



WELLNESS POLICY

Student Wellness

The Governing Board believes that good health fosters student achievement and student attendance. Thus, the Governing Board is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. This environment will be achieved by teaching, supporting and modeling healthy eating habits and lifestyles, physical activity and physical education, and school safety. The Governing Board recognizes that the learning environment can influence the way in which children develop life-long eating, physical activity, and healthy lifestyle habits. The Governing Board further recognizes that children need access to healthful foods, opportunities to be physically active, and supported in a nurturing learning community in order to grow, learn, and thrive.

Wellness Policy Development

The Governing Board believes that the participation of the community, school food service professionals, school administrators, physical education and health educators, staff, and students is essential. Dickens Sanomi Academy will review and consider evidence-based strategies 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.

Wellness Policy Goals

The overall goal of the Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. The Board shall adopt goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

Nutrition Promotion and Nutrition Education

The Board believes that food and beverages available to students should support the health curriculum promote optimal health. To the maximum extent practicable, Dickens Sanomi Academy will participate



in available federal meal programs and will meet the federal regulations for school meals and the Smart Snacks in School Nutrition standards.

1. The Board believes that food and beverages available to students should support the health curriculum and promote optimal health.
2. All food and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

General nutrition requirements for food items:

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the nongrain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; or

Nutrient standards for food items:

Nutrient standards	Snack Item	Entrée Item
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	10% or less of total calories	10% or less of total calories
Trans Fat	0g of trans fat as served	0g of trans fat as served
Sugar Limits	35% or less of weight from total sugars	35% or less of weight from total sugars

Exemptions:

- Entrées served in the NSLP/SBP on the day of service and the following school day.



- Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100 percent juice, extra light syrup or light syrup
(Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.)

Nutrition standards for beverages: Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Calorie-free, flavored water and other flavored drinks	Not allowed	Not allowed	Not allowed
Low-calorie (5 calories or less per 8 fl. oz.)	Not allowed	Not allowed	Not allowed
Low-calorie (40 calorie or less per 8 fl. oz.)	Not allowed	Not allowed	Not allowed

3. The school nutrition program will provide clean, safe, and pleasant settings and adequate time for students to eat.
4. The school will make 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. There will be no identifying lines or other system to separate paying and non-paying students
5. All food and beverages that are sold for the purpose of fundraising or other activities during the school day shall meet all nutrition guidelines for food and beverage available outside the school meal program.
6. Any food or beverages that do not meet the nutrition standards may be sold by pupils if the sale takes place off and away from the school campus or at least thirty minutes after the end of the school day.
7. The school will promote healthy food and beverage products at all school-sponsored events.



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8. The School will encourage all school-based organizations to use nonfood items for fundraising.
9. School staff will be encouraged to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. The school staff will work towards these goals.
10. School staff shall encourage parents/guardians or other volunteers to support the school's nutrition education program by considering nutritional quality when selecting any snack, which may be donated.
11. Celebrations and parties that involve food during the school day shall be limited to no more than two events per class per month. Each event should include no more than two food/beverages that do not meet the nutrition guidelines.
12. The school will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School Nutrition Standards.
13. Nutrition education will be provided through health education programs in grade spans K-5.

Physical Activity and Physical Education

Dickens Sanomi Academy shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

1. All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years.
2. All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
3. Students will have an increase in both the number and variety of physical activity opportunities offered to them.
4. Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.
5. Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, **at least biweekly** (specify frequency of breaks per week), as appropriate.

Other School Based Activities

The Dickens Sanomi Academy Governing Board desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. The Governing Board recognizes that it is not always practicable or possible to have nurses, psychologists, and counselors on site to address mental



health issues. However, it is the school's goal to identify and access resources that are responsive to its members' needs.

1. Dickens Sanomi Academy has established rules and procedures concerning safety for students and will communicate these to students on a regular basis and to parents in the quarterly newsletter.
2. Appropriate school personnel will be trained on emergency response procedures, basic first aid and CPR, and on administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to make decisions about student participation in outdoor physical activities.
5. The school will maintain a Comprehensive School Safety Plan that will address multiple aspects of student safety and a safe school environment.

Staff Wellness

Dickens Sanomi Academy values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. Dickens Sanomi Academy encourages all staff members to model a healthy lifestyle for its students.

Communication with Parents

Dickens Sanomi Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Dickens Sanomi Academy will support parents' efforts by sending home nutrition information, posting nutrition tips on websites and in bulletins, and providing nutrient analyses of school menus. Dickens Sanomi Academy will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. 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.

Dickens Sanomi Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. It will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events.

Policy Review and Accountability

The Governing Board Chair will ensure compliance with established school-wide nutrition and physical activity wellness policies.



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The Governing Board Chair and the wellness policy committee members will annually evaluate the extent to which the school is in compliance with the wellness policy, how the wellness policy compares to model policies and the progress made in attaining the goals of the wellness policy. All stakeholders will be asked to provide feedback on the policy and their comments and recommendations will be considered. Student needs will also be considered in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the superintendent.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged the following data will be reviewed:

- Analysis of the nutritional content of meals served
 - Student participation in school meal program
 - Snack and beverage sales outside of meal program
 - Food sales as fundraisers or activities outside of school meal program
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- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Dickens Sanomi Academy wellness policy.
 - At Phyl's Academy, the principal will be responsible for establishing the Healthy School Team that will ensure compliance with the wellness policy.
 - The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
 - The Healthy School Team will be responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P1.003),
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph © of FAC 5P-1.003,
 - Reporting its school's compliance of the aforementioned regulations to the Principal, the person responsible for ensuring overall compliance with the Dickens Sanomi Academy wellness policy.

January 19, 2024

Governed Board Chair

Date