

# Oak Creek Charter School

## Student Wellness Policy

### Nutrition Guidelines for All Foods on Campus and School Meals Program

**Our Mission:** Serving the future of America by nourishing bodies and minds today for a healthier tomorrow.

**Our Vision:** Our Foodservice program is the pinnacle of nutrition integrity and team oriented service that positively influences our students and community.

- Guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.
- All reimbursable meals will meet the Recommended Dietary Guidelines for Americans and the following Healthy School Meals Initiative Guidelines:
- Student breakfasts will provide 1/4 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- Student lunches will provide 1/3 of the RDA for calories, protein, calcium, iron and Vitamins A and C.
- The average fat content of school meals will not exceed 30% total fat and 0% saturated fat.
- Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.
- Student and Foodservice Manager Menu Surveys will be conducted.
- School foodservice staff will be properly trained according to current professional standards and will regularly participate in professional development activities.

### Wellness Policy Leadership-Committee

- Oak Creek Charter School will establish an ongoing Healthy School Team that will meet three times in a school year, (August, January, and May) to ensure compliance and to facilitate the implementations of Oak Creek Charter wellness policy are in accordance with all federal and state regulations.
- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to **Oak Creek Charter School** wellness policy.
- In each school, the **executive director, principle, and cafeteria manager** 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 general public.

### **Policy Leadership Committee Representatives**

<u>Parent</u>	<u>Angela Griffith</u>
<u>Student</u>	<u>Gaberial Gonzales (8<sup>th</sup> grade)</u>
• <u>School Food Service Personal</u>	<u>Elizabeth Cerny</u>
<u>School Board Member</u>	<u>Marc McCabe</u>
<u>School Administrator</u>	<u>Gwen DaPore-Executive Director</u>
<u>School Principle</u>	<u>Jose Rubio</u>
<u>Physical/Health Education Staff</u>	<u>Adam Potts/Michael Skudin</u>
<u>General Public</u>	

#### **The Healthy School Team is responsible for:**

- 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-1.003);
- 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-1.003;
- And reporting its school's compliance of the aforementioned regulations to the **executive director, principle, and cafeteria manager** the person responsible for ensuring overall compliance with Oak Creek Charter School wellness policy.
- 

**Oak Creek 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 to include, at a minimum, a review of Smarter Lunchroom tools and techniques.**

### **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. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.
- Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.

## **Nutrition Education Goals**

- The primary goal of nutrition education is to influence students' eating behaviors by building nutrition knowledge and skills to help students make healthy eating and physical activity choices.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between foodservice staff and teachers.
- District health education curriculum standards and guidelines include both nutrition and physical education. Nutrition will be integrated into the health education core curricula.
- Staff who provide nutrition education will have appropriate training.
- School is enrolled as Team Nutrition School and will conduct nutrition education activities and promotions that involve students, parents and the community.

## **Physical Activity Goals**

- Schools will promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.
- State requirements for physical education will be met or exceeded.
- All students will have equal opportunity to learn; frequency, time and or intensity.
- Physical Education will provide meaningful content and appropriate instruction.
- Physical Education teachers should receive professional development and certification opportunities.
- Classroom teachers should receive training in order to develop methods of incorporating physical activity into the school day.
- Schools will promote physical activity in our schools outside of physical education.
- Supervised Preferred Activity Time that promotes physical activity outside of physical education should be allowed and promoted.
- The District will promote and support programs and partnerships within the community that provide students' opportunities to be physically active.

## **Priorities:**

- Maintain status of Certified Physical Education teachers for all classes.
- Review the curriculum K-8 for scope and sequence of instruction to ensure all students' meaningful content and appropriate instruction.
- Instructional periods of a minimum 150 minutes per week elementary/225 minutes per week middle.
- Implement the already budgeted intramural programs (Middle School).
- Implement a cumulative total of 20 minutes of supervised recess daily (Elementary) in addition to 50 minute scheduled physical education classes daily (K-8)
- Require a nationally recognized and validated pre and post physical fitness assessment and report results to parents annually.

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

- Encourage schools to refrain from using physical activity for punishment or withholding physical activity for academic or behavioral remediation during physical education.
- Ongoing professional development.
- School site training for classroom teachers for methods to integrate physical activity into their lessons.
- Adequate equipment and facilities available for all students.

## **Guidelines for All Foods and Beverages Available During the School Day**

**Oak Creek 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, Oak Creek 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.

### **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.
  - *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 **Oak Creek Charter School** food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)

- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

**General nutrition requirements for competitive foods:**

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

**Nutrient standards for competitive foods:**

<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes</b> <i>(including any added accompaniments)</i>	<b>Entrée Items</b> <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 (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar 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.

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

- 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	• fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances

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

- 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.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

### **Classroom Snacks:**

- Classroom snacks will include only healthy choices, which meet the district nutrition standards. Emphasis should be placed on offering fruits and/or vegetables as the primary snack and water as the primary beverage. Appendix A provides a list of healthy classroom snacks.
- After School snacks served as part of the federal After School Snack Program will meet the federal guidelines.

### **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 school board 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:

- 

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

- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

### **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.

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

- **Oak Creek Charter School** nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

### **Eating Environment:**

- Meals will not be used as reward or discipline for student behaviors.
- Students will be provided adequate time to eat lunch.
- Schools shall be working toward providing at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias should include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.

### **Food Safety/Food Security:**

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food borne illness in schools.
- For the safety and security of the food and facility, access to the foodservice operations is limited to Child Nutrition staff and authorized personnel.
- For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program or food that has been purchased and prepared by foodservice staff for the school.
- During an after school event in which permission by the School Board has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must present during the event and the storage facilities may not be used following the conclusion of the event.
- For further guidance see the US Department of Agriculture food security guidelines.

### **Goals in the School Meals Program**

- The School Cafeteria will function as a learning environment to encourage lifelong healthy eating habits. Students will learn how to make their own healthy choices to create a well-balanced meal.
- The School Foodservice Department website will provide nutrition information to parents and students. Links will be provided to quality nutrition information and educational websites. School Menus, nutrient composition of foods and a list of a la carte items will be posted on the website.
- Nutrition education will be integrated into other areas of the curriculum as addressed in the Sunshine State Standards and Healthy, Hunger Free Kids Act of 2010.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.



- Families will be encouraged to teach their children about health and nutrition and to provide nutritious meals for their families.

### Goals for Other School-Based Activities Designed to Promote Student Wellness

- Wellness Policy guidelines and goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by implementing coordinated school health programs in every school, hosting health clinics, health screenings, and helping to enroll eligible children in health insurance programs.
- After-school programs will encourage physical activity and healthy habit formation.
- A local wellness committee comprised of families, teachers, administrators, and students will plan, implement and improve nutrition and physical activity in the school environment.

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

**Oak Creek Charter** 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**

**Oak Creek Charter** 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 **Oak Creek Charter** 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.
- A description of the progress made in attaining the goals of the local school wellness policy.

## Informing the Public

**Oak Creek Charter** will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Oak Creek Charter 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.

- **Oak Creek Charter** 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.
- **Oak Creek Charter** 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, **Oak Creek Charter** website, articles and each school's newsletter, to ensure that the community is informed and that public input is encouraged.
- Oak Creek Charter school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

## Community Involvement

**Oak Creek Charter** is committed to being responsive to community input, which begins with awareness of the wellness policy. **Oak Creek Charter** 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:

- **Oak Creek Charter** 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.
- **Oak Creek Charter** will use electronic mechanisms, such as email or displaying notices on **Oak Creek Charter school** 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.

- 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.

## **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.

Approved Oak Creek Charter School Wellness Policy, can be found at [www.oakcreekcharter.org](http://www.oakcreekcharter.org).

Policy has been approved by the Board of Directors and the Principal. Revisions will be submitted for approval on an annual basis.

This policy was issued by Oak Creek Charter School, on August 21, 2017

Jose Rubio & Gwen DaPore  
Principle Executive Director

August 21, 2017

## **Appendix A – Healthy Choices for Classroom Snacks and School Activities**

### **Beverages**

Water  
Milk, Non-fat, low-fat, plain or flavored  
100% Fruit Juices

### **Snacks**

Fresh Fruit and Vegetables  
Canned Fruit (in natural juices or light syrup)  
Celery or Apples  
Dried Fruit  
Pop Corn  
Dry Cereal (low sugar varieties)  
Mini Bagels  
Soft or Hard Pretzels  
English Muffins  
Fruit Bar  
Low Fat or Fat Free Yogurt  
Trail Mix with Fruit, Nuts and Seeds  
Soy Nuts  
Hummus  
Low Fat String Cheese  
Baked Tortilla Chips with Salsa  
Low Fat Fruit or Grain Muffin (2 oz or less)  
Wafer Cookies  
Low Fat or Fat Free Frozen Yogurt  
Low-Fat Crackers  
Non-iced Animal Crackers

### **Healthy Entrée Choices for After School Parties or Celebrations**

Salads (Taco Salad, Grilled Chicken Salad, Pasta Salad)  
Burritos or Tacos made with low fat cheese and lean meat  
Quesadillas made with low fat cheese  
Pasta with Tomato Sauce  
Sub Sandwiches  
Tortilla Wraps  
Pizza Bagels  
Baked Potato Bar

### **Non-Food Reward Ideas**

Sticker Certificates Eat lunch outdoors with the class  
School supplies Fun video  
Movie Coupons Fun physical activity break  
Special Recognition Extra Credit  
Eat lunch with teacher/administrator

This policy was developed in accordance with the current federal and state statutes 42 U.S.C. 1758b, 1003.453, 7 CFR 210.11, 5P-1.003 F.A.C.

Extra computer time, art time, reading time, etc

## **Appendix B – Opportunities for Additional Physical Activity**

### **Define Physical Activity:**

**Physical Activity:** Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.

**Moderate Physical Activity:** Activities that use large muscle groups and are at least equivalent to brisk walking.

**Vigorous Physical Activity:** Rhythmic, repetitive physical activities that use large muscle groups at 70% or more of the maximum heart rate for age.

### **Define Physical Education:** A physically educated person:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self expression and/or social interaction.

### **Opportunities for Additional Activity:**

#### 1. Elementary K-5:

- Before school
- Extended lunch
- Preferred Activity time
- Field days
- After school programs
- Community based activities

#### 2. Middle 6-8:

- Before school
- Extended lunch
- Preferred Activity time
- Field Days
- After school
- Intramurals
- Middle School Extramural sports
- Community based activities

## **2017-2018 Wellness Activities & Promotion**

Cafeteria and school environment shall provide clear and consistent messages that promote and reinforce healthy eating by display of posters and nutrition information.

School will provide parents with healthy snack ideas and lists of foods for healthy celebrations and opportunities for physical activity after school.

After school opportunities for activity, 2017-2018 include:

Dance Quest

Soccer

Tea Kwon Do

Intramural Sports (Soccer, Track, Volleyball, Flag Football, Basketball, Lacross ) for 4<sup>th</sup>-8<sup>th</sup> grade.

Jump Rope for Heart

Hoops for Heart

On Going PE games:

Healthy Snack Tag

Food Label Scavenger Hunt

Food Group Relay

Fruit & Veggie Tag

Which Food Group Do I Belong To?

Food Group War

Help me! Help me! Tag

Fitness Meet me in the Middle

\*Each lesson is prefaced with discussing the “5 Components of Fitness” – muscular strength, muscular endurance, cardiorespiratory endurance, flexibility and body composition – as they pertain to exercising and total body fitness. Lesson also includes discussion on the “5 Food Groups” and the importance of healthy eating habits to promote health and wellness.

### **Fitness Testing includes:**

Aerobic Capacity – PACER test

Muscular Endurance/Strength – push ups, sit ups

Flexibility – Sit & Reach

Body Composition - BMI

**School Wide Events:**

World Cup Soccer – Dec 2017

Tennis Tournament- Oct 2017, Feb 2018

Color Run – April 2018

Basketball- Tournament – April 2018

Track Tournament- May 2018

Tea Kwon Do Tournament- May 2018

Field Day – May 2014

School wellness activities will be provided to teachers for students in the form of handouts, coloring pages, puzzle activities and games. A healthy living monthly newsletter will be available to parents to encourage healthy habits.