



INNOVATION CHARTER SCHOOL WELLNESS POLICY

INNOVATION CHARTER SCHOOL (ICS) PROMOTES HEALTHY SCHOOLS BY SUPPORTING WELLNESS, GOOD NUTRITION, AND REGULAR PHYSICAL ACTIVITY AS PART OF THE LEARNING ENVIRONMENT. ICS SUPPORTS A HEALTHY ENVIRONMENT WHERE CHILDREN LEARN AND PARTICIPATE IN POSITIVE DIETARY AND LIFESTYLE PRACTICES. BY FACILITATING LEARNING THROUGH THE SUPPORT OF GOOD NUTRITION, HEALTHY FOOD CHOICES AVAILABLE AT SCHOOL, PHYSICAL ACTIVITY AND HEALTH PRACTICES, SCHOOLS CONTRIBUTE TO THE BASIC HEALTH STATUS OF CHILDREN.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 111–296, HEALTHY, HUNGER-FREE KIDS ACT OF 2010 (42 U.S.C. 1751 et seq.), THE INNOVATION CHARTER SCHOOL WELLNESS COMMITTEE DETERMINES AND MONITORS ALL WELLNESS INITIATIVES OF INNOVATION CHARTER SCHOOL INCLUDING OBESITY PREVENTION. THE INNOVATION CHARTER SCHOOL WELLNESS COMMITTEE WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY.

FEDERAL, STATE AND DISTRICT LEGISLATION, POLICY OR GUIDELINES, SUPPORTING THE TENETS OF THE INNOVATION CHARTER SCHOOL WELLNESS POLICY: FEDERAL – HEALTHY, HUNGER-FREE KIDS ACT, 2010, 2010 DIETARY GUIDELINES FOR AMERICANS. STATE – CHAPTER 64E-11 AND CHAPTER 5P-1.003, FLORIDA ADMINISTRATIVE CODE, SECTIONS 570.981, 381.0056, 381.0057, 402.3026 AND 210.11, FLORIDA STATUTES, SCHOOL BOARD OF BROWARD COUNTY, FLORIDA – POLICY 3.2, FOOD AND BEVERAGES SERVED DURING THE SCHOOL DAY, POLICY 6300, ADVERTISING MATERIAL, POLICY 6202, ATHLETICS, POLICY 6208, COMMUNITY FUNDRAISING, POLICY 5302, COMMUNITY INITIATIVES FOR FAMILIES, POLICY 1165, PARENT/FAMILY INVOLVEMENT, POLICY 6000.1, STUDENT PROGRESSION.

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GOALS

1. HEALTH AND NUTRITION EDUCATION

- a. ICS students in Kindergarten through grade 5 are provided comprehensive, sequential health and nutrition education curriculum providing the knowledge needed to adopt healthy lifestyles and reduce high risk behaviors for all students as specified in Policy 6000.1.
- b. Resources and training are available for employees responsible for providing nutrition and health education.
- c. The school cafeteria serves as a learning laboratory to teach and practice good nutrition, incorporating nutrition promotions to enhance the experience.
- d. ICS provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided in multiple languages on the ICS website.

2. PHYSICAL ACTIVITY AND OTHER SCHOOL BASED ACTIVITIES

- a. ICS works to provide the opportunity for every student to receive regular, age appropriate, quality physical education.
- b. ICS recommends that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
- c. All physical education classes will be taught by qualified teachers as defined in the State Statutes, and to the extent possible, by certified physical education teachers, and be designed to build interest and proficiency in skills, knowledge, and attitudes essential to a lifelong physically active lifestyle.
- d. Physical education should provide safe and satisfying physical activity for all students including those with varying exceptionalities. ESE strategies for students with varying exceptionalities are noted on the lesson plan and verified by school's administrator.
- e. ICS students will have 30 minutes per day of physical education and/or teacher-directed recess as defined in Policy 6000.1
- f. ICS shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- g. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- h. ICS shall disseminate, in multiple languages, information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

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3. ICS WILL HAVE AN ENVIRONMENT THAT SUPPORTS THE CONSUMPTION OF HEALTHY FOODS BY STUDENTS, THEIR FAMILIES AND STAFF WITH THE INTENT OF PROMOTING STUDENT HEALTH AND REDUCING CHILDHOOD OBESITY.

GUIDELINES FOR ALL FOOD SERVED ON CAMPUS

- a. Food and beverages offered over the course of the school week as part of the National School Lunch and Breakfast Programs are nutrient dense, including whole grain products and fiber rich fruits, and vegetables to provide students a variety of choices to maintain a balanced diet. Guidelines for a reimbursable meal shall not be less restrictive than regulations and guidance issued by USDA.
 - 1) A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetables, meat/meat alternates and grains.
 - 2) Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students and served at the proper temperature.
 - 3) Foods and beverages available during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 - 4) Salad bars or pre-packaged salads are available regularly as part of the pre-planned menu.
 - 5) Fruit is available at each meal.
 - 6) Food and Nutrition Services will encourage whole grain breads and cereals.
 - 7) Food and Nutrition Services offer only milk designated as low fat or lower and makes available nutritionally equivalent soy milk for student upon parent or practitioner request.
 - 8) At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.
 - 9) Guidelines will be located on the ICS website in multiple languages on how to pack healthy lunches.
- b. If a la carte, vending or other food sales are available they should include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items and water and be in compliance with SBBC Policy 3.2, Food and Beverage Services Available to Students. Food and Nutrition Service Administrators participate in assessing the nutritional value of foods available in vending machines and monitoring compliance to Policy 3.2.
- c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
- d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. School Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the Florida Administrative Code. The punitive denial of food and the punitive denial of food rewards are prohibited.

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- e. Schools shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
- f. Food and beverages sold at events must be obtained from approved sources, per Chapter 64E-11 of the Florida Administrative Code, and reinforce the importance of healthy choices.
- g. Snacks and rewards provided in after-care programs will re-enforce the importance of healthy choices.
- h. ICS will ensure that all competitive food items (foods sold outside of the school meal programs) comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11 and Chapter 5P-1.003 (F.A.C.) Monitoring for Smart Snacks will be accomplished by the ICS Wellness Committee. Information about monitoring can be found here: <http://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Administering-Your-Nutrition-Program/National-School-Lunch-Program/Wellness-Policies/Healthy-School-Teams>

4. ADDITIONAL WELLNESS GOALS

- a. ICS continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
- b. ICS ensures that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
- c. ICS serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
- d. ICS shall employ a food service director who is properly credentialed according to professional standards to administer the school food service program.
- e. All Food and Nutrition Services 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. Food and Nutrition Services Managers receive training regarding food allergies and CPR. Specific guidelines for managing students with life-threatening hypersensitivity (Kelsey Ryan Act) can be found on the District's website under Health Education Services, Chronic Health Conditions.
- f. ICS 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.
- g. Food and Nutrition Services ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services Department.
- h. Meals are scheduled as close as possible to the middle of the day. Dining areas should be clean, safe and provide an environment for an enjoyable meal break.
- i. Through the Wellness Committee, ICS formally involves families and community organizations to address food and nutrition issues, recommend nutrition policy and programs and school meal options which are culturally sensitive and meet special dietary needs.

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- j. Coordination of health services will be provided at ICS in accordance with the School Health Services Act.
- k. ICS will promote positive behavioral health and interventions to affect student well-being and achievement through prevention liaisons and utilization of District and community resources.
- l. ICS will provide a learning environment that is physically and psychologically safe and secure for all students and staff through prevention liaisons and utilization of District and community resources.
- m. Learning Support Services are coordinated with existing and community stakeholder groups to ensure Learning Support Services are culturally competent and provided through collaboration with community partnerships for the best utilization of resources.

EVALUATION OF ICS WELLNESS POLICY

1. Cafeteria Manager shall ensure overall compliance with the local school wellness policy.
2. The ICS Wellness Committee shall convene at least annually to assess whether policies are effective in improving student health.
3. The ICS Wellness Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and make recommendations for changes or revisions in the policy to the ICS Board when appropriate. The results of the Annual Wellness Policy Evaluation along with Wellness Policy will be posted on the ICS website.
4. ICS is committed to being responsive to community input, which begins with awareness of the wellness policy. ICS 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 periodic review and update of the local school wellness policy through a variety of means, including using electronic mechanisms (such as email or displaying notices on ICS 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 the content of, implementation of and updates to the wellness policy, as well as how to get involved and support the policy. ICS will also consider student needs in planning for a healthy nutrition environment.
5. At the final public school board meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

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PROCEDURES ADOPTED: 10/--/2015

PROCEDURES AMENDED:

STATUTORY AUTHORITY: 1001.41, Fla. Stat., 42 U.S.C. 1758b LAWS IMPLEMENTED: 570.981, 381.0056, 381.0057, 402.3026 and 210.11, Fla. Stat. as well as Florida Rule 5P-1.003; Healthy, Hunger-Free Kids Act of 2010 (42 U.S.C. 1751, et seq.);

HISTORY: Adopted: 10/--/2015

Amended:

Department: Food and Nutrition Services