

Wellness Policy

I. **Philosophy and Commitment**

Imagine School At Sarasota, LLC DBA; Imagine Schools Palmer Ranch believes that children who begin each day as healthy individuals can learn more effectively and are more likely to complete their formal education. Imagine Schools Palmer Ranch is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. All students at Imagine Palmer Ranch shall possess the knowledge and skills necessary to make nutritious food choices and to enjoy physical activity choices for a lifetime.

Imagine Schools Palmer Ranch adopts this Wellness Policy establishing guidelines and goals for nutrition, physical activity, student wellness and a plan for implementation. This plan is designed to effectively utilize school and community resources and to equitably serve the wellness needs of students.

This policy serves as a tool for establishing healthy school nutrition environment. This policy established guidelines and techniques for promoting a well-rounded approach to health, nutrition, and overall student wellness that is sensitive to individual and community needs.

II. **Rationale**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. According to the School Health Guidelines to Promote Healthy Eating and Physical Activity published by the Center for the Disease Control, healthy eating and physical activity, essential for healthy weight, are also linked to reduced risk for many chronic diseases, including Type 2 diabetes mellitus, heart disease, and cancer (School Health Guidelines, 5). Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school (Association Between School Based Physical Activity, 8-9). Staff wellness is also an integral part of a healthy school environment, since school staff can serve as daily role models for healthy behaviors.

Imagine Schools Palmer Ranch acknowledges that:

- A. Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.
- B. Good health fosters student attendance and education.

- C. Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity (Student Health Guidelines, 5).
- D. Heart disease, cancer, stroke and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, which include unhealthy eating habits, physical inactivity and obesity, often are established in childhood.
- E. Community participation is essential to the development and implementation of successful school wellness policies.

Therefore, it is the commitment Imagine Schools Palmer Ranch that;

- F. Engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies. 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. All students K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- ~~G.~~ Imagine Schools Palmer Ranch shall promote nutritious food and beverage choices consistent with the recommendations of U.S. Dietary Guidelines for Americans. School meals shall consistent with Dietary Guideline for Americans and shall meet the nutrition requirements and regulations established by federal and state regulation.
- H. Imagine Schools Palmer Ranch will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.
- I. Will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

III. Nutrition Education

- A. Nutrition education is provided to students through a planned, sequential curriculum via a variety of outlets including classroom, cafeteria, and other school programs.
- B. Nutrition educations involve the sharing of information with families and the community through menus, newsletters, the district's Food and Nutrition Services website and district parent meetings.

IV. Nutrition Guidelines for All foods on campus

- A. Food choices reflect good nutrition, appropriate food choices, and food safety for students and staff contributing to the development of overall health and well-being.

- B. Eligible students are encouraged to participate in the free and reduced price meal program and provided appropriate materials to apply for such benefits.
- C. School meals are made accessible to all students through a variety of meal delivery strategies and time periods.
- D. Guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the United States Department of Agriculture (USDA).
- E. Low-fat and fat-free milk, a variety of fruits and vegetables and whole grain products are emphasized in menu development.
- F. All competitive food and beverages sold to students on the school campus during the school day will meet the nutrition standards established by Federal and State regulations. 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.
- G. School-based marketing will be consistent with policies for nutrition education and health promotion. 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.

V. **Physical Activity Goals**

- A. Physical education programs are taught by certified physical education teachers who emphasize physical fitness and healthy lifestyles, and fairness and respect to all students.
- B. The physical education curriculum incorporates the following
 - 1. Promotion of positive attitudes toward wellness and physical activity
 - 2. Responsible behavior in physical activity setting
 - 3. Appreciation for a variety of physical activities
 - 4. Understanding of the relationship between physical activity and wellness
 - 5. Personal physical fitness goal setting
- C. All students will be encouraged to participate in the recommended levels of physical education.
- D. Adequate equipment is available for all students, regardless of disabilities or impairments, to participate in physical education.
- E. Imagine Schools Palmer Ranch will encourage families and the community to promote and participate in programs which support physical activity, such as Health Fairs.
- F. Physical activity participation is not used as a punishment or reward.

VI. **Other School-Based Activities**

- A. Local Wellness Policy goals are considered in planning school-based activities.
- B. After-school programs encourage healthy snacking and physical activity.
- C. Collaboration with community agencies and organizations to promote wellness activities in the community is encouraged.

- D. Opportunities for students, staff, and the community focused on wellness are demonstrated by offering health focused activities and events on school campuses which may include health screenings, run clubs and field days.

VII. Wellness Implementation Strategy

The Wellness Committee conducts on-going assessments of current nutrition guidelines and activities, nutrition education, physical activity, involvement of students, and other wellness related topics.

- A. The Wellness Program shall meet the requirements of the National School Lunch Act, the Child Nutrition Act of 1966 and the Healthy Hunger Free Kids Act.

VIII. Implementation

- A. Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- B. The School will publish an annual report to share the progress of the school in meeting the goals set forth by the LSWP. This report will include: a summary of school LSWP wellness activities, an evaluation of the extent to which the LSWP compares to model policies and the progress made towards attaining the goals of the LSWP at each school.
- C. The committee will meet as needed to meet the United States Department of Agriculture (USDA) guidelines.

IX. Informing and Updating the Public

- A. The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and make the policy available to the public by posting it on the school's website.
 - B. Wellness goals and policy updates will be provided to students, parents and staff through emails, and newsletters. School wellness updates may be provided in the form of handouts, the school website, newsletters, and through other appropriate means to ensure that the school community is informed and that public input is encouraged.
- X. Principal or Principal Designee shall ensure compliance with established school-wide nutrition and physical activity policies.

References:

Centers for Disease Control and Prevention: School Health Guidelines to Promote Healthy Eating and Physical Activity: MMWR 2011; 60 (No. RR-5):5, 11-12.

STATUTORY AUTHORITY: 1001.41, 1001.42, F.S.

LAW(S) IMPLEMENTED: CHILD NUTRITION ACT OF 1966(42 USC 1771 et seq.)

**NATIONAL SCHOOL LUNCH ACT (42 USC 1751 et seq.)
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT
P.L. 108 265, SECTION 204
570.981, 1001.43, 1003.42, 1003.453, 1003.455, 1003.46 F.S.**

**STATE DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES RULE(S)
5P-1.001, 5P-1.002, 5P-1.003, 5P-1.004**

ADOPTED: 08/2015