

BABCOCK NEIGHBORHOOD SCHOOL, INC.
WELLNESS POLICY
ADOPTED AND EFFECTIVE: APRIL 1, 2018
AMENDED OCTOBER 1, 2024

As required by law, the Babcock Neighborhood School (the “School”) establishes the following wellness policy as a part of a comprehensive wellness initiative. The School recognizes that good nutrition and regular physical activity affect the health and well-being of the School's students. Furthermore, research supports that there is a positive correlation between a student's health and well-being and his/her ability to learn. We further recognize that 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 by supporting the development of good eating habits in a healthy school meal environment and by promoting increased physical activity in and out of school.

School personnel, parents/guardians, and the public at large must be involved in a community-wide effort to promote, support, and model healthy behaviors and habits with respect to eating and exercise.

The School sets the following goals to enable students to establish lifelong skills and attitudes that promote good health, nutrition, and physical activity habits:

A. Regarding nutrition education, the School shall:

1. Include sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the state;
2. Include into other subject areas of the curriculum, when appropriate, knowledge and life skills that complement the standards and benchmarks for health education;
3. Offer age-appropriate and culturally relevant nutrition education opportunities that meet applicable standards and benchmarks;
4. Include nutrition education opportunities for appropriate student projects related to nutrition and when possible, involve community-focused health and wellness agencies and organizations;
5. Extend nutrition education opportunities beyond the classroom by engaging and involving the School's and/or food service professionals;
6. Nutrition education posters will be displayed in the cafeteria;
7. Extend nutrition and wellness education and opportunities beyond the school by engaging and involving families and the community;
8. Require appropriate School personnel involved in nutrition education and related topics to participate in professional learning activities designed to better enable them to teach the benchmarks and standards;

B. Regarding physical education, the School shall:

1. Physical Education

- a. Provide a sequential, comprehensive physical education program to students in grades K-12 in accordance with the physical education academic content standards and benchmarks adopted by the state;
- b. Provide sequential, comprehensive physical education curriculum to students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity;
- c. Provide planned instruction in physical education that is sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the state;
- d. Include instruction in physical education that encourages and promotes participation in physical activity outside the regular school day;
- e. Offer students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), physical education in accordance with F.S. 1003.4282 and 1003.455, which includes the following:
 1. Elementary School Students (Grades K-5) - 150 minutes per week. A minimum of thirty (30) consecutive minutes is required on any day that physical education instruction is provided;
 2. Middle School Students (Grades 6-8) - One (1) class per day for one (1) semester each year;
 3. High School Students - One (1) credit will be earned in physical education with the integration of health;
- f. Staff responsible for providing instruction in physical education will be provided the opportunity to regularly participate in professional learning activities designed to better enable them to teach the benchmarks and standards;
- g. Provide within the K-12 program instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity;
- h. Utilize teachers properly certificated/licensed to provide instruction in physical education;
- i. Offer planned instruction in physical education that includes teaching cooperation, fair play, sportsmanship, and responsible participation;
- j. Offer planned instruction in physical education that includes teacher skill sets that address the needs of all students, including those who are not athletically gifted;

- k. Offer planned instruction in physical education that is presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind;
- l. Offer planned instruction in physical education that includes a variety of cooperative and competitive games;
- m. Offer planned instruction in physical education that takes gender and cultural differences into account.

2. Physical Activity

- a. Physical activity shall not be employed as a form of discipline or punishment;
- b. All students in grades 6-12 shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity;
- c. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs;
- d. All before/after-school programs may provide developmentally appropriate physical activity for the students who participate;
- e. Integrate, when possible, physical activity across the curricula and throughout the school day;
- f. Provide students in grades 9-12 with the opportunity to use physical activity in which they participate outside the regular school day (other than organized interscholastic athletics) to satisfy physical activity requirements;
- g. Provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs;
- h. Allow students in grades 6-12 shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity;
- i. Allow students in grades 6-12 the opportunity to participate in interscholastic sports programs;
- j. Offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special health care needs.

C. With regard to other school-based activities: The School 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.

C. With regard to nutrition promotion, the School shall ensure that any foods and beverages

marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the School shall:

- a. Encourage students to increase their consumption of healthful foods during the school day;
- b. Create an environment that reinforces the development of healthy eating habits, including offering and encouraging consumption of the following healthy foods that comply align with the USDA Dietary Guidelines for Americans and comply with the USDA Smart Snacks in School nutrition standards:
 - i. A variety of fresh produce to include those prepared without added fats, sugars, and/or sodium;
 - ii. A variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy, and other);
 - iii. Whole grain, whole and whole grain rice products that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;
 - iv. Choice of fluid milks from fat-free or low-fat (unflavored and flavored) at program lunch and breaks with one (1) choice being unflavored;
 - v. Meals planned to meet specific calorie ranges for the age/grade groups served;
 - vi. Eliminate foods offered in program meals and those offered as part of Smart Snacks in Schools are free of added trans-fat;
 - vii. Promote and encourage a variety of choices from the fruit component and vegetable component daily within the school lunch program;
 - viii. Require students to select a fruit or vegetable portion meeting the minimum portion requirements as part of a complete reimbursable meal;
 - ix. Designate wellness champions at each school that will promote wellness resources through the School's and/or school's website for students, families, and the community;
 - x. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods;
 - xi. Promote access to the traditional school breakfast program but work to explore additional opportunities for students to participate, such as Grab-n-Go options, Breakfast After the (first) Bell, and Breakfasts in the Classroom.

D. The Food and Nutrition Services will promote and encourage Farm to School efforts.

ADDITIONAL HEALTH GUIDELINES

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. The food service program shall comply with federal and state regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program;
- B. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited;
- C. the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA);
- D. All foods and beverages sold to students on the school campus during the school day outside of reimbursable school meals are considered "competitive foods" and must comply with the nutrition standards for competitive food as defined and required in 7 C.F.R. 210.11. Competitive foods include items sold a-la-carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers. For the purposes of competitive food standards implementation, "school campus" refers to all areas of the property under the jurisdiction of the school that are accessible to students during the school day. "School day" refers to the period from midnight before to thirty (30) minutes after the end of the official school day;
- E. Competitive food and beverage standards may be exempted for the purpose of conducting in-frequent school-sponsored fundraisers up to five (5) days per school year in elementary schools, ten (10) days per school year in middle and combination schools, and fifteen (15) days per school year in high schools. Each school is responsible for maintaining records documenting the occurrence of any exempted school- sponsored fundraisers to demonstrate compliance with this policy;
- F. No school-sponsored fundraisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period;
- G. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines, for classroom parties, or at holiday celebrations;
- H. The Smart Snacks Product Calculator available online will be used to assess if competitive food items meet the standards;
- I. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) align with the food and beverage standards approved by the Principal or designee;
- J. Schools may limit the number of celebrations involving serving food during the school day;
- K. The food service program shall be administered by a qualified nutrition professional;
- L. The food service program shall be administered by a director who is properly qualified,

certificated, licensed, or credentialed, according to current professional standards;

M. All food service personnel shall receive pre-service training in food service operations;

N. Continuing professional development shall be provided for all staff of the food service program.

WELLNESS COMMITTEE

The Executive Director shall appoint the school wellness committee that includes parents/guardians, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy. The Executive Director shall be an ex officio member of the committee. Members shall be familiar with the School's wellness policy. The appointed School wellness committee shall be responsible for accomplishing the following:


- A. Assess the current environment in each of the School's schools;
- B. Measure the implementation of the School's wellness policy in each of the School's schools;
- C. Review the School's current wellness policy no less than annually;
- D. Recommend revision of the policy, as necessary; and
- E. Present the wellness policy, with any necessary revisions, to the School for approval or re-adoption if revisions are necessary.

The Executive Director shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the School, their evaluation of wellness policy implementation School-wide, and the areas for improvement, if any, that the committee identified.

The Executive Director shall also be responsible for informing the public, including parents/guardians, students, and community members, on the content and implementation of this policy. In order to inform the public, the Executive Director shall distribute information at the beginning of the school year to families of school children and post the wellness policy on the School's website.

Board Certificate

I hereby certify that the foregoing Policy was adopted by a majority vote of a quorum of the Governing Board of Directors at a duly noticed meeting held on October 1, 2024. This Policy is intended to supersede and replace any prior policies relating to the same subject matter.


Robert Kenny (Oct 4, 2024 10:54 EDT)

Robert Kenny, Board Chair

10/04/2024

Date

Attest:


Natalie Bolton (Oct 4, 2024 13:57 CDT)

Natalie Bolton, Board Secretary

10/04/2024

Date