

Coral Springs Charter School Wellness Policy
(Adapted from School Board of Broward County's policy)

Coral Springs Charter School/City of Coral Springs "CSCS" promotes healthy schools by supporting wellness, food nutrition, and regular physical activity as part of the learning environment. CSCS supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support of good nutrition and physical activity, schools contribute to the basic health status of children.

As required by Congress, Section 204, Public Law 108-265, CSCS Wellness Policy Committee determines and monitors all wellness initiatives of the City of Coral Springs including obesity prevention. CSCS Wellness Policy Committee will recommend and monitor objectives for the Wellness Policy.

Federal, State, and District legislation, policy, or guidelines supporting the tenets of the CSCS Wellness Policy: Federal- Richard B. Russell National School Lunch Act, 1946, Child Nutrition Act of 1996, Public Law 108-265, 2005 Dietary Guidelines for Americans. State- Chapter 64-11, Florida Administrative Code, Chapter 1006.6, 2005 Florida Statutes. School Board of Broward County, Florida- Policy 3.2 Food and Beverages served during the school day, Policy 6300, Advertising Material, Policy 6202, Athletics, Policy 6208, Community Fundraising, Policy 5302, Community Initiatives for Families, Policy 1165, Parent/Family Involvement.

Goals:

1. Nutrition Education

- a. School programs offer students nutrition education that provides the knowledge they need to adopt healthy lifestyles.
- b. Nutrition education is a component in school
- c. The staff responsible for providing school-based nutrition and health education programs is adequately training.
- d. The school cafeteria serves as a learning laboratory to teach and practice good nutrition.
- e. CSCS provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided in multiple languages.

2. Physical Activity and Other School Based Activities

- a. CSCS will work to provide the opportunity for every student to receive regular, age-appropriate, quality physical education.

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- b. CSCS recommends that students participate in physical activity before, during, and after school in accordance with nationally recommended guidelines.
- c. All physical education classes shall be taught by certified physical education teachers and be designed to build interest and proficiency in skills, knowledge and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum shall be coordinated with the health education curriculum.
- e. Physical education should provide safe and satisfying physical activity for all students including those with special needs.
- f. CSCS shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- g. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- h. CSCS shall disseminate, in multiple languages, information for parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

Guidelines:

1. All food served on campus with the intent of promoting student health and reducing childhood obesity.
 - a. Food and beverages offered over the course of school week as part of the National School Lunch and Breakfast Program are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
 - i. A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetables, meat/meat alternatives and grains.
 - ii. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students and served at the proper temperature.
 - iii. Food and beverages served during the school day should minimize the use of trans fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 - iv. Fruit is available at each meal.

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- v. Cafeteria staff will encourage whole grain breads and cereals.
 - vi. CSCS offers low fat or non-fat milk.
 - vii. At a minimum, foods served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.
 - viii. Guidelines will be provided for parents in multiple languages on packing healthy lunches.
- b. If a la carte, vending or other food sales are available they should include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items and water and be in compliance with NSLP guidelines.
 - c. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
 - d. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the classrooms will be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*.
 - e. CSCS shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
 - f. Food and beverages sold at events must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*, and reinforce the importance of healthy choices.
 - g. Snacks and rewards provided in after-care programs should reinforce the importance of healthy choices.

Additional School Based Wellness Goals

1. CSCS continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
2. CSCS will ensure that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
3. CSCS serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
4. CSCS will employ a food service director who is properly credentialed according to professional standards to administer the school food service program.

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5. All food service personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, and nutrition.
6. School menus meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent. Each meal served meets the guidelines for a USDA reimbursable meal.
7. CSCS ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the cafeteria.
8. Meals are scheduled as close as possible to the middle of the day. Dining areas should be attractive.
9. Through the Wellness Policy Committee, CSCS formally involves families and community organizations to address food and nutrition issues, recommend nutrition policy and programs and to ensure that school meal options are culturally sensitive and meet special dietary needs.

Evaluation of CSCS Wellness Policy

1. CSCS is responsible for identifying a group responsible for implementation of the Wellness Policy requirements, to be known as the Wellness Policy Committee. The group shall include school staff, parents, and students.
 - a. Current members are/will be:
 - i. Gary Springer, Principal
 - ii. Lorraine Tramutola, Cafeteria Manager
 - iii. Jennifer Westbrook, National School Lunch Program Director
 - iv. Wilda Malara, Parent
 - v. Michele Bruhn, Parent
 - vi. Melissa Malara, Student
 - vii. Jenna Bruhn, Student
2. The Wellness Policy Committee shall convene at least annually to assess whether policies are effective in improving student health. The chairperson will appoint a person to oversee the evaluation process.
3. The Wellness Policy Committee will annually determine wellness promotion objectives based on the results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommended revisions if necessary to the City of Coral Springs.

Signature: J Westbrook

Print Name: JENNIFER WESTBROOK

Date Approved: 1/2/12

Title: NSLP DIRECTOR, AGENT FOR CSCS