

# Freedomland Christian Academy

## WELLNESS PROGRAM



## WELLNESS PROGRAM FOR FREEDOMLAND CHRISTIAN ACADEMY GOALS & PHILOSOPHY

Freedomland Christian Academy is committed to providing school environments that promote and protect health, well-being, and ability to learn for students and staff by supporting healthy eating and physical activity. Therefore, it is the goal of the Freedomland Christian Academy that:

- The Academy will engage students, parents, teachers, food service professionals, health professionals, and other interested community members, including local food producers, in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-12 and the staff district-wide will have opportunities, support, and encouragement to be physically active on a regular basis.
- Our Academy Nutrition Services department will adopt the School Nutrition Association's nutrition integrity statement. Nutrition integrity is a level of performance that assures all foods and beverages available in schools are consistent with the U.S. Dietary Guidelines for Americans and the USDA Nutritional Standards for Child Nutrition Programs. These guidelines when combined with nutrition education, physical activity and a healthy school environment contributes to enhanced learning and the development of lifelong healthy eating habits.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will consider the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings.
- To the maximum extent practicable, Freedomland will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, After School Snacks Program, and the Summer Food Service Program).
- Freedomland will provide all students PK-12 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, and with related community services.
- The principal/administrator must take an active role in the implementation of the wellness program at their school, and ensure adequate time in the school day schedule for students to eat breakfast and lunch.
  - The Academy Wellness Committee led by a School Wellness Coordinator to facilitate the implementation of the district wellness policy.

- All staff are encouraged to lead by examples by making healthy and nutritional food choices in front of students.

THE SCHOOL WELLNESS COORDINATOR SHALL ESTABLISH A WELLNESS PROGRAM THAT SHALL INCLUDE, BUT NOT BE LIMITED TO, THE FOLLOWING COMPONENTS:

WELLNESS PROGRAM – STUDENT AND STAFF  
WELLNESS

Freedomland Christian Academy is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the opportunity to learn and succeed by embracing wellness, good nutrition and regular physical activity as part of the total learning environment.

To that end, the district shall undertake activities in the following areas:

A. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES THAT ARE DESIGNED TO PROMOTE STUDENT WELLNESS

Nutrition Education

- The Academy Nutrition Services will provide nutrition education and resources to students, teachers and staff, consistent with the Dietary Guidelines for Americans, the USDA Guidelines for School Lunch Program and the Sunshine State Standards.
- The Academy Nutrition Services will utilize Nutrition Specialists, Cafeteria Managers and other nutrition staff to work cooperatively with teachers to use the dining room as a learning laboratory and to use the classroom and cafeteria as an opportunity to make healthy food choices.
- The Academy Nutrition Services will provide training to nutrition staff in nutrition concepts, menu planning, sanitation and food safety, and recipe modification.
- The Academy Nutrition Services will provide professional development opportunities for teachers in health, physical education and the wellness committees in the area of nutrition education, healthy eating concepts and instruction.
- The Academy staff will promote fruit, vegetable, whole grains, restricted fat dairy and lean animal protein consumption.
- The Academy Nutrition Services will provide information to families, staff and the broader community to positively impact students and the health of the community.

## Physical Activity

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main focus is on physical education and health, but also includes academic integration, physical activity breaks, and before and after school physical activity programs.

## Physical Education and Health

- Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.
- Physical education courses and curriculum are aligned with the Sunshine State Standards and offer the best opportunity to provide physical activity to all children.
- Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment.
- Physical education programs incorporate health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity.
- Physical education classes must be taught under the direction of a certified Physical Education teacher.

- It is highly recommended that adequate equipment be available so that each student has the opportunity to participate in physical education during the time allotted.
- Physical education classes are appropriately modified or adapted to promote the participation of all students. It is highly recommended that adequate equipment be available for any modification.
- Freedomland is required to provide 150 minutes of physical education/activities each week for all students. Physical education lessons/activities must be delivered in 30 minute consecutive segments.
- Information will be provided to families to educate and motivate them to incorporate health concepts and physical activity into their children's lives via the district and school website, television productions, brochures, newsletters/flyers, press releases, or the school marquis.
- Physical Education and Health Education teachers are encouraged to participate in training days, visitations, workshops and conferences and actively participate on the Wellness committee at their school. New Physical Education teachers should be encouraged to visit model programs within the district.

#### Physical Activity Opportunities Before, During and After the School Day

Freedomland will provide a physical and social environment that encourages healthy, safe and enjoyable activities for all students. Suggested activities include:

- Freedomland sponsored training on how to incorporate classroom movement/activities such as Brain Gym, etc.
- Whole school physical activities during morning announcements (e.g., Brain Gym, Jammin' Minute etc.)
- Before or after-school clubs that promote physical activity.

- Physical activity programs for families to conduct at home.
- Family Wellness Nights.
- Collaboration with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- It is required that all students PK-12 have 30 minutes of recess/physical activity each day.

### Other School-Based Activities

#### Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program consistent with Next Generation Sunshine State Standards and Florida Standards for Health Education PK-12. Students shall be provided the opportunity to understand and practice concepts related to health promotion and disease prevention.

- To meet state requirements for health education, benchmarks for K-5, health will be taught in a wheel/block for a minimum of 45 minutes per week or integrated into other subject areas for the minimum of 45 minutes per week.
- Health is integrated into the one credit requirement for physical education in high school through HOPE (Healthy Options in Physical Education) or Personal Fitness.
- Freedomland Christian Academy will provide a healthy school environment supported by programs and policies that nurture positive behavior, assure environmental and physical safety, and promote a feeling of belonging and respect for all students, staff, families and visitors. The physical environment will be free from potential hazards including biological, chemical and other safety hazards. The policies reported are those from Federal Emergency Management Agency (FEMA) under National Incidence Management System. Freedomland Christian Academy will be a drug free, tobacco free, anti-bullying, and anti-violence environment. Freedomland Christian Academy will encourage education, awareness, and programs (whether county-wide, school-wide and/or in the classroom) that are research evidenced-based and recommended as best practices by credible leading health agencies to create the healthiest and safest environment for their students, employees, families and visitors.

#### Healthy and Safe Environment

A healthy and safe environment for students, before, during and after school helps to support academic success. Safer schools and communities help to promote and influence healthier

students and citizens. Healthier students do better in school, and with academic success, they eventually make greater contributions to their community.

### Health Services

A District sponsored healthcare services program shall offer education and services that also help to promote academic achievement and success. A broad scope of services will be delivered through qualified health care professionals to help improve the mental, physical and emotional health of both students and staff.

#### B. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER ACTIVITIES THAT ARE DESIGNED TO PROMOTE EMPLOYEE WELLNESS.

It is the goal of Freedomland Christian Academy to create a health-promoting environment where staff health is considered as an asset and staff is encouraged to practice healthy behaviors. The wellness program will identify and correct conditions in the workplace that compromise the health of school staff, reduce productivity, staff absenteeism and health care costs.

We will foster a health-promoting environment by the following:

- Evaluating the needs of staff and deliver programs to address these needs.
- Providing wellness opportunities.
- Providing educational opportunities.
- Sharing health related information with staff and community to positively impact the broad school community.

Physical activities and/or nutrition service programs designed to benefit staff health will be coordinated utilizing district resources.

#### C. A PLAN FOR IMPLEMENTING THE GOALS OF THE PROGRAM

A collaborative effort between The Academy Wellness Coordinators and the School Wellness Committees will provide the structure for Wellness policy implementation.

- Annually the The Academy Wellness Coordinators shall develop, implement, monitor, and review the district's wellness program.

- The Academy Nutrition Services Department Director will submit recommendations to the School Board for Wellness Program changes.

#### D. NUTRITIONAL AND SAFETY GUIDELINES FOR ALL FOODS

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support a student's physical growth, brain development, and resistance to disease, emotional stability and ability to learn.

- Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by Freedomland or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. These guidelines are intended for the school day (midnight until thirty (30) minutes after the official end of the school day). They are not intended for food sales, by groups, for extracurricular activities, after school or on weekends and holidays.
- Academy Nutrition Services should support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduced obesity.
- Academy Nutrition Services' policies and guidelines for reimbursable meals shall conform to federal and state regulations.
- Freedomland will develop a reasonable method to make potable water available to children at no charge where lunch meals are served. Four ounce cups will also be available upon request.
- School Beverages

Elementary schools shall limit beverage selections to:

- Bottled Water (any size) – No added sugars, artificial sweeteners, carbonation, or sodium
- Unflavored Fat-Free or Low Fat Milk ( $\leq 8$  oz.)
- Flavored Fat-Free Milk ( $\leq 8$  oz.)
- 100% fruit/vegetable juice ( $\leq 8$  oz.)
- 100% fruit/vegetable juice diluted with water ( $\leq 8$  oz.) – no carbonation or no



added sweeteners

- No carbonated beverages (any size)

Middle schools shall limit drink selections to:

- Bottled Water (any size) – No added sugars, artificial sweeteners, carbonation, or sodium
- Unflavored Fat-Free or Low Fat Milk ( $\leq 12$  oz.)
- Flavored Fat-Free Milk ( $\leq 12$  oz.)
- 100% fruit/vegetable juice ( $\leq 12$  oz.)
- 100% fruit/vegetable juice diluted with water ( $\leq 12$  oz.) – no carbonation or no added sweeteners
- No carbonated beverages (any size)

High schools shall limit drink selections to:

- Bottled Water (any size) – No added sugars, carbonation, or sodium
- Unflavored Fat-Free or Low Fat Milk ( $\leq 12$  oz.)
- Flavored Fat-Free Milk ( $\leq 12$  oz.)
- 100% fruit/vegetable juice ( $\leq 12$  oz.)
- 100% fruit/vegetable juice diluted with water ( $\leq 12$  oz.) – no carbonation or no added sweeteners
- Water, flavored, calorie free, ( $\leq 12$  oz.)
- Other flavored beverages that are labeled to contain  $< 5$  calories per 8 fluid ounces ( $\leq 12$  oz.)
- No carbonated beverages

- Celebrations/Fundraisers and Food as a reward
  - Encourage healthy choices and portion control in classroom celebrations. Offer parents and families guidance related to foods that are appropriate for such celebrations.
  - Encourage the use of Wellness Program dictates when planning school meetings, parties, concessions, intramural events and other extracurricular school events. Promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits.
  - Encourage students and staff to start each day with a healthy breakfast since those who come to school or work hungry may find it difficult to stay alert and learn.
  - Eliminate food as a reward in the classroom. With the increasing prevalence of childhood obesity, Type II diabetes, high blood pressure and other illnesses, we should not be encouraging the consumption of food as a reward.

- Food brought from home for more than just individual student consumption should adhere to the following Florida statutes:

Florida Administrative Code, Section 64E-11.003 “Foods prepared in a private home shall not be used, sold, or offered to the public by a food service establishment or theater.”

Florida Administrative Code, Section 64-E-11.003

“Food received or used in food service establishments shall be from sources approved or considered sanitary by the department (Health Department) and shall be clean, wholesome, free from spoilage, adulteration and misbranding, and safe for human consumption. It shall have been prepared, processed, handled, packaged, transported and stored in a sanitary manner so as to be protected from contamination and spoilage.”

- Do not deny a meal or milk to a child due to a disciplinary action.

E. A PLAN FOR EVALUATING THE IMPLEMENTATION OF THE WELLNESS PROGRAM

- Freedomland Christian Academy shall provide assistance to schools to create healthy school nutrition environments, promote healthy eating habits, and increase physical activity among elementary and secondary students. Support will include implementation, measurement and evaluation of goals and activities.
- Freedomland’s Wellness Coordinators will be responsible for providing technical assistance and resources to all schools. They will support the implementation of health education and nutrition, physical education and staff wellness to all schools. They will be responsible for the monitoring and reporting of their schools Wellness Program to the Principal.
- Freedomland must include a goal for student health and fitness in the School Improvement Plan.
- Freedomland will conduct ongoing evaluation, revision, and implementation of the wellness program.

## F. WELLNESS COORDINATOR FOR EACH SCHOOL AND DISTRICT FACILITY

Each school and district facility will designate a Wellness Coordinator for their facility.

Responsibilities of the school Wellness Coordinator include:

- Organize and lead the School Wellness Committee.
- Evaluate school wellness.
- Determine wellness goal for the School Improvement Plan.
- Aid in implementation of a plan to achieve the School Improvement Plan goal.
- Coordinate school wide wellness initiatives.
- Monitor and revise plan after reevaluation.

The School Wellness coordinator will direct the School Wellness Committee which will serve as a resource in each school to design and implement activities that fit the school's demographics and interests.

The School Wellness Committee is a group of individuals representing the school and community. It involves representatives from stakeholders.

The School Wellness Committee should include representatives from any of the following:

- Comprehensive School Health Education
- Counseling, Psychological, and Social Services
- School Health Services
- Nutrition Services
- Physical Education
- Healthy School Environment
- School Site Health Promotion for staff
- Parent/Community Involvement

H. INVOLVEMENT OF PARENTS, STUDENTS, REPRESENTATIVES OF THE SCHOOL FOOD AUTHORITY, THE SCHOOL BOARD, TEACHERS, SCHOOL ADMINISTRATORS, SUPPORT STAFF, DISTRICT ADMINISTRATORS AND THE PUBLIC

Family, School and Community Partnerships:

Long term effective partnerships among families, school and local community partners benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health promotion projects.

- Freedomland shall actively support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness.
- Connect with community resources for wellness initiatives in schools through volunteer opportunities.

School Health Advisory Committee (SHAC):

A School Health Advisory Committee is composed of district staff, as well as representatives from the public and private sectors with expertise in the eight component areas of the Coordinated School Health Program model. This committee shall:

- Address the eight components of the Coordinated School Health Program model as defined by the Center for Disease Control.
- Utilize subcommittees that will meet as necessary.
- Monitor the activities, components and results of the Wellness Programs for students and staff.
- Make recommendations to the school board for wellness program revisions.

## THE FREEDOMLAND CHRISTIAN ACADEMY WELLNESS PROGRAM

### EXECUTIVE COMMITTEE MEMBERS:

Orlando Vargas, Fitness Nutritionist Specialist  
Susan Diaz, RN  
Carlos, Osceola Health Dept.  
Sherlie Campos, Psychologist  
Carlos J. Morales, Pastor/Parent  
Pedro Torres, PE teacher  
Fabiola Campos, Director/VPK Specialist  
Laura Torres, Food Program Coordinator  
Esther Cordero, Teacher/Parent  
Shaira Tolentino, Assistant Principal  
Yanira C Diaz de Rodriguez, Principal

### Evaluation

FCA must assess their wellness policy at least once every five years on the extent to which schools are in compliance with the district policy, the extent to which the local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy. FCA must make this assessment available to the public.