Brewer, Principal, PreK Director
Henry Manson, Board Chair, Community Member
Alysha Alvarado, School Nurse
Ben Vliet, Physical Education Teacher
Tamara Brudy, Physical Education Teacher
Mayme Plumlee, Counselor
Melissa Oppenheimer, Cafeteria Manager
Lisa Barnes, Teacher
Samantha Boatner, Teacher, Parent

1. Local School Wellness Policy Leadership

Berkley Charter School will assemble a representative wellness committee that will meet annually to monitor and set goals for the development and implementation of its local school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The Foodservice Director, Jennifer Cervantes, shall ensure overall compliance with the local school wellness policy.
- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

Berkley Charter School will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information and opportunities for physical activity during school.
- Berkley Charter School will provide parents with healthy snack ideas, and lists of foods for healthy celebrations. Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.

3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- The nutrition benchmarks included in Florida's Physical Education Standards shall be 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.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lessons activities and student participation are provided in nutrition and health classes.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as growing vegetables, enrichment activities such as local farm tours or visits to community gardens with the core curriculum.
- Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

Berkley Charter School shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education.
- All elementary school students will have at least 10 minutes of daily recess with space, equipment and an environment conducive to safe and enjoyable play.
- 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. Students will be encouraged to participate in community-offered fitness and athletic programs.
- Staff will be encouraged to participate in moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events as well as health insurance reimbursement opportunities for gym membership when offered.

- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

5. Other School-Based Activities

Berkley Charter School will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- Berkley Charter School shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- Berkley Charter School Foodservice Program shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Berkley Charter School will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest (if available from our local reputable contracted vendor).
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- Berkley Charter School shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products when possible.

Employee Wellness

- Berkley Charter School's wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be encouraged to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and may include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

- Berkley Charter School is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

Berkley Charter School shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, Berkley Charter School will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.
- Berkley Charter School will source 5-10% of all fruits and vegetables from local farmers, when practicable.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11. Products will be assessed for compliance and approval using the Smart Snacks Product Calculator at <https://foodplanner.healthiergeneration.org/calculator/>.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
 - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by Berkley Charter School's food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-2.002)

Standards for food and beverages available during the school day that are not sold to students:

- Class parties or celebrations shall be held after the lunch period.
- Berkley Charter School will limit celebrations that involve food during the school day to no more than one party per class per month.
- The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The Board of Directors is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School	10 days
Senior High Schools	15 days
Combination Schools	10 days

- As applicable, each sponsor shall maintain records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with the rule found at FAC 5P-2.002.

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA’s Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- Berkley Charter School will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- Berkley’s replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

Berkley Charter School’s wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Berkley Charter School will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Berkley Charter School is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

Berkley Charter School will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Berkley Charter School will actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Berkley Charter School will ensure the most updated version of the wellness policy and triennial

assessments are always available on the sponsor's website for the public to view.

- Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts, Berkley Charter School's website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.
- Berkley Charter School will present wellness policy updates, as applicable, during meetings with the parent volunteer group/organization, school board, health and wellness committee and other interested groups or stakeholders.
- As applicable, Berkley Charter School will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

10. Community Involvement

Berkley Charter School is committed to being responsive to community input, which begins with awareness of the wellness policy. Berkley Charter School will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- Berkley Charter School will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- Berkley Charter School will use electronic mechanisms, such as email or displaying notices on Berkley Charter School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- Berkley Charter School will invite the public and school community to participate on the Wellness Committee.

11. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.