

# **Local School Wellness Policy**

**For**

**Oxford Academy of Miami**

The following is a Wellness Policy that 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:

<b>Area Represented</b>	<b>Committee Member Name</b>
<b>Parent</b>	Jose Torres
<b>Student</b>	Madison Trager-Perry
<b>School Food Service Personnel</b>	Silvia Machado
<b>School Board</b>	Luis Calderon
<b>School Administrator</b>	Angela Klinedinst, Principal
<b>School Nurse</b>	-
<b>Physical Education Staff</b>	Anthony Carlucci
<b>Health Education Staff</b>	-
<b>Local physician, dentist, or other health professional</b>	Corinne O'Connell

## Goals, Implementation, Evaluation

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

Goal	Implementation	Evaluation
1. Student receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.	Classroom lectures, activities, and student participation provide 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 and classrooms and school campus.	Maintain a checklist of the nutrition information available to the students.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices by utilizing the Commit to Be Fit program.	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-7 receive 150 minutes per week of instructionally relevant physical education (Sunshine State Standard)	All students will participate in a physical education class. Instruction will provided for grades K-7 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities, such as field day, walk a thon and get fit days.	Review class schedule, school master calendar and interview school personnel.
2. Students will have 30 minutes of physical activity each day and 20 minutes of unstructured recess weekly.	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, school master calendar and interview school personnel.

**Other School-Based Activities:**

<b>Goal</b>	<b>Implementation</b>	<b>Evaluation</b>
<p><b>1.</b> Students will be provided an adequate amount of time to consume meal.</p>	<p>Schedule a minimum of 30 minutes for each class to consume their meals.</p>	<p>Review the school lunch schedule to confirm that each class is provided no less than 30 minutes to consume meals.</p>
<p><b>2.</b> Food will not be used as a reward or punishment.</p>	<p>Establish rules in the Code of Student Conduct and School Employee Handbook that food cannot be used for reward or punishments.</p>	<p>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.</p>
<p><b>3.</b> Students will be provided access to school facilities for physical activity after school hours and during school hours.</p>	<p>The school gym/basketball court, fields and team equipment will be available for students use after school hours for special events.</p>	<p>Interview the students and school faculty, primarily the PE coach to inquire about the availability and use of the schools gym or equipment.</p>

**Nutrition Guidelines for All Food Served or Sold on Campus:**

Healthy food choices should be available that comply with the current USDA Dietary Guidelines for Americans at or in the following:

- Vending machines \* Fundraisers \* A la Carte \* Concession Stands \* School parties/celebrations
- Contributes to developing healthy eating habits
- Encouraging teachers and parents to choose healthy classroom snacks
- Nutrition information for vending machines or a la carte snacks will be readily available
- Healthy food and beverage selections for elementary and middle school
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate meals
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
  
- Foods will comply with the current USDA Dietary Guidelines for Americans:
  - 200 calories or fewer per portioned package
  - No more than 30% of total calories from fat per serving size
  - Saturated Fat shall be limited to no more than 10% of the total calories in the food product
  - Sugar will not exceed 35% of the total weight of the food product
  - Conscious efforts should be made to limit the sodium content of foods.

Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines

**Designee:**

Angela Klinedinst 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.

**Assurances:**

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 (if Public or Charter School):**

[www.oxfordacademymiami.com](http://www.oxfordacademymiami.com)

Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

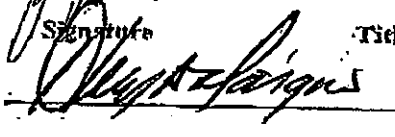
School Officials' Signatures:

	Principal	9/15/11
Signature	Title	Date

Signature	Title	Date

School Board/Governing Agency's Signatures:

		9/15/11
Signature	Title	Date

		9/22/11
Signature	Title	Date

		9/23/11
Signature	Title	Date

Policy Adoption Date: 9/15/11