



THE SCHOOLS OF MCKEEL ACADEMY

Wellness Policy Summary

The Schools of McKeel Academy (TSMA) recognizes that good nutrition and regular physical activity impact the health and well-being of all students and staff and commits to providing an environment that promotes lifelong wellness practices using the guidelines listed below as a comprehensive wellness approach. Research suggests that there is a positive correlation between a student's well-being and his/her ability to learn, and that healthy staff can more effectively perform their assigned duties and model healthy behaviors for students. Furthermore, school meal and physical education programs can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity.

TSMA has designated the Food Service Manager to be the overseer of the District Wellness Committee (DWC) to ensure that each school is in compliance with the local wellness policy and state and federal regulations regarding this policy. The overseer shall convene the DWC at least four (4) times per year and facilitate development of and updates to the wellness policy. Current Food Service Manager is Mark Nations, email address: marknations@mckeelschools.com. Healthy School teams will be established at each school with the principal acting as team lead. These teams will meet at least two (2) times per year to ensure school-level compliance with, and implementation of, this wellness policy, as well as federal and state regulations relating to said policy. Both the Healthy School team and the DWC should include representatives from all areas: parents, students, school administrators and applicable staff members, as well as the general public.

TSMA will create and assess success of measurable goals using evidence-based strategies for nutrition promotion and education, physical activity, and other school based activities. Such goals will be created using the Smarter Lunchroom Tools available at smarterlunchrooms.org, and include a minimum of the following:

Nutrition Promotion

- TSMA will provide clear and consistent messaging promoting and reinforcing healthy eating
- Up-to-date nutrition information will always be available on the school's cafeteria website
- Parents will be provided lists of healthy snack and celebration food ideas

Nutrition Education

- Nutrition education shall be included in the curriculum to meet state guidelines
- Nutrition education integration in the classroom to reinforce establishing lifelong healthy habits
- Food Service staff will partner with instructors to develop nutrition education lesson plans that include information on calorie balance, how to read and interpret nutrition fact labels, and guidelines for healthy eating habits
- Families and staff will be provided with information on how to continue health and nutrition instruction at home

Physical Activity

- TSMA will provide a physical education program that helps develop positive attitudes toward wellness, teaches safety guidelines and a variety of physical activities, and demonstrates the relationship between physical activity and wellness
- All grades will receive relevant physical education instruction based on Sunshine State Standards.
- Elementary school students will have at least 20 minutes of daily recess in a safe and enjoyable environment
- Students will have additional opportunities to be active through before and after school activities, extra-curricular events such as field day, and will be encouraged to participate in community-offered fitness and athletic programs
- High School students are encouraged to participate in the high school sports program pursuant to the Florida High School Athletic Association (FHSAA).

Other School-Based Activities

- All school-sponsored events will consider the wellness policy for planning
- Afterschool programs will encourage health snacking and physical activity
- TSMA will develop and support the engagement of students, families, and staff in community health-enhancing activities by partnering with community organizations to host community events such as Relay for Life or Jump Rope for Heart
- TSMA is in compliance with drug, alcohol, and tobacco-free policies

- Students will have at least 20 minutes after receiving food from a meal line to consume meal
- Cafeterias incorporate farm-fresh food that reflects the wide array of Florida's agricultural offerings
- Cafeterias have convenient access to hand-washing areas and fresh water is available to all students during service
- TSMA participates in recycle programs, encourages re-use when sanitary, and purchases recycled products
- TSMA will establish a staff wellness sub-committee to focus on staff wellness issues, identifying and distributing applicable resources, and will also work with human resources on wellness issues
- TSMA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors to students and TSMA facilities such as the gymnasium, sports fields, workout room, and necessary available equipment will be offered for use by staff for personal health and wellness goals
- Healthy team-building activities for staff will be encouraged, such as weight-loss or workout challenges, staff sports teams, and options for physical activity at staff gatherings
- Health screening, in conjunction with Polk County Health Department, will be offered at appropriate grade levels. Referrals and help obtaining financial assistance will be offered for students who are determined to need further testing based on screening results. Programs such as hand-washing demonstrations and dental screenings will be offered to appropriate grades by qualified personnel
- TSMA health professionals will develop health care plans and offer one-on-one student health education when needed
- Food rewards will be limited unless it follows USDA standards or is part of a positive nutrition instructional activity
- School personnel will not require or deny physical activity as a means of punishment

Competitive Foods

TSMA participates in NSLP and SBP and follows the Federal nutrition guidelines for all food and beverages sold on the school campus during the school day. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, and will accommodate special dietary needs upon request.

Any food or beverage sold to students during the school day on a TSMA campus* 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 210.10 and 210.11 (FAC 5P-1.003). Competitive foods include items sold a la carte in the cafeteria, vending machines, school stores, snack bars and for in-school fundraisers. All competitive food items sold to students will meet general nutrition requirements and nutrient standards, which are available for viewing on the McKeel cafeteria websites and/or will be posted in cafeterias or other common areas.

**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. 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.*

Non-sold Food and Beverages

Any food items that is not sold by TSMA but that are made available during the school day on a TSMA campus* (i.e. foods provided for classroom parties and school celebrations) will be encouraged to follow the Smart Snacks in School nutrition standards.

- *Classroom Management.* TSMA will provide parents and teachers with a list of healthy ideas for such events. Class celebrations must take place after the lunch period, and only food meeting these standards can be served. Upon request, food service staff will provide teachers and other relevant school staff a list of alternate (non-food) ways to reward students. Food and beverages will be discouraged as a reward for performance or behavior.
- *Food-based fundraising.* Any fundraising efforts involving food that take place during the school day will be supportive of healthy eating habits and meet or exceed the USDA Smart Snacks in Schools nutrition standards. Food-based fundraisers may not be conducted until thirty (30) minutes after the conclusion of the last designated service period. Non-food-based fundraising efforts will be emphasized over the sale of food items. TSMA will make available online a list of healthy fundraising examples based on information from www.healthiergeneration.org. The school board is permitted to make exceptions to these food-based fundraising guidelines for a maximum of 5 days in the elementary school year, or 10 days in the middle school and combination schools. As noted above, each school's Healthy School team will maintain a school calendar identifying the dates of exempted fundraising activities (FAC 5P-1.003).

In-School Marketing of Food and Beverages

Any school-based food and beverage marketing will be consistent with policies for nutrition education and health promotion by marketing only those items that meet or exceed USDA's Smart Snacks in Schools nutrition standards and promote healthful behaviors, and the food service staff will consider the marketing guidelines when making purchasing or replacement decisions.

Evaluation and Measurement of the Implementation of the Wellness Policy

- *Annual Assessment.* The DWC will conduct annual assessments of this policy utilizing available online electronic assessment tools. The 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 as new federal or state guidance or standards are issued. Results of these assessments and changes to the wellness policy will be made available as outlined below.
- *Triennial Assessment.* Once every three years, the DWC will conduct an assessment of this policy to measure compliance based on the extent to which TSMA is in compliance with this policy, how this policy compares to model local school wellness policies, and will give a description of the progress made in attaining the goals of this policy.
- *State Assessment.* The Florida Department of Agriculture and Consumer Services will conduct a periodic Administrative Review of TSMA's National School Lunch Program and will review this 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 this policy

Informing the Public

TSMA will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. TSMA 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 following these guidelines:

- TSMA will distribute the complete wellness policy at the start of each school year via handouts, emails, and/or TSMA website to students, parents and staff. Additional updates, as applicable, will be distributed in the same manner, to ensure that the community is informed and that public input is encouraged.
- TSMA wellness policy, annual, and triennial assessments will be available on the school website(s) for the public to view.
- Reports and updates will be made available in other languages upon request
- The leader of each of TSMA's Health Teams, or representative of said team, will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district director, health and wellness committee and other interested groups or stakeholders.

Stakeholder Opportunities

TSMA is committed to being responsive to community input, which begins with awareness of the wellness policy. TSMA 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:

- TSMA 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.
- TSMA will use electronic mechanisms, such as email or displaying notices on TSMA'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.
- 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 considered.

If you are interested in becoming a member of the District Wellness Committee or a specific Health Team, or if you have any questions or concerns regarding this policy, please contact Mark Nations at marknations@mckeelschools.com.