

Future Scholars Christian Academy of Winter Haven, Florida

School Wellness Policy

2024-2025 School Year

Preamble

F.S.C.A. Inc. hereby referred to as, Future Scholars Christian Academy, Inc., recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggest that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks and promoting increased physical activity both in and out of school.

Future Scholars Christian Academy is committed to creating a school environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

Local School Wellness Policy Leadership

School Level

- Future Scholars Christian Academy within the LEA will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of Future Scholars Christian Academy's wellness policy.
- The School Principal and School Staff shall have the responsibility to comply with Federal and State regulations as they relate to the Future Scholars Academy, Inc., wellness policy.
- The Food Service Director will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not limited to the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverages items sold on the school campus (7CFR 210.11 and FAC 5P-1.003).

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- Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003.
- And reporting its school's compliance of the aforementioned regulations to the Food Service Director, the person responsible for ensuring overall compliance with Future Scholars Christian Academy's wellness policy.

Future Scholars Christian Academy Inc. 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.

NUTRITION PROMOTION

- Nutrition promotion can positively influence lifelong eating behaviors by creating food environment that encourage healthy choices and encourage participation in the school meal programs.
- The school environment, including the classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters and brochures will be available in classrooms and in the lobby.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.

NUTRITION EDUCATION

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

Some Example Goals Include:

- Students receive nutrition education that is interactive and teaches skills by the need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in health classes. Classroom written test (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition and health.

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- Students will understand how food reaches the table and the implications that it has for their health and future. Staff shall integrate hands-on experience such as working in a garden, and food preparation activities. Students will receive homework supporting these activities to ensure comprehension.
- Nutrition education will be incorporated within the school community. The nutrition education program shall work with the school's meal program to use the classrooms as a learning lab.
- Nutrition education will teach skills that are behavior focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared, and regularly participate in professional development activities. Effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition. A combination of skill practice, in program-specific activities, and instructional techniques, and strategies will help to promote healthy eating habits.

Physical Activity

Future Scholars Christian Academy, Inc., shall ensure that physical activity is an essential element of the school's instructional program. The program shall provide the opportunity for all students to develop the skill, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

Some Example Goals Include:

- **Students in Kindergarten thru 5th Grade** – All students in grades Kindergarten thru 5th grade shall receive 150 minutes per week of instructionally relevant Physical Education.
- **Students in Kindergarten thru 5th Grade** – All students in grades Kindergarten thru 5th grade will have at least 20 minutes of daily recess. Each class will be provided with space, equipment and an environment conducive to safe and enjoyable play.
- **Students in 6th Grade thru 8th Grade** – All students in grades 6th thru 8th, shall receive a minimum of one semester of physical education in each of the three years.
- **Students in 9th thru 12th Grade** – All students in grades 9th thru 12th, shall receive a minimum of one credit of Physical Education in Senior High School as required. One semester must be personal fitness while the second semester may be any Physical Education course offered by Future Scholars Christian Academy, Inc., with approved State course codes. (Sunshine State Standards).

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- **All Students** – All students will be encouraged to participate in community-offered fitness and athletic programs.
- **Staff** – Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in Physical activities provided through community events.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

Other School-Based Activities

Future Scholars Christian Academy, Inc., will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development, and strong educational outcomes.

General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Future Scholars Christian Academy, Inc., shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.
- Future Scholars Christian Academy, Inc., shall be in compliance with drug, alcohol, and tobacco-free policies.

Eating Environment

- Students will provide an adequate amount of time to consume their meal within a minimum of 20 minutes after receiving their food from the kitchen.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

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Recycling

- Future Scholars Christian Academy, Inc., shall maximize the reduction of waste by recycling and using recycled products.

Employee Wellness

- Future Scholars Christian Academy, Inc., Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities that are accessible and free or low cost.

Use of School Facilities Outside of School Hours

- Future Scholars Christian Academy, Inc., will promote the use of school facilities outside of school hours for physical activity programs offered for the school community's use.

Behavior Management

- Future Scholars Christian Academy, Inc., is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means or punishment.

Guidelines for All Foods and Beverages Available During the School Day

Future Scholars Christian Academy, Inc., shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and cultural food preferences.
- To the maximum extent possible, Future Scholars Christian Academy, Inc., will participate in available federal school meal programs, including the SBP, NSLP.

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- Free, potable water will be made available to all children during each meal service.
- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive foods as defined in 7 CFR 210.11.
 - School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
 - School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by Future Scholars Christian Academy, Inc., food service program, it is impermissible for any competitive food items sold to students during the school day to consist of ready-to-eat combination foods or meat or meat alternate and grain products, as defined in 7CFR 210.10 and 210.11. (FAC 5P-1.003).
- To be allowed, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General Nutrition Requirements for Competitive Foods

- Being a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains ¼ cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

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Nutrient Standards for Competitive Foods		
Nutrient Standards	Snack Items and Side Dishes <i>(including any added accompaniments)</i>	Entrée Items <i>(including any added accompaniments)</i>
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans Fat	0 g of trans fat as served <i>(less than or equal to 0.5 g per portion)</i>	0 g of trans fat as served <i>(less than or equal to 0.5 g per portion)</i>
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugars as served or less

Exceptions

Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.

Fresh or frozen fruits and vegetables with no added ingredients, except water.

Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.

Low sodium/No salt added canned vegetable with no added fats.

Reduced fat cheese, nuts, seeds, and nut/seed butters, as well as seafood and whole eggs with no added fat or exempt from the total fat and saturated fat standards.

**Refer to 7CFR 210.11 competitive food service standard fat standards.*

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Nutrition Standards for Beverages				
<i>Portion sizes listed are the maximum that can be offered</i>				
Beverages	Pre-School	Elementary	Middle	High
Plain Water	Unlimited	Unlimited	Unlimited	Unlimited
Unflavored Low-Fat Milk	-	8 fl. oz	12 fl. oz	12 fl. oz
Unflavored or fat-free Milk	-	8 fl. oz	12 fl. oz	12 fl. oz
Unflavored fat-free milk	6 fl. oz	-	-	-
100% fruit or vegetable juice	8 fl. oz	8 fl. oz	12 fl. oz	12 fl. oz
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz	8 fl. oz	12 fl. oz	12 fl. oz
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz., or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	Not allowed	12 fl. oz.
For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substance. Food and beverages for high school students may contain caffeine.				

Standards for food and beverages available during the school day that are not sold to students

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snack in School nutrition standards can be served.

- Future Scholars Christian Academy, Inc., will limit celebrations that involve food during the school day to no more than one party per class per month.

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Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- Future Scholars Christian Academy, Inc., Health School Team is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school year:

School Type	Maximum Number of School Days to Conduct Exempt Fundraisers
Combination School	10 Days

- Future Scholars Christian Academy, Inc., Health Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1003)

Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such the following guidelines apply:

- Future Scholars Christian Academy, Inc., will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water pricing structures that promote healthy options in a la carte lines or vending machines, sales or fruit for fundraisers and coupons for discounted gym membership.
- Future Scholars Christian Academy, Inc., nutrition department purchasing decisions will reflect the marketing guidelines mentioned above.

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Evaluation and Measurement of the Implementation of the Wellness Policy

Future Scholars Christian Academy, Inc., Wellness Committee will update and make modifications to the wellness policy based on the results of the annual review and terminal assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidelines or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Future Scholars Christian Academy, Inc., 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 Future Scholars Christian Academy, Inc., is in compliance with it's wellness policy;
- The extent to which the school's wellness policy compares to model school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

Informing the Public

Future Scholars Christian Academy, Inc., will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Future Scholars Christian Academy, Inc., will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

Some Example Goals Included:

- Future Scholars Christian Academy, Inc., 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.
- Future Scholars Christian Academy, Inc., will present wellness policy updates, as applicable, during meetings with the Parent Teacher Organization (PTO), health and wellness committee and other interested groups or stakeholders.

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- Wellness updates will be provided to students, parents, and staff, as applicable, in the form of handouts, and Future Scholars Christian Academy, Inc., website to ensure that the community is informed and that the public input is encouraged.
- Future Scholars Christian Academy, Inc., will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

Community Involvement

Future Scholars Christian Academy, Inc., is committed to being responsive to community input, which begins with awareness of the wellness policy. Cornerstone will actively communicate ways in which parents, students, representatives of the school food authority, teachers, school health professionals, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through variety of means, including:

Some Examples Goals Include:

- Future Scholars Christian Academy, Inc., 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.
- Future Scholars Christian Academy, Inc., will use electronic mechanisms, such as newsletters and sending information home to parents, to ensure that all families are actively notified or any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final school leadership meeting of each year, the local school wellness policy will be discussed, and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

The written local school wellness policy:

Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and

Documentation of the triennial assessment of the local school wellness policy.

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Key Personnel/Stakeholders

Key Staff Members and Stakeholders/Healthy School Team	
Ms. Debra Ardis	Food Service Director
Ms. Lee Reynolds	Head of School (<i>School Administrator</i>)
Ms. Valerie Morris	Food Service Manager
Mr. Shamari Henry	Kitchen Manager
Mrs. Susana Campos	Parent Representative
Mrs. Malissa Lopez	Student Representative
Mr. Elwood Dirckson	Physical Education Teacher Representative
Ms. Brittany Smith	School Health Professional Representative
Mrs. Margo McGill	General Public Representative

*Member of the Staff Wellness Subcommittee

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