

Discovery High School

Local Wellness Policy

LOCAL WELLNESS POLICY

Wellness Policy Committee – This committee will meet to assess the school’s nutrition and physical activity needs and revise this policy annually according to those needs.

The committee is composed of the following representatives:

Parent:	Sandra Villamar
Students:	Sabrina Rodriguez, Tyler Martin
Staff:	Natalie Gish (Health), Shawn Faust (Physical Education)
School Food Service Personnel:	Melissa Oppenheimer, Le Le Collins, John Eardly
Governing Board:	Mike Jones
School Administrator:	Darryl Jemison, Steve Frabotta

LOCAL WELLNESS POLICY (CONTINUED)

Discovery Academy of Lake Alfred is committed to providing an environment that promotes learning and lifelong wellness practices.

Nutrition Education Goals

Discovery High School will:

- Integrate nutrition education into the curriculum as addressed in the Sunshine State Standards.
- Share nutrition education information with families and the broader community to positively impact students and the health of the community.
- Send out information about healthy food options and the importance of balanced meals.
- Have students participate in creating a lunch menu for the day program.
- Encourage students to start each day with a healthy breakfast.
- Provide access for students to hand washing before eating meals.
- Serve as a learning environment to encourage lifelong healthy eating habits, including learning how to make healthy choices to create a well-balanced meal.

Physical Activity and Education Goals

Discovery High School will:

Promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.

- Meet or exceed state requirements for physical education.
- Provide ample opportunities for physical activity for all students.
- Provide meaningful content and appropriate instruction in physical education.
- Involve every student and staff member in Fitness Friday bi-weekly to promote physical activity.
- Maintain status of certified physical education teacher.
- Promote physical activity outside of physical education classes.
- Send out information to parents and students about engaging activities that can be done at home.
- Offer a variety of sports to involve students in physical activity after school.

Goals for Other School Based Activities

Discovery High School will:

- Consider Local Wellness Policy guidelines and goals in planning all school-based activities (such as school events, field trips, and assemblies).
- Encourage physical activity and healthy habit formation in after-school programs.
- Have a local wellness committee comprised of families, teachers, administrators, and School Board members, which will plan, implement and improve nutrition and physical activity in the school environment.

LOCAL WELLNESS POLICY (CONTINUED)

Monitoring Implementation and Measuring Outcomes.

- Discovery High School will develop outcomes and an evaluation process to measure and assess expected outcomes on a yearly basis.
- Key individuals at Discovery High School will be charged with administering the assessments and reporting results to the Wellness Committee.

Nutrition Guidelines for All Foods on Campus

School Meals Program

- We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by the United States Department 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 10% 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.
 - Student taste testing of food items is a bid requirement when considering new menu items.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (school lunch, school breakfast, and after-school snack programs).
 - The school will conduct a survey in order to take into account student and teacher preferences to ultimately increase participation in the Child Nutrition Program.
 - The school will provide access to a mobile cart for students to purchase breakfast in order to increase participation.
- School Foodservice Staff will be properly trained according to current professional standards and will regularly participate in professional activities.

LOCAL WELLNESS POLICY (CONTINUED)

All Other Foods Made Available on Campus

Foods outside of the National School Meals Program made available on campus will meet the following Nutrition Standards.

- Foods will comply with the current USDA Dietary Guidelines for Americans:
 - Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
 - Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
 - Added sugars will not exceed 35% by weight (excluding fruits and vegetables).
 - Conscious effort should be made to limit the sodium content of foods.
- Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.

A La Carte Food

Discovery High School

- All foods sold daily as a la carte will meet the School's Nutrition Standards.
- Once a week other foods approved by the foodservice department that do not meet the District Nutrition Standards may be sold.
- Foods of Minimal Nutrition Value as defined by USDA may not be sold.

Vending

- No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.
- All items sold in snack vending machines will meet the School's Nutrition Standards.

LOCAL WELLNESS POLICY (CONTINUED)

Fundraisers

- Sale of food and/or beverages will not be permitted with the exception of after school events. Food and beverages that are sold during after school events will include healthy choices.
- Fundraisers not associated with the school in which food and/or beverages are being sold, should not be sold during the school day. (Example: Girl Scout Cookies)

School Parties and Other Celebrations

Discovery High School

- Any activity during the school day involving food and/or beverages that do not meet the School's Nutrition Standards, will be limited to 10 times per school year.

Healthy attitudes about food will be promoted. Suggestions for appropriate non-food rewards may be found in Appendix A; however, schools should strive to promote a sense of pride and accomplishment as the primary reward.

Eating Environment

- Meals will not be used as reward or discipline for student behaviors.
- Students will be provided with adequate time to eat lunch. Discovery High School will 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.
- 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.

LOCAL WELLNESS POLICY (CONTINUED)

- 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 further guidance see the US Department of Agriculture food security guidelines.
- 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.
- During an after school event in which permission by the administration has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must be present during the event and the storage facilities may not be used following the conclusion of the event.

Staff Wellness Center

- Provide a room for Discovery High School's staff for physical exercise.
- Fitness room is equipped with elliptical bikes, recumbent bikes, weight stations. Group activity as well as individual activity is encouraged.
- We have a trainer that comes in once a week as part of our "Wellness Challenge"

Procedure for Public Input and Revisions

- Discovery High School will post the Wellness Plan on our website and invite the public to make comments. The following is a list of media to receive public release, upon approval and annually for input also: The Lakeland Ledger, Winter Haven News Chief, Polk County Times, TV Channel/PGTV, Hometown Sun Online and Americantowns.com. The Wellness Committee will meet annually to consider revisions.

Designee:

Darryl Jemison is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

District URL website link

- **<http://www.polk-fl.net/parents/generalinformation/documents/WellnessPolicyforWebsite.pdf>**

LOCAL WELLNESS POLICY (CONTINUED)

Appendix A – Healthy Choices for Classroom Snacks and School Activities

Beverages

Water

Milk, Non-fat, low-fat, plain or flavored

100% Fruit Juices

Fruit Smoothies

Healthy Entrée Choices for After School Parties or Celebrations

Burritos or Tacos made with low fat cheese and lean meat

Quesadillas made with low fat cheese

Pasta with Tomato Sauce

Sub Sandwiches

Baked Potato Bar

LOCAL WELLNESS POLICY (CONTINUED)

Appendix B – Opportunities for Additional Physical Activity

Define Physical Activity

1. Physical Activity: Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.
2. Moderate Physical Activity: Activities that use large muscle groups and are at least equivalent to brisk walking.
3. 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.