

Local School Wellness Policy
For
Advanced Learning Charter School

The following Wellness Policy complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness And Physical Education Policies; Nutrition Guidelines.

Wellness Policy Committee – This committee has assessed the school’s nutrition and physical activity needs and developed this Policy based on those needs.

The committee is composed of the following representatives:

Area Represented	Committee Member Name
Parent	Ms. Jennifer Maya-Munne
Student	Tiffany Davis and Tiquan Marshall
School Food Service Personnel	Mr. Gordon Crozier
School Board	Mr. Albert Perez
School Administrator	Mr. Carlos Gonzalez
School Nurse	Ms. Yocelyn Suarez
Physical Education Staff	Mr. Javier Moreno
Health Education Staff	Ms. Candice Maharaj
Local physician, dentist, or other health professional	Mr. Joaquin Novoa, DDS

Goals, Implementation, Evaluation

Nutrition Education: Nutrition education is provided in a classroom setting.

Goal	Implementation	Evaluation
1. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.	Classroom lectures, activities, and student participation provided in a nutrition/health class	Classroom written tests (such as multiple choice, essay, fill in the blank) in the areas of nutrition.
2. Students will have access to useful nutrition information.	Use of posters, worksheets, brochures in various areas of classrooms and school campus	Maintain a checklist of the nutrition information available to the students. Students will mark off the items on the checklist as they take the items.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices.	Provide a variety of healthy meal choices during meal service	Review menus, production records, nutrient analysis

Physical Activity: Physical activities occur in different learning environments such as, but not limited to outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Goal	Implementation	Evaluation
1. Students in grades K-5 receive 150 minutes per week of instructionally relevant physical education (Sunshine State Standards)	All students will participate in a physical education class. Instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel
2. Students will have 30 minutes of physical activity each day.	Instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel

Other School-Based Activities:

Goal	Implementation	Evaluation
1. Students will be provided an adequate amount of time to consume meal.	Schedule a minimum of 20 minutes for each class to consume their meals.	Review the school schedule to confirm that each class is provided no less than 20 minutes to consume meals.
2. Food will not be used as a reward or punishment	Establish rules in the Code of Student Conduct and School Employee Handbook that food cannot be used for rewards or punishment.	Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.
3. Students will be provided access to school facilities for physical activity after school hours.	The school gym/basketball court and team equipment will be available for students' use after school hours.	Interview the students and school faculty to inquire about the availability and use of the school's gym or equipment.

Nutrition Guidelines for All Foods Served or Sold: All foods served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fund raisers and class parties.

- 200 calories or fewer per portioned package
- No more than 35% of total calories from fat per serving size
- Zero trans fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

Designee:

Mr. Carlos Gonzalez is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

Procedure for Reporting to the School Board/Governing Authority:

On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/Governing Authority for approval.

Assurance:

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

Website Address for the Wellness Policy:

www.advancedlearningcharter.org