



452 Downtown Miami Charter School - Student Wellness Policy

Downtown Miami Charter School 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.

Downtown Miami Charter School 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 Kristina Pace, 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 will make recommendations to Downtown Miami Charter School for their consideration on modifications to this policy annually.

The Downtown Miami Charter School 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 the Smarter Lunchroom tools and techniques. 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

Updated: April 2017

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. *

Section 1 – Nutrition Education and Promotion

Nutrition Education Smarter Lunchroom Techniques:

The Downtown Miami Charter School uses evidence-based strategies from The Smarter Lunchrooms Movement to encourage selection and consumption of healthy food choices in the cafeteria. All schools participating in the National School Lunch Program will utilize at least 5 of the following Smarter Lunchroom strategies:

1. Fruit is offered in at least two locations on all service lines, one of which is right before the point of sale.
2. Sliced or cut fruit is offered.
3. A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
4. At least two kinds of vegetables are offered.
5. Vegetables are incorporated into the main entrée at least monthly.
6. White milk is offered in all beverage coolers.
7. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
8. Students are offered a taste test of a new entrée at least once a year.
9. Students provide feedback (informal – “raise your hand if you like...” or formal – focus groups, surveys) to inform menu development.
10. Students, teachers, or administrators share the daily menu in announcements.

Nutrition Promotion Smarter Lunchroom Techniques:

The Downtown Miami Charter School will promote healthy food and beverage choices for all students throughout the school campus via signage and posters, as well as encourage participation in school meal programs.

Targeted goals include:

1. The nutrition benchmarks included in Florida's physical education standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated in other subject areas (e.g. math, science) where there is a natural fit.
2. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating habits. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the area of nutrition.
3. Nutrition education will teach skills that are behavior focused. Students will be taught about calorie balance, energy expenditure, and how to interpret nutrition facts labels.
4. The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
5. Students will have access to useful nutrition information. Posters, worksheets and brochures will be available throughout each school's campus.
6. The school will provide parents with healthy snack ideas and lists of foods for healthy celebrations.

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

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.
5. Provide at least 10 minutes for students to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
6. 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.
7. Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
8. Provide access to hand washing or sanitizing before students eat meals or snacks.
9. Afterschool programs will encourage healthy snacking and physical activity.
10. The Downtown Miami Charter School shall be in compliance with drug, alcohol and tobacco-free policies.

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11. School personnel will not withhold food or beverages from students (including food served through meals) as a punishment.
12. The Downtown Miami Charter School is committed to prohibiting the use of food as a reward unless incorporated into an activity that promotes positive nutrition messages.
13. Teachers and other school personnel will not deny or require physical activity as a means of punishment.

Section 3 - 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

****Downtown Miami Charter School 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 the meal pattern requirements established by local, state and federal law.
3. Meals that offer a variety of food containing high nutritive value, including fresh fruits and vegetables.

Updated: April 2017

B. Foods sold during the school day* (e.g. vending, ala carte, sales, snack lines, student stores, and fundraising activities) must meet the Smart Snacks in school's standards:

1. Beverages:

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Beverages must also meet portion size requirements:

- Elementary schools may sell up to 8-ounce portions of milk or juice.
- Middle & High Schools may sell up to 12-ounce portions of milk or juice.
- There is no portion size requirement for plain water.

High Schools may sell "no calorie" and "lower calorie" beverages that meet several requirements:

- No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation)
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of
 - Beverages with < 40 calories or 8 fluid ounces, or \leq 60 calories per 12 fluid ounces.

2. Foods:

Any food sold in school must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: \leq 200 calories
 - Entrée items: \leq 350 calories
- Sodium limits:
 - Snack items: \leq 200 mg
 - Entrée items: \leq 480 mg
- Fat limits:
 - Total fat: \leq 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limits:
 - \leq 35% of weight from total sugars in foods
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*The School day means the period from the midnight before to 30 minutes after the end of the official school day.

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. Fundraising events involving foods, unless part of an exempted event, must meet the Smart Snacks standards for foods and beverages sold individually. Fundraising entities are encouraged to utilize activities that promote physical activity. Schools should refer to the Boards' competitive food rules.

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 celebration practices that involve food during the school day. The Board encourages all foods and beverages provided, but not sold to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives) be nutritionally conscience. It is recommended that classroom parties and school celebrations be held after the lunch period and outside the school cafeteria.

Section 5- Marketing and Advertising

It is recommended the schools market and advertise only those foods and beverages that meet the Smart Snacks in schools' nutritional standards (products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing).

Section 6- Assessments

The Downtown Miami Charter School will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which The Downtown Miami Charter School is in compliance with the local school wellness policy;

- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

The wellness committee will make appropriate updates and modifications to the policy based on the results from the triennial assessment.

Section 7- Informing the Public

The Downtown Miami Charter School will that the wellness policy and most recent triennial assessment are available to the public at all times. The Downtown Miami Charter School will also notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results.

Targeted goals include:

1. The Downtown Miami Charter School will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
2. Wellness updates will be provided to the students, parents and staff, as applicable, in the form of handouts, the school website, articles and each school's newsletter to ensure the community is informed and that public input is encouraged.
3. The school will provide all parents with information on where to find a complete copy of the local school wellness policy at the beginning of the school year.

Section 8- Community Involvement

The Downtown Miami Charter School is committed to being responsive to community input, which begins with awareness of the wellness policy. The Downtown Miami Charter School will communicate ways in which parents, students, representatives of the school food authority, school administrators, and the general public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

1. The Downtown Miami Charter School will consider student needs 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.
2. If parents, students, representative of the school food authority, school administration or the general public have any suggestions or contributions for the local school wellness policy or would an opportunity to participate in the development, implementation and periodic review and update of the wellness policy, they are encouraged to contact kpace@charterfoundations.org.


National School Lunch Program Director


Adopted Date