

## St. Johns Classical Academy

## Wellness Policy

St. Johns Classical Academy (SJCA) is committed to creating a school environment that promotes the optimal development of all scholars and staff. SJCA recognizes that good nutrition and regular physical activity improve overall health and well-being. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

**1. Nutrition**

SJCA shall operate and provide food service in accordance with the United States Department of Agriculture's (USDA) National School Lunch Program 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 the USDA.

- A. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
- B. SJCA will seek to participate in available federal school meal programs such as the School Breakfast Program (SBP), National School Lunch Program (NSLP), and After School Snack Program (ASSP), as determined by the school.
- C. Free, potable water will be made available to all children during each meal service.
- D. Any in-school food and beverage marketing will meet competitive food (USDA Smart Snacks in School) nutrition standards.
- E. All foods and beverages sold on the school campus to scholars 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.
  - *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 scholars 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.*
  - Unless being sold by SJCA's food service program, it is impermissible for any competitive food item sold to scholars 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).
  - No fundraisers that include the sale of food items will occur until 30 minutes after the conclusion of the last designated meal service period.
  - The Wellness Policy Committee 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 / Junior High Schools | 10 days   |
| Senior High Schools                 | 15 days   |
| Combination Schools                 | 10 days   |

Nutrient standards for competitive foods:

| Nutrient Standard | Snack Items and Side Dishes<br><i>(including any added accompaniments)</i> | Entrée Items<br><i>(including any added accompaniments)</i>             |
|-------------------|--|---|
| Calories          | 200 calories or less   | 350 calories or less  |
| Sodium Limits     | 200 mg or less   | 480 mg or less  |
| Total Fat Limits  | 35% or less of total calories  | 35% or less of total calories   |
| Saturated fat     | Less than 10% of total calories  | Less than 10% of total calories   |
| Trans fat         | 0 g of trans fat as served<br>(less than or equal to 0.5 g per portion)    | 0 g of trans fat as served<br>(less than or equal to 0.5 g per portion) |
| Sugar             | 35% of weight from total sugar<br>as served or less                        | 35% of weight from total sugar<br>as served or less                     |

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/no salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*\*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

## Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

| Beverages  | Elementary  | Middle      | High       |
|--|-------------|-------------|------------|
| Plain water  | unlimited   | unlimited   | unlimited  |
| Unflavored low-fat milk  | 8 fl. oz.   | 12 fl. oz.  | 12 fl. oz. |
| Unflavored or flavored fat-free milk   | 8 fl. oz.   | 12 fl. oz.  | 12 fl. oz. |
| 100% fruit or vegetable juice  | 8 fl. oz.   | 12 fl. oz.  | 12 fl. oz. |
| 100% fruit or vegetable juice diluted with water but no added sweeteners   | 8 fl. oz.   | 12 fl. oz.  | 12 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz. | Not allowed | Not allowed | 20 fl. oz. |
| Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.) | Not allowed | Not allowed | 12 fl. oz. |

For elementary and middle school scholars: foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school scholars may contain caffeine.

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

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

## 2. Wellness Goals

### a. Nutrition Education

Health education topics shall be integrated into the regular instructional program. The program shall provide scholars with the knowledge and skills to make healthy choices related to health promotion and disease prevention.

- A. SJCA shall provide for an interdisciplinary, sequential skill-based health education program based upon State standards and benchmarks.
- B. The nutrition benchmarks in Florida's Physical Education Standards shall be taught as part of the structured and systematic instruction during physical education classes and integrated into other subject areas (e.g., science) where there is a natural fit. This includes distribution, reading, and discussion of monthly nutritional information and age-appropriate literature during regularly scheduled Physical Education classes.
- C. Scholars will receive interactive nutrition education that teaches skills they need to adopt age-appropriate healthy eating behaviors on a regular basis in their physical education classes, including a full lesson each year on reading nutrition labels and understanding nutritional values and measurements.
- D. Where age-appropriate, as an annual project, scholars will be asked to construct a full day of recipes for their favorite meals, utilizing all the recommended food groups and creating the healthiest possible version of these meals.

#### **b. Nutrition Promotion**

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

- A. Nutrition shall be promoted on campus via regular incorporation of nutrition information into the school's newsletter and on the school's website.
- B. National Nutrition Month (March) will be acknowledged through an awareness and informational campaign throughout the school as an interdisciplinary effort, where possible. The assistance of the cafeteria in a special effort to improve nutritional choices during this time will be sought. Posters, literature, props, etc. will be on display to encourage healthy nutritional choices.

#### **a. Physical Activity**

SJCA considers physical activity to be an essential element of its instructional program. The program shall provide the opportunity for all scholars to develop the skills, knowledge, and attitudes necessary for a lifetime of healthy physical activity.

- A. Scholars shall receive instructionally relevant physical education as required by state statute.
- B. All SJCA scholars will have at least 20 minutes of daily recess. SJCA will provide space, equipment, and an environment conducive to safe and enjoyable play.
- C. SJCA will offer a variety of physical activity opportunities to scholars.
- D. Staff will be encouraged to participate in moderate-intensity aerobic activity every week. Staff will be informed of opportunities to participate in physical activity in afterschool programs and community events.
- E. Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes as appropriate.

## **b. Healthy Safe Environment**

SJCA will make efforts to integrate wellness activities throughout the school setting. These initiatives will include nutrition, physical activity, and other wellness working toward a consistent set of goals and objectives promoting scholar well-being, optimal development and strong educational outcomes.

- A. SJCA shall be in compliance with drug, alcohol, and tobacco-free policies.
- B. SJCA will provide a clean, well-maintained, smoke-free facility for the enjoyment of meals.
- C. Scholars will be provided an adequate amount of time to consume their meals with a minimum of 20 minutes after receiving their food from the line.
- D. The school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- E. The school will ensure convenient access to hand washing facilities during meal periods.
- F. Teachers and other school personnel should not deny or require excessive physical activity as a means of punishment.

## **c. Health Services**

Health services activities shall be provided to scholars and staff and may include, but not be limited to, school safety awareness, parenting skills, and other appropriate and relevant health services education topics. Delivery of services shall include at minimum: emergency health interventions, routine daily management of chronic health conditions that affect a scholar's academic performance, communicable disease prevention, scholar health screening to include Scoliosis, Body Mass Index (BMI), Vision and Hearing Screening and community health referrals as appropriate.

## **C. School Wellness Policy Leadership**

The Wellness Policy Committee will meet bi-annually to monitor and set goals for the development and implementation of this wellness policy. The policy shall be reviewed by the Wellness Policy Committee annually. The headmaster or his/her designee shall ensure overall compliance with this wellness policy. Parents, scholars, representatives of the school food authority, teachers of physical education, school health professionals, the governing board, school administrators, and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

The Wellness Policy Committee will ensure compliance with and facilitate the implementation of SJCA's wellness policy.

- A. The school headmaster and staff will be responsible for compliance with federal and state regulations as they relate to SJCA's wellness policy.

- B. The Physical Education teacher or the headmaster's designee will be responsible for establishing the Wellness Policy Committee that will ensure compliance with the policy.
- C. The Wellness Policy Committee is responsible for:
- a. ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-2.002);
  - b. reviewing and considering evidence-based strategies in establishing goals for nutrition promotion and education, physical activity and other-school based activities that promote scholar wellness, including a review of the Smarter Lunchroom tools and techniques;
  - c. maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-2.002; and
  - d. reporting regulatory compliance to the headmaster or his/her designee, the person responsible for ensuring overall compliance with SJCA's wellness policy.
- D. The Wellness Policy Committee will ensure the most recent version of the wellness policy and the most recent triennial assessment are always available on the school website for the public to view. In this manner parents, scholars, and other in the community will be informed and updated about the content, implementation of, and any updates to this Wellness Policy.

### **Evaluation and Measurement of the Implementation of the Wellness Policy**

SJCA's Wellness Policy Committee will update and modify 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

SJCA will assess the local school wellness policy to measure wellness policy compliance triennially, or when policy updates are recommended. SJCA will make triennial assessment summaries and policy changes available to the public via the school's website.

This assessment will measure the implementation of the local school wellness policy, and include:

- the extent to which SJCA is in compliance with this wellness policy;
- the extent to which this policy compares to model local school wellness policies; and
- a description of the progress made in attaining the goals of this policy.

### Recordkeeping

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

- A. the written local school wellness policy;
- B. 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
- C. documentation of the triennial assessment of the local school wellness policy.

### **D. Family, School, and Community Partnership**

Long-term effective partnerships improve the planning and implementation of health promotion projects and events within the school and throughout the community.

- A. Family, scholar, and community partners shall be included on an ongoing basis in school wellness processes.
- B. Community partnerships, both nonprofit and for profit, shall be developed and maintained as a resource for school programs, projects, activities, and events. SJCA shall advocate, develop, and support the engagement of scholars, families, and staff in community health-enhancing activities and events at the school or throughout the community.
- C. Annually at a governing board meeting each year, the local school wellness policy will be discussed, and stakeholders will be asked to provide feedback on the policy. Comments and recommendations will be provided to the Wellness Policy Committee for its annual review.