



**Beacon**

## **Wellness Policy**

**2018-2022**

### **INTRODUCTION**

**Beacon College Prep** recognizes that good nutrition and regular physical activities 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 activities both in and out of school.

**Beacon College Prep** 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. Local School Wellness Policy Leadership**

**Beacon College Preps** shall 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 Wellness Policy Coordinator at each site shall ensure compliance with the local school wellness policy and report any findings or necessary changes to the district's coordinator.
- 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.

**Beacon College Prep Wellness Coordinator** will be responsible for:

Establishing goals and overseeing school health and safety policies and programs. This includes development, implementation, and periodic review, and provide an update to the School Administration

Establishing a relationship with stakeholders who will help to maintain the wellness plan at each site. These stakeholders include but not limited to local dietitian, business representative, health care professional or community or civil leader.

**Beacon College Prep** will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of Franklin's wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the wellness policy.
- The Plan Committee Chair will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.

- 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);
  - And reporting its school's compliance of the aforementioned regulations to the School Administration who is responsible for ensuring overall compliance with Beacon College Prep wellness policy.

Beacon College Prep 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.

## 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.

## 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 under the Florida Standards for Physical Education shall be integrated within the comprehensive health education curriculum in each grade level, or integrated into other core subjects, such as math, science, language arts and social sciences.

## 4. Physical Activity

**Beacon College Prep** 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. 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.,(*Sunshine Section [1003.455](#),*) In grades 9-12, students shall receive a minimum of one credit of physical education in senior high school as required. One semester shall be personal fitness while the second semester may be any physical education course offered by **Beacon College Prep** with the approved state course codes. *Sunshine Section [1003.4282](#),*
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide 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 and after school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.

## 5. Other School-Based Activities

**Beacon College Prep** 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

- The goals outlined by the wellness policy will be considered in planning all school-based activities which include but not limited to school events, field trips, dances and assemblies.
- Afterschool programs will encourage healthy snacking and physical activity.
- **Beacon College Prep district** 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.
- Each school will provide nutritious, and fresh, food provided by the Fresh Food From Florida food distribution program.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

### Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

### 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, including body mass index, community health referrals, immunizations,

### Behavior Management

- **Beacon College Prep** 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.

**Beacon College Prep** shall operate and provide food service in accordance with USDA’s National School Lunch Program (NSLP) standards and applicable laws and regulation 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, all schools in **Beacon College Prep district** will participate in available federal school meal programs, including the SBP, NSLP, , and SFSP
- Unless being sold by **Beacon College Prep** 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-1.003)

**Nutrient standards for competitive foods:**

Nutrient Standards	Snack Items and Side Dishes <i>(including any added accompaniments)</i>	Entrée Items <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

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 students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

**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 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.

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

- 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)
- **Beacon College Prep’s** nutrition department’s replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

## 6. Evaluation and Measurement of the Implementation of the Wellness Policy

**Beacon College Preps'** wellness committee will update and make modifications to the wellness policy based on the results of the annual review 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 annual assessment.

### Annual Progress Assessments

**Beacon College Prep** will conduct an assessment of the local schools' wellness policy to measure wellness policy compliance at least once per year for the next 3 years and once per three years, moving forward. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which **Beacon College Prep** 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.

## 7. Informing the Public

**Beacon College Prep** will ensure the wellness policy and assessments are available to the public at all times. **Beacon College Prep** 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.

- **Beacon College Prep** will ensure the most updated version of the wellness policy and assessments are always available on the school website for the public to view.
- **Beacon College Prep** 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, **Beacon College Prep** website, to ensure that the community is informed and that public input is encouraged.

## 8. Community Involvement

**Beacon College Prep** is committed to being responsive to community input, which begins with awareness of the wellness policy. **Beacon College Prep** 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:

- **Beacon College Prep** 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.
- **Beacon College Prep** will use electronic mechanisms, such as email or displaying notices on **the 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.

### **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 annual assessment of the local school wellness policy.