

ACADEMY PREP CENTER OF LAKELAND

LOCAL SCHOOL WELLNESS POLICY 2023-2024

Preamble

Academy Prep Center of Lakeland (APL) promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. APL 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, APL 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, APL 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. APL 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.

1. Local School Wellness Policy (LSWP) Leadership

In the development of its wellness policy, APL followed the same guidelines utilized by its sister campuses, Academy Prep Center of Tampa and Academy Prep Center of St. Pete. This policy parallels the *Model Local School Wellness Policy*, 2019 update. APL will assemble a wellness committee that is comprised of representatives of the school administration, NSLP vendor and meals consultant, parents, and faculty. This committee will meet annually to ensure compliance and facilitate the implementation of this LSWP. APL will:

- Provide students access to nutritious food;
- Designate the School Manager responsible for ensuring overall compliance with the LSWP;
- 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).

APL will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

Nutrition promotion can positively influence students' eating behaviors. APL has set the following goals:

- Increase the number of on campus locations that students can access useful nutrition information by no less than 30%;
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 25%;
- Promote healthy eating to students, parents, and teachers. Nutrition tips will be included in school newsletters monthly; and offer information to families that encourages them to teach their children about health and nutrition.

3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. APL has set the following goals:

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences at least quarterly such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.

4. Physical Activity

APL will 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. APL has set the following goals:

- All students will receive at least 20 minutes of daily recess with access to space and equipment that allows for enjoyable, physical play
- All students will complete an average of 180 instructional minutes per week of physical education, with no less than 120 minutes per week. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities.

- Students will be offered a choice of at least 2 physically active enrichment classes, such as volleyball, basketball, and ropes courses, that may be switched quarterly.

5. Other School-Based Activities

APL will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- APL shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

Eating Environment

- APL will create and maintain a clean, safe, and inviting place for students to eat school meals;
- APL will schedule meal periods at reasonable hours when students are hungry and ready to eat;
- Students are provided at least twenty minutes to eat after they have received their food
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

6. Guidelines for All Foods and Beverages Available during the School Day

APL shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- Serve only low-fat (1%) and fat-free milk;
- To the maximum extent possible, all schools in APL will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- APL will operate the School Breakfast, Lunch, and Snack programs daily.
- Free, potable water will be made available to all children during each meal service.
- All foods made available on campus comply with the state and local food safety and sanitation regulations.

Competitive Foods

- No competitive foods will be sold at APL.
- Vending machines with food and beverages will not be available to students.

Summer Meals

- APL will sponsor the local Summer Food Service Program during the June Summer session.

Standards for Food and Beverages **Not** Sold to Students

- APL will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month, and no more than two school wide events.

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- 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.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

The APL wellness 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 new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

APL will assess the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which APL is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

APL will ensure that the wellness policy and most recent triennial assessment are always available to the public. APL 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.

- APL will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- APL will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.

10. Community Involvement

APL is committed to being responsive to community input, which begins with awareness of the wellness policy. APL 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 public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- APL will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- APL will use electronic mechanisms, such as email or displaying notices on the APL 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.

11. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness 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 the local school wellness policy.

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