

## WELLNESS POLICY FOR:

Livingstone Schools Inc.

### Setting Nutrition Education Goals

#### **Classroom:**

Nutrition education is offered as part of a planned, systematic, comprehensive school health education program designed to provide students with knowledge and skills necessary to promote and protect their health. It is based on federal and state guidelines for health and nutrition education. Students will learn the food pyramid and participate in classroom discussions with their teachers regarding making healthy food choices. Weekly, they will evaluate the lunch menu to see how the food fits the pyramid.

#### **Education Outside the Classroom:**

Nutrition services support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

#### **Teacher Training:**

The school provides appropriate training for teachers and other school staff members in the area of health and nutrition education. Professional development activities and training provides basic knowledge of nutrition, combined with instructional techniques and strategies designed to promote healthy eating behaviors. Staff providing nutrition education does not advocate dieting behaviors or any specific eating regimen.

### **Setting Physical Activity Goals**

#### **Classroom Format & Instruction**

The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Participation in such physical activity is required for all students in kindergarten through grade five for a minimum of forty minutes, three days a week, or the equivalent.

#### **Teacher-Student Ratio**

We ensure that physical education classes have a teacher/student ratio comparable with those of other classes and state requirements.

## **Sequential Physical Education**

Physical education classes are developmentally appropriate and based on standards from the National Association for Sport and Physical Education (NASPE), and Florida Department of Education's, sunshine state standards. Education is sequential, building from year to year. Incorporating Physical Activity into the Classroom: Opportunities for physical activity shall be incorporated into other subject lessons, as part of the learning process and as an "activity break". Short physical activity breaks between lessons or classes can also be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments. Physical education teachers assigned to each school are used as a resource for training other teachers on appropriate methods for "activity breaks."

## **Staff Training/Certification**

Physical education is taught by a certified specialist. Physical Activity Outside of Physical Education We incorporate a minimum of two school and/or community based activities per school year that support physical education and active lifestyles.

## **Recess**

We have supervised recess for a minimum of 15 minutes a day. Recess is be scheduled before lunch.

## **Walk/Bike to School**

When appropriate, the district works with local community agencies to make it safer and easier for students to walk and bike to school.

## **Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

### **Nutritional Value**

Nutrition guidelines that meet USDA standards are established for all foods available through school meals or vendors. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

### **Portion Size**

School foods are served in age-appropriate portion sizes. A La Carte/Vending/Student Stores/Concession Stands A la carte items meet federal USDA guidelines and are appropriate portion sizes. Vending machines follow specific nutrition USDA guidelines. After school Snacks/Fieldtrips/School Events Any school snack is based on the nutrient guidelines from the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Each school makes available nutritious snacks (as prescribed by USDA Snack guidelines) and provide structured physical activities in after-school programs.

### **Parties/Celebrations/Meetings**

Schools are encouraged to promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons. Schools are encouraged to limit the number of celebrations in the school.

### **Food Rewards**

Foods or beverages that meet the nutritional standard listed in this Wellness Policy used on a regular basis as rewards for academic performance or good behavior. Candies, cookies, or any other empty caloric treat are avoided.

### **Food Related Fundraising**

Schools commonly use food and beverage sales in fundraising activities. To support children's health and reinforce nutrition lessons, fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that includes the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping schools meet their financial needs.

### **Food/Beverage Contracts**

No new contracts shall be entered into nor renewed for the sale of any non approved food or beverage on campus from before the school day until ½hour after the end of the school day.

### **Personnel**

Qualified nutritional professionals administer the school meals programs and will set Goals in the School Meals Program

### **Access**

We provide free/reduced meals and affordable access to nutritious foods without any stigma or identification.

### **Time and Scheduling**

We allow adequate time for breakfast and lunch and not schedule any meetings or activities during mealtimes.

## **Surroundings**

The dining room facility is conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, custodial staff, etc.) receive training in appropriate dining practices from the school principal or designee. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

## **Marketing**

Marketing in schools include promotion of good nutrition and physical activity.

## **Coordinated School Health**

A coordinated program of accessible health services is provided to students and staff and include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

## **Community Involvement**

Family and community partners are involved in the efforts of planning and supporting school wellness policies.

## **Staff Wellness**

We provide information about wellness resources and services to assist in identifying and supporting the health, safety and wellness of site staff. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. This assurance includes other school based activities.

## **Setting Goals for Measurement and Evaluation**

Implementation The physical education/health teacher is responsible for providing technical assistance. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

## **Monitoring and Evaluation**

The principal monitors and evaluates schools' compliance with the wellness policy. We will monitor using BMI indicators. The physical education teacher will draw a random sampling of students across grade levels to be evaluated twice per year, in the Fall and Spring. The analysis will consider whether students are demonstrating a positive age-appropriate health result. The data will be used to prioritize needs in addressing various areas to develop additional programming.

## Revision

The Wellness Committee will review the Wellness Policy every year. The review of the Wellness Policy and any recommended revisions will be presented to the board every year by Chris Pello. These policies are adopted by Livingstone Schools, Inc, effective 01/01/2021.

Original Committee members:

Chris Pello; CEO/Founder

Michael Pello, Food Service Manager

Bruce Gifford, Principal

Reviewed by the Board of Directors on April 17, 2021

Board Member signature:

*Chris Pello*

Date 04/17/2021