



School Wellness Policy



West Oaks Academy Inc *must fully comply with the requirements of the final rule.*

Preamble

West Oaks Academy 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. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity in school.

West Oaks Academy 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.

1. School Wellness Policy Leadership

School level

West Oaks Academy will establish an ongoing Healthy School Team that will meet **once a year** to ensure compliance and to facilitate the implementation of West Oaks Academy's wellness policy.

- The school's principal and school staff shall have the responsibility to comply with federal and state regulations as they relate to West Oaks Academy wellness policy.
- In each school, the **Lead Administator** will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage available on school campus (7 CFR 210.11 and FAC 5P-2.002);
 - And reporting its school's compliance of the regulations to Lead Administator, the person responsible for ensuring overall compliance with West Oaks Academy wellness policy.

West Oaks Academy **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 to include, at a minimum, a review of 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.

- At a minimum, utilize Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase student awareness of useful nutrition information from handouts
- Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, and printed materials which highlight a wellness topic of interest.
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs.

3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our school. 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 age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation pertaining to nutrition and health are provided in class.
- Students will understand how food reaches the table and the implications that has for their health and future.
- 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

West Oaks Academy shall ensure that physical activity is an essential element of the 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. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness, while the second semester may be any physical education course offered by **West Oaks Academy**. All elementary school students will have at least 30 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.
- We encourage the staff to participate in 150 minutes of moderate-intensity aerobic activity every week. Staff will be informed of the opportunity to participate in physical activity during school hours.

5. Other School-Based Activities

West Oaks Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, sports 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

- West Oaks Academy 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. West Oaks Academy

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- West Oaks Academy Inc shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- West Oaks Academy shall be in compliance with drug, alcohol and tobacco-free polies.

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.
- School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness

- West Oaks Academy 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 provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free.

Health Services

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

Behavior Management

- West Oaks Academy 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

West Oaks Academy. 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 nutrition 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, West Oaks Academy will participate in available federal school meal programs.
- Free, potable water will be made available to all children during meal services.

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

West Oaks Academy 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

West Oaks Academy will assess 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 **West Oaks Academy** 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.

8. Informing the Public

West Oaks Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. **West Oaks Academy** will also 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.

- **West Oaks Academy** will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- **West Oaks Academy** will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, **West Oaks Academy** website, articles and each school's website, to ensure that the community is informed, and that public input is encouraged.

9. Community Involvement

West Oaks Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. **West Oaks Academy** 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, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- **West Oaks Academy** consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.

- **West Oaks Academy.** will use electronic mechanisms, such as email or displaying notices on **West Oaks Academy** 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.
- A team of district and community representatives will be established to support the food service director and teachers in implementing local purchasing and other farm to school activities on an ongoing basis.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is 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.

This institution is an equal opportunity provider.