

Item 7

# Local School Wellness Policy

For

## Imagine Schools at South Lake

The following is a Wellness Policy that complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness And Physical Education Policies; Nutrition Guidelines.

**Wellness Policy New Committee—2011/2012**

<b>Area Represented</b>	<b>Committee Member Name</b>
Parent	April Linton
Student	Kaitlyn Menner
School Food Service Personnel	Casie Havalotti
School Administrator	Mary Briggs
School Board	Craig Dykstra
School Nurse	Jill Morningstar
Physical Education/Health Education Staff	Travis Alderink
Local physician, dentist, or other health professional	Sita Price

Due to changes in personnel and administration, we have changes in the area of committee members. The Wellness Policy has been reviewed and no changes to the policy itself will be made for the year of 2011-2012.

**Wellness Policy Committee** – This committee has assessed the school’s nutrition and physical activity needs and developed this Policy based on those needs.

The committee is composed of the following representatives:

<b>Area Represented</b>	<b>Committee Member Name</b>
Parent	Wendy Webber
Student	Kaitlyn Menner
School Food Service Personnel	Casie Havalotti
School Board	James Weis
School Administrator	Christine Watson
School Nurse	Jill Morningstar
Physical Education Staff	Travis Alderink
Health Education Staff	Brian Sherman
Local physician, dentist, or other health professional	Sita Price

## Goals, Implementation, Evaluation

**Nutrition Education:** Nutrition education is provided in a classroom setting.

Goal	Implementation	Evaluation
1. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.	Classroom lectures, activities, and student participation provided in a nutrition/health class	Classroom written tests (such as multiple choice, essay, fill in the blank) in the areas of nutrition.
2. Students will have access to useful nutrition information.	Use of posters, worksheets, brochures in various areas of classrooms and school campus	Maintain a checklist of the nutrition information available to the students. Students will mark off the items on the checklist as they take the items.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices.	Provide a variety of healthy meal choices during meal service	Review menus, production records, nutrient analysis

**Physical Activity:** Physical activities occur in different learning environments such as, but not limited to outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Goal	Implementation	Evaluation
1. Students in grades K-5 receive 150 minutes per week of instructionally relevant physical education (Sunshine State Standards)	All students will participate in a physical education class. Instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel
2. Students will have 30 minutes of physical activity each day.	Instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel

**Other School-Based Activities:**

<b>Goal</b>	<b>Implementation</b>	<b>Evaluation</b>
1. Students will be provided an adequate amount of time to consume meal.	Schedule a minimum of 20 minutes for each class to consume their meals.	Review the school schedule to confirm that each class is provided no less than 20 minutes to consume meals.
2. Food will not be used as a reward or punishment	Establish rules in the Code of Student Conduct and School Employee Handbook that food cannot be used for rewards or punishment.	Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.
3. Students will be provided access to school facilities for physical activity after school hours.	The school gym/basketball court and team equipment will be available for students' use after school hours.	Interview the students and school faculty to inquire about the availability and use of the school's gym or equipment.

**Nutrition Guidelines for All Foods Served or Sold:** All foods served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fund raisers and class parties.

- 200 calories or fewer per portioned package
- No more than 35% of total calories from fat per serving size
- Zero trans fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

**Designee:**

Christine Watson (name) is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

**Procedure for Reporting to the School Board/Governing Authority:**

On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/Governing Authority for approval.

**Assurance:**

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

**Website Address for the Wellness Policy (if Public or Charter School):**

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### Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

#### School Officials' Signatures:

Christine Watson Principal Jan. 20 / 2010  
Signature Title Date

[Signature] Dean Jan 20th / 2010  
Signature Title Date

#### School Board/Governing Agency's Signatures:

Chad Rosenc (Secretary) 1/20/2010  
Signature Title Date

Nancy Newat Treasurer 1/20/10  
Signature Title Date

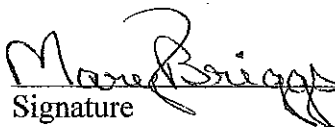
James W. [Signature] Chairman 1/20/10  
Signature Title Date


Policy Adoption Date: 1/19/20

### Approval Signature Page

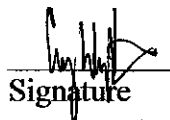
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#### School Official's Signatures:

 Signature	Principal Title	9-6-11 Date
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 Signature	Dean Title	9-6-11 Date
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#### School Board/Governing Agency's Signatures:

 Signature	Board Chair Title	9/19/11 Date
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 Signature	Sen Title	9/19/11 Date
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 Signature	member Title	9/19/11 Date
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