



Wellness Policy

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De LaSalle Academy Wellness Policy

Preamble

De LaSalle Academy is committed to the optimal development of every student. *De LaSalle Academy* believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines *De LaSalle Academy's* approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at *De LaSalle Academy* have access to healthy foods during lunch through reimbursable meals in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- The school engages in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the *De LaSalle Academy* in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- *De LaSalle Academy* establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff at *De LaSalle Academy*. Specific measurable goals and outcomes are identified within each section below.

- *De LaSalle Academy will coordinate the wellness policy with other aspects of school management, including the De LaSalle Academy's School Improvement Plan, when appropriate.*
- *NOTE: Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.*

I. School Wellness Committee

Committee Role and Membership

De LaSalle Academy has a Wellness Committee that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this *De LaSalle Academy* wellness policy (heretofore referred as "wellness policy").

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Effective for the 2018/2019 Academic Year

The Wellness Committee will represent all school levels (elementary and secondary) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teacher; health education teacher; health professionals; school administrators; school board members; and the general public. To the extent possible, the Wellness Committee will include representatives from each level Elementary, Middle and High School and reflect the diversity of the community.

Leadership

The Food and Nutrition manager will convene the Wellness Committee and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

De LaSalle Academy
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Name	Title / Relationship to the School or De LaSalle Academy	Email address	Role on Committee
Dr. Emilio Del Valle	Pediatrician	emiliomosart@gmail.com	Assists in the evaluation of the wellness policy implementation
Rachel Goldenberg	Health Teacher	rgoldenberg@delasallefm.org	Wellness Coordinator
Roger O’Halloran	De LaSalle School Board President	roger@ohalloranfamilylaw.com	Assists in the evaluation of the wellness policy implementation
Lena Figueroa	Student Services Coordinator	lfigueroa@delasallefm.org	Assists in the evaluation of the wellness policy implementation
Pat Freve	Nurse	Patricia.Freve@FLHealth.gov	Assists in the evaluation of the

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			wellness policy implementation
Rachel Goldneberg	P.E. Teacher	rgoldenberg@delasallefm.org	Assists in the evaluation of the wellness policy implementation
Lena Figueroa	Afterschool Sports Program	lfigueroa@delasallefm.org	Assists in the evaluation of the wellness policy implementation
Chip Withrow	Yoga Instructor	chipwithrow@yahoo.com	Assists in the evaluation of the wellness policy implementation
Sarah Barrow	Assistant Principal	sbarrow@delasallefm.org	Assists in the evaluation of the wellness policy implementation
Janet Laverty	Office Manager	jlaverty@delasallefm.org	Assists in the evaluation of the wellness policy implementation

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

De LaSalle Academy will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. The Wellness Committee 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 yearly.

This wellness policy and the progress reports can be found at: www.delasallefm.org

Recordkeeping

De LaSalle Academy will retain records to document compliance with the requirements of the wellness policy in the main office. Documentation will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods De LaSalle Academy uses to make stakeholders aware of their ability to participate on the Wellness Committee.
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

De LaSalle Academy will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. De LaSalle Academy will make this information available via the De LaSalle Academy website and/or De LaSalle Academy school newsletter. De LaSalle Academy will provide as much information as possible about the school nutrition environment. This will include a summary of De LaSalle Academy's events or activities related to wellness policy implementation. Annually, the De LaSalle Academy will also publicize the name and contact information of the person leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, De LaSalle Academy will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- That De LaSalle Academy is in compliance with the wellness policy;
- The extent to which De LaSalle Academy's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of De LaSalle Academy's wellness policy.

The Wellness Committee will monitor De LaSalle Academy's compliance with this wellness policy.

De LaSalle Academy will actively notify households/families of the availability of the triennial progress report.

Community Involvement, Outreach and Communications

De LaSalle Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. De LaSalle Academy will actively communicate ways in which representatives of the Wellness Committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for De LaSalle Academy. De LaSalle Academy will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. De LaSalle Academy will use electronic mechanisms, such as email or displaying notices on the school's 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 the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. De LaSalle Academy will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that De LaSalle Academy and individual schools are communicating important school information with parents.

De LaSalle Academy will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. De LaSalle Academy will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

De LaSalle Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal program aims to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

De LaSalle Academy participates in the USDA child nutrition programs. De LaSalle Academy also operates additional nutrition-related programs and activities including a School Garden Club, Yoga free to all students and an annual Health Fair. De LaSalle Academy is committed to offering school meals through the NSLP:

- Are accessible to all students;
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. De LaSalle Academy offers reimbursable school meals that meet [USDA nutrition standards](#).
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):

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Effective for the 2018/2019 Academic Year

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
- Sliced or cut fruit is available daily.
- Daily fruit options are displayed in a location in the line of sight and reach of students.
- All available vegetable options have been given creative or descriptive names.
- Daily vegetable options are bundled into all grab-and-go meals available to students.
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers.
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.
- Menus are posted on the De LaSalle Academy website.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- De LaSalle Academy child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
- Students are served lunch at a reasonable and appropriate time of day.
- Recess will follow the lunch period to better support learning and healthy eating.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- De LaSalle Academy will implement four of the following Farm to School activities
 - Local and/or regional products are incorporated into the school meal program;
 - School hosts a school garden;
 - School hosts field trips to local farms; and
 - School utilizes promotions or special events, such as tastings, that highlight the local/regional products throughout the school year.

Staff Qualifications and Professional Development

The school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. De LaSalle Academy will make drinking water available where school meals are served during mealtimes.

- Students will be allowed to bring approved water bottles to school and carry them to classes throughout the day filled only with water.

Competitive Foods and Beverages

De LaSalle Academy does not sell competitive foods or beverages on campus.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. De LaSalle Academy will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. De LaSalle Academy will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards.
3. Rewards and incentives. De LaSalle Academy will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. De LaSalle Academy will make available to parents and teachers a list of healthy fundraising ideas

- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages during morning news.

Nutrition Education

De LaSalle Academy will teach, model, encourage and support healthy eating by all students. De LaSalle will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;

Essential Healthy Eating Topics in Health Education

De LaSalle Academy will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing

De LaSalle Academy is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. De LaSalle Academy strives to teach students how to make informed choices about nutrition, health and physical activity. It is the intent of the school to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the De LaSalle Academy's wellness policy.

As the school reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the De LaSalle Academy wellness policy.

IV. Physical Activity

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason *This does not include participation on sports teams that have specific academic requirements.*

To the extent practicable, De LaSalle Academy will ensure that its grounds and facilities are safe and that equipment is available to students to be active. De LaSalle Academy will conduct necessary inspections and repairs.

Physical Education

De LaSalle Academy will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. De LaSalle Academy will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All De LaSalle Academy students in each grade will receive physical education for at least 80 minutes per week throughout the school year.

The physical education program will promote student physical fitness through individualized fitness and activity assessments.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.

- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education

Recess

All students are given 30 minutes of recess on all days during the school year. Recess is held outdoors weather permitting.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

After School Activities

De LaSalle Academy offers opportunities for students to participate in a physical activity after school. De LaSalle Academy will encourage students to be physically active in the afterschool program as well as clubs & sports programs.

V. Other Activities that Promote Student Wellness

Community Health Promotion and Family Engagement

De LaSalle Academy will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, De LaSalle Academy will use electronic mechanisms (e.g., email or displaying notices on the De LaSalle Academy’s website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The Wellness Committee will include staff wellness issues, identify and disseminates wellness resources and performs other functions that support staff wellness.

De LaSalle Academy will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

- Will provide healthy snacks at weekly staff meetings.
- Encourage participation in the walking club during the school day.
- Offer yoga and exercising options.

Glossary

Extended School Day – the time during, before and afterschool that includes activities such as clubs, sports, performing arts practice, clubs and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

Triennial – recurring every three years.