

Downtown Miami Charter School, Inc. - Student Wellness Policy
Reapproved- October 2009

The Downtown Miami Charter School, Inc. promotes health in students by supporting wellness, quality nutrition and regular physical activity as a part of the total learning environment. The Board supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of quality nutrition and physical activity, schools contribute to the basic health status of students.

The Downtown Miami Charter School, Inc. will maintain a local Wellness Policy Committee that will be comprised of representatives of the Board, parents, students, community members and employees. The local Wellness Policy Committee is charged with the responsibility of developing a plan to implement and measure the effectiveness of the local wellness policy. The Board President or appointed designee chairs this committee. The Board will designate the National School Lunch Program (NSLP) Director, currently Jennifer Westbrook, to be responsible for ensuring that the school(s) is/are meeting the local wellness policy.

Along with the NSLP coordinator, this policy will be monitored by the wellness policy committee to ensure compliance. Each building principal and the food service supervisor will be made aware of these nutrition and physical activity goals and will be available to report on these matters to the committee when requested.

The Wellness Policy Committee will review the policy every year from the date of issue to determine the scope of policy compliance and the extent of progress being made toward the student wellness goals. As part of this assessment, the committee will review current trends in nutrition and physical activity policies and practices and the provisions that support an environment of healthy eating and physical activity. Upon review and as necessary, the Wellness Policy Committee should make recommendations to the Downtown Miami Charter School, Inc. for their consideration on modifications to this policy.

The targeted goals outlined in the following sections of this policy are designed to reflect best practices in the area of child nutrition and physical activity at the time this policy was written. It must be understood that these practices represent the ideal and may, in some instances, not be immediately obtainable or even practical, given unique district circumstances. This should not, however, deter the establishment of these high standards toward which progress can be made over time.

The targeted wellness goals are divided into four categories:

- Section 1 - Nutrition education and promotion;
- Section 2 - Other school-based activities that are designed to promote student wellness;
- Section 3 - Physical activity;
- Section 4 – Nutrition guidelines for all foods available during the school day. *

Student Wellness Policy Goals

Section 1 – Nutrition Education and Promotion

Nutrition education and promotion targeted goals include:

1. Nutrition education that is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
2. Nutrition education that is fully integrated into health education classes and other classroom instruction subjects, taught by the classroom instructors, utilizing materials provided by the USDA and Depts. of Health and Education.
3. Nutrition education utilizing materials provided by Department of Education that includes enjoyable, developmentally appropriate and culturally relevant participatory activities; such as contests, promotions, taste-testing, farm visits and school gardens.
4. Nutrition education that promotes foods of high nutritional value; such as fruits, vegetables, and whole-grain foods, as well as foods low in saturated fat, trans-fats, and added sugar.
5. Nutrition education that emphasizes portion control and caloric balance between food intake and physical activity.
6. Nutrition education that links with meal programs, other foods and nutrition-related community services.

Section 2 – Other School-based Activities that Promote Student Wellness

A. Integrating physical activity into classroom settings targeted goals include:

1. Offering classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
2. Encourage more physical activity by minimizing sedentary activities, such as watching television, playing computer games, etc.
3. Provide opportunities for physical activity to be incorporated into other subject lessons.
4. Encouraging classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

B. Meal times and scheduling targeted goals include:

1. Provide at least 10 minutes for students to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
2. Breakfast should be scheduled anywhere between 7:30 a.m. and 8:15 a.m.; lunch should be scheduled between 10:15 a.m. and 1:30 p.m.

3. Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
4. Provide access to hand washing or sanitizing before students eat meals or snacks.

Section 3 - Physical Activity

Physical activity targeted goals include:

1. A comprehensive activity program encompassing a variety of opportunities for all students to engage in up to 60 minutes of vigorous activities several times a week. The activity program should consist of physical education, recess, fitness breaks, sports, and other physical activities.
2. School is encouraged to make structured physical education available to students, daily, as resources allow. This will assist in the critical motor skills development students need at this age. If daily physical education is not possible, it should be provided at least two or three times a week.
3. School is encouraged to provide recess for approximately 20 minutes per day, preferably outdoors that involves moderate to vigorous physical activity through the provision of space and equipment.
4. School is encouraged to provide brief activity breaks and discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.
5. Since physical activity is important, all school personnel are encouraged to find alternatives to using denial of recess or physical activity as a discipline strategy.

Section 4 - Nutrition Guidelines for all Foods Available during the School Day

****The Downtown Miami Charter School, Inc. assures that its guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA. ****

A. School meals served through the National Lunch and Breakfast Program targeted goals include:

1. Meals that are both appetizing and attractive meals to children.
2. Meals that meet minimum nutrition requirements established by local, state and federal law.
3. Meals that offer a variety of food containing high nutritive value, preferably fresh fruits and vegetables.

B. Foods sold outside the meal (e.g. vending, ala carte, sales, snack lines, student stores, and fundraising activities) in secondary schools targeted goals include:

1. Beverages:

Not allowed: carbonated drinks, excluding seltzer or flavored water. Encourage consumption of water, low fat milk, and 100% juices.

2. Foods:

Should have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter, other nut butters, and cheese) and 10 percent of its calories from saturated fat and trans fat combined; less than 35 percent of its weight from added sugars; less than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; less than 480 mg of sodium per serving for pastas, meats and soups; and less than 600 mg of sodium for pizza, sandwiches and main dishes. Foods should include a choice of fruits and/or non-deep fried vegetables for sale at any location on the school site where foods are sold.

3. Portion Size:

An appropriate serving size would include: 1.25 ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky; 1 ounce for cookies; 2 ounces for cereal bars, granola bars, pastries, muffins, bagels and other bakery items; 4 fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream; 8 ounces for yogurt; and 12 fluid ounces for beverages, excluding water and milk. The portion size of ala carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-deep fried vegetables are exempt from portion-size limits.

C. Fundraising activities targeted goal:

It is recommended that to support children's health and school nutrition-education efforts, school fundraising activities not involve food or use only foods that meet the above recommended nutrition and portion size standards for foods and beverages sold individually. Fundraising entities are encouraged to utilize activities that promote physical activity.

D. Snacks targeted goal:

Snacks served during the school day or in after-school care and enrichment programs should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks with water and milk as the primary beverages. School should assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

E. Rewards targeted goal:

The Board encourages the use of foods and beverages that meet the recommended nutrition standards for items sold individually as outlined in this policy, as rewards for academic performance or good behavior. School personnel will not withhold food or beverages from students (including food served through meals) as a punishment.

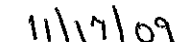
F. Celebrations targeted goal:

It is recommended that individual building staff members evaluate their celebrations practices that involve food during the school day.

Section 5- Baseline Assessments

The Wellness Policy Committee has the responsibility to conduct a baseline assessment of the schools' existing nutrition and physical activity environment and practices. DMCS will use the School Health Index (SHI) as provided by the Center for Disease Control (CDC) to conduct a yearly baseline assessment. The results of this assessment will be compiled at the board level to identify and prioritize needs. Examples of the checklists used are attached to this policy; additional resources will be utilized by DMCS and can be found at the following web address: <http://www.cdc.gov/HealthyYouth/SHI/>


Chairman, Downtown Miami Charter School, Inc.


Date Approved

Addendum 1

Wellness Committee Members- 2007/2008 School Year

1. Governing Board Member [TBD] ^
2. Prinicipal [Dr. Sylvia Hall]
3. NSLP Director [Jennifer Westbrook]
4. PTO Representative(s) [TBD] *
5. Student Representatives [TBD] *
6. Cafeteria Manager [Maria Alessandri]