

Local School Wellness Policy

Crossroads Hope Academy Local School Wellness Policy

Preamble

Crossroads Hope Academy , herein referred to as Crossroads, recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests 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 through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Crossroads is committed to creating school environments that promote and protect 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.

1. Local School Wellness Policy Leadership

School level

Crossroads will establish an ongoing Healthy School Team that will meet annually to ensure compliance and to facilitate the implementation of Crossroads wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Crossroads wellness policy.
- In each school, the principal will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: guardians, 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 beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 - 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 Principal, the person responsible for ensuring overall compliance with Crossroads wellness policy.

Crossroads 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.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in the cafeteria.

3. Nutrition Education

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

- 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 into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities, and student participation are provided in nutrition and health classes.
- Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum.
- Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.
- 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 participate regularly in professional development activities to effectively deliver an

accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

Crossroads shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

- For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students 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 Crossroads with the approved state course codes. (Sunshine State Standards)
- Students will have the opportunity to be involved in physical activity through physical education programs, after school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

5. Other School-Based Activities

Crossroads 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, birthday parties, etc.).
- Afterschool activities will encourage healthy snacking and physical activity.
- Crossroads shall actively develop and support the engagement of students and staff in community health-enhancing activities and events throughout the community.
- Crossroads shall be in compliance with drug, alcohol and tobacco-free polices.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness

- Crossroads staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

6. Guidelines for All Foods and Beverages Available During the School Day

Crossroads shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than 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 ethnic and cultural food preferences.
- To the maximum extent possible, Crossroads will participate in available federal school meal programs, including the SBP, NSLP, and ASSP.
- Water will be made available to all children during each meal service.

Competitive Foods

- Crossroads does not offer the sale of food to students outside of reimbursable school meals.

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

- Crossroads will provide staff a list of ideas for healthy celebrations/parties and rewards.
- Class parties or celebrations shall be held after the end of the school day.

Fundraising

- Crossroads will not conduct fundraisers involving the sale of competitive foods.

7. Policy for Food and Beverage Marketing

- As the sale of food is prohibited at Crossroads, there will be no food or beverage marketing.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

Crossroads wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial 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 guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Crossroads 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 Crossroads 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.

9. Informing the Public

Crossroads will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Crossroads will also actively notify guardians 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.

- Crossroads 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.
- Crossroads will present wellness policy updates, as applicable, during meetings with the board of trustees, school board liaison, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, guardians and staff, as applicable, via handouts and the Crossroads website to ensure that the community is informed and that public input is encouraged.
- Each school will provide all guardians with a complete copy of the local school wellness policy upon admission to Crossroads.

10. Community Involvement

Crossroads is committed to being responsive to community input, which begins with awareness of the wellness policy. Crossroads will actively communicate ways in which guardians, students, representatives of the school food authority, teachers of physical education, the board of trustees, school board liaison, 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:

- Crossroads 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.
- Crossroads will use electronic mechanisms, such as email or displaying notices on Crossroads' website, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final public board of trustees 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.

The Local School Wellness Policy is hereby approved by the Crossroads Hope Academy Board of Trustees.

Dated this: 15th day of May 2018.

Attest:
 



Eric Loche, Chairman

Witness

This institution is an equal opportunity provider.