

# LOCAL SCHOOL WELLNESS POLICY FOR La Progresiva Presbyterian School

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## **Nutrition:**

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

(a) 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 the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

## **Health Education and Life Skills:**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful health information and health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

## **Nutritional Education:**

(a) School: The School will put up Posters throughout the year in order to promote good eating habits and healthy food options. Physical Education and Health teachers will provide information on good nutrition, and identify health-related problems associated with poor diet, physical inactivity, and being overweight.

(b) Parents: The school will also support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutritional information, post nutrition tips on school website or through school flyers. School should encourage parents to pack healthy lunches and snacks. Such support will also include sharing information about physical activity and physical education through the website.

(c) Students: Students are currently involved in decisions of improving the lunch menu. Students are limited to healthy choice options that will achieve a balanced, healthy diet. beginning with more choices of vegetables and whole wheat bread. Students are also taking personal fitness classes that involve diet planning, and comprehending nutrition information on a food label that will enable them to make better food choices.

## **Nutrition Promotion:**

(a) The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school

(b) The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

## **Setting Physical Activity:**

Elementary School students will participate and complete 80%of the activities provided below before the end of the school year.

1. One semester of Health instruction as stipulated by the Florida Department of Education.

2. One year long physical education course.

Middle School students will participate and complete 80%of the activities provided below before the end of the school year.

1. One semester of Health instruction as stipulated by the Florida Department of Education.

2. One year long physical education course.

High School 9-12 grades will participate and complete 80% of the activities provided below before the end of the school year.

1. High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit).

2. Participation in several physical activity programs throughout the school year for all students in grade nine through grade twelve.

**K – 12 Programs Activities include:**

Fitness Gramm Testing: Cardio-respiratory Fitness, Flexibility, Muscular Strength and Endurance, and Body Composition.

Extra Curricular Activities Include:

Field Day

Personal Fitness

School Athletics Program

Team Sports

Establishing Nutrition Standards for All Foods Available on School Campus during the:

School Day:

Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

**School Meals:**

Meals served through the National School Lunch will:

- a) Be appealing and attractive to children
- b) Be served in clean and pleasant setting
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- d) Serve only low-fat (1%) white or chocolate.

**Vending Machines:**

All snack vending machines shall add a healthier option.

Vending machines where student meals are served or eaten shall include a healthier option, such as 100% fruit juice and water.

All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include: water, 100% fruit juice, and non-carbonated drinks with less than 150 calories per container

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

Staff Wellness:

The school shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

- (a) The school site shall be in compliance with drug, alcohol and tobacco free policies.
- (b) The school site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- (c) Employees shall be encouraged to engage in daily physical activity after the workday.

Non-Discrimination Statement:

- (d) School policy will prohibit the use of food as a reward or punishment.
- (e) Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

**Informing/updating the public about the content/implementation of the LSWP**

- (a) The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and will ensure that the most updated version of the policy is always available on the school website for the public to view.

**Plan for evaluating and measuring the implementation of the LSWP**

- (a) The wellness team shall meet annually to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.
- (b) School food service staff will ensure compliance with nutrition policies within school food service areas.

**Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP.**

- (a) At the final public school board meeting of each year, the LSWP will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.
- (b) Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

**School official to ensure that La Progresiva complies with the LSWP**

- (a) The principal, Ms. Melissa Rego, shall ensure compliance with established school-wide nutrition and physical activity policies.

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