



**ACADEMY PREP CENTER OF ST. PETERSBURG  
WELLNESS POLICY  
2022-2023**

Academy Prep Center of St. Petersburg (APSP) promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. APSP supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, APSP contributes to the basic health status of students. Improved health optimizes student performance.

It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, APSP shall operate a food service program to ensure that all students have access to the varied and nutritious foods they need to stay healthy and learn well. APSP supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day are served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

**Wellness Structure**

In the development of its wellness policy, APSP followed the same guidelines utilized by its sister campus, Academy Prep Center of Tampa. This policy basically parallels the *Model Local School Wellness Policies on Physical Activity and Nutrition* published by the National Alliance for Nutrition and Activity (NANA), March 2005. The initial committee was comprised of representatives of the school administration, NSLP vendor and meals consultant, parents and faculty. Since that time, the St. Pete campus has utilized a consultant (who is our Wellness Coordinator) who continually reviews and guides the school on how to best meet the goals of school nutrition and physical activity. It is the policy of APSP to:

- Provide students access to nutritious food;
- Provide opportunities for physical activity and developmentally appropriate exercise; and
- Provide accurate information related to these topics.

This policy provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture (USDA).

## **Baseline Assessment**

St. Pete's sister campus conducted a baseline assessment of the school's existing nutrition and physical activity environments and policies in 2006 and set goals utilizing that data. The St. Pete campus has since compiled the following goals for its campus:

## **Goals**

### **1. Nutrition Education Goals**

The primary goal of nutrition education is to influence students' eating behaviors. APSP will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health;
- Is taught through integration of the subject of nutrition into academic areas such as science, PE, and through the enrichment program;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Promote healthy eating to students, parents, and teachers. For example, include "nutrition tips" in school newsletters; and offer information to families that encourages them to teach their children about health and nutrition.

Nutrition education shall be designed to help students learn:

- Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies and principles of healthy weight management;
- Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and
- How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

### **2. Physical Activity Goals**

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

To address issues such as overweight, obesity, cardiovascular disease and Type II diabetes, students enrolled in fifth through eighth grades will participate in physical activity as part of APSP's physical education curriculum. The physical education course will foster support and guidance for being physically active, will help students know and understand the value of being physically fit, and will teach students the types of activities that contribute to total fitness.

a. Weekly Physical Education

All students in grades five through eight will complete an average of at least sixty instructional minutes per week of physical education. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. Physical education

- Is for all students for the entire school year;
- Includes students with disabilities (students with special health-care needs may be provided in alternative educational settings); and,
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

b. Daily Recess

In addition to required physical education, students will have the opportunity to participate in daily recess and physical activity. APSP shall provide daily recess period(s) for students, featuring time for unstructured but supervised outdoor, active play.

c. Physical Activity Opportunities During Enrichment Classes

APSP's enrichment programs will provide and encourage—verbally and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants. APSP will offer enrichment physical activity programs, such as physical activity clubs or intramural programs, offering a range of physical activity opportunities that meet the needs, interests and abilities of all students; and include boys, girls, students with disabilities, and students with special health-care needs.

**3. Goals for Other School-Based Activities Designed to Promote Student Wellness**

a. School Meals

School meals not only provide the optimal nutrition that students need for growth, development, and academic achievement but also support the development of healthful eating behaviors in students, including their learning to eat a variety of foods. School meals are made attractive to students by appealing to their taste preferences and meeting their cultural needs.

a.1 Free and Reduced-Priced Meals

APSP provides free and reduced-price breakfasts and lunches to students according to the terms of the National School Lunch and Breakfast and Snack programs. Academy Prep makes every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;

- Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
- Through a diverse menu, offer a variety of fruits and vegetables throughout the week;
- Serve only low-fat (1%) and fat-free milk; and
- Accommodate students with special dietary needs as required by USDA regulation.

#### a.1.1 Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, APSP will:

- Operate the School Breakfast Program daily;
- Notify parents and students of the availability of the School Breakfast Program; and
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

#### a.1.2 Snacks

Snacks served during the enrichment programs will make a positive contribution to the children's diets and health.

#### a.1.3 Summer Meals

Academy Prep sponsors the local Summer Food Service Program (lunch) during the Summer School session. Breakfast is provided by APSP and is free to all students.

### b. School Nutrition Environment

#### APSP

- Provides students and staff with adequate space to eat meals in clean, safe, pleasant surroundings;
- Creates and maintains a safe, comfortable, and inviting place for students to eat school meals;
- Schedules meal periods at reasonable hours when students are hungry and ready to eat;
- Ensures that food lines are not too long and that students have plenty of time to eat, relax, and socialize (at least twenty minutes to eat after they have received their food);

Safe drinking water and convenient access to facilities for hand washing and bathroom breaks will be available during all meal periods. Additionally, water is accessible to students throughout the school day. Drinking fountains are operable, clean, and convenient for students to access throughout the school day at locations both outdoors and indoors.

### c. Foods and Beverages Sold Individually

To ensure the high quality of foods offered to its students, no foods and beverages will be sold individually outside the reimbursable school meal program. Vending machines with food and beverages will not be available to students.

d. Food Safety

All foods made available on campus comply with the state and local food safety and sanitation regulations.

e. Communication with Parents

APSP will support parents' efforts to provide a healthy diet and daily physical activity for their children and will include sharing information about physical activity and physical education through the newsletter, other take-home materials, special events or physical education homework.

4. [Goals for Measurement and Evaluation](#)

a. Policy Review

The Head of School or designee will be responsible for overseeing implementation of this policy and monitoring APSP's programs and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness also will report to the Head of School or designee regarding the status of such programs.

b. Establish a Plan for Measuring the Wellness Policy

Through the evaluation process, some basic questions will be reviewed which will measure the success of the program and will identify what changes to nutrition, education, physical activity, the nutritional quality of foods available to students, and other aspects covered by the policy occurred as a result of the wellness policy.

The assessment will include the blending of quantitative and qualitative data collection:

Quantitative:

- Percentage of students who acknowledge the various food menus/options.
- Percentage of students who find their meals appealing/tasteful.
- Percentage of students who find their meals at the right temperature.
- Percentage of students who feel that meals are served on a timely basis.
- Percentage of students who acknowledge the amount of physical activity that they are participating.
- Percentage of students who acknowledge of quality of their time during physical activities.

Qualitative: Survey students asking this question:

- How can the impact of the policy be increased to enhance its effect on student health (nutrition and physical activity) and academic learning?

The assessment may also include the following items:

- Listing of all activities and programs conducted to promote nutrition and physical activity;
- Assessment of the school environment regarding student wellness issues;
- Evaluation of the food services program;
- Assessment of student, parent, teacher, and administration satisfaction;
- Suggestions for improvement to policies or programs.

Assessments will be repeated every three years to help review policy compliance and determine areas in need of improvement. As part of that review, APSP will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. APSP will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.