

# Royal Palm Charter Wellness Policy





## Wellness Policy for Royal Palm Charter

### Wellness Policy Committee

Area Represented	Committee Member Name
Parent	Amy Rodriguez
Student	Brody Shupe
School Food Service Personnel	Wendy Bobango
School Board	Lori Grodecky
School Administrator	Tresa Vernon
Local Health Professional	Eileen MacGilvary
<sup>1</sup> Health Education Staff	Brandon Wilson/Ron Bravo
<sup>1</sup> Teachers of Physical Education	Brandon Wilson/Ron Bravo

<sup>1</sup>Recommended but not required to have on LSWP committee.

An LSWP cannot be developed and written by one or two individuals in the school. The school community must be involved.

The committee met on the following date(s) to assess the school's nutrition and physical activity environment needs: July 13, 2021

Date: 7/13/2021

School Administrator:

### 1. Nutrition Education

- Supply information to families and staff that encourages them to teach their children about health and nutrition in making healthier food choices and providing nutritious meals for their families.
- Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.

### 2. Physical Education and Activity

- State-certified physical education instructors teach all physical education classes.
- Students will receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.
- All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

### **3. Other School-Based Activities**

- Provide for an interdisciplinary, sequential, skill-based health education program, K through 8, based upon state standards and benchmarks.
- Encourage students to interact with family members on assignments and projects.
- Teach communication skills, goal setting and decision making skills that enhance personal, family and community relationships.
- The teachers will use non-food rewards for their students. Teachers will replace the use of these rewards with alternatives such as excess recess time, game time or other physical activity and mind stimulus time.
- 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.

### **4. Nutrition Promotion**

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Food services will provide families with opportunities for input and monitoring of their children's food purchases at the K-8 level.
- The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

### **5. Assurance**

- We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

### **6. Guidelines for All Foods Served and Sold**

- All foods served or sold at this school will meet the following nutrition guidelines. The guidelines also apply to fundraisers and class parties.
  - 200 calories or fewer per portioned package
  - No more than 35 percent of total calories from fat per serving size
  - Calories from saturated fat must be below 10 percent
  - Total sugar must be at or below 35 percent by weight
  - Sodium must be at or below 480 mg per side dish and at or below 600 mg per main dish
  - Consistent with the Dietary Guidelines
  - Contributes to developing healthy eating habits

**7. Inform/update the public about the content/implementation of the LSWP**

- The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and will ensure that the most updated version of the policy is always available on the school website for the public to view.
- The wellness team shall prepare a report annually evaluating the implementation of the policy and include any recommended changes or revisions.
- Parents/guardians will advise the school of any food allergy and of any dietary restrictions and provide medical documentation as required.

**8. Provide a plan for evaluating and measuring the implementation of the LSWP**

- The wellness team shall meet annually to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.
- School food service staff will ensure compliance with nutrition policies within school food service areas.

**9. Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP**

- Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.
- The food service director will be available to speak with parents during open house and allow for parents to make suggestions as to what they would like to see occurring within the school.

**10. Designate one or more LEA/school official to ensure that each school complies with the LSWP**

Wendy Bobango, Cafeteria Manager


**11. Website address for the LSWP (if public or charter school)**

<http://www.royalpalmcharter.com/wellness>



Policy Adoption and Approval Signatures

The following signatures represent the approval of this LSWP. When a change or revision is made to this policy, an updated board-approved, signed copy will be provided to the Office of Food, Nutrition and Wellness along with a copy of the board agenda and board minutes.

Amy Rodriguez Parent (Print)       Parent (Signature)      7-13-2021 Date

Brody Shupe Student (Print)       Student (Signature)      7/13/21 Date

Wendy Bobango School Food Service Personnel (Print)       School Food Service Personnel (Signature)      7-13-21 Date



Lori Grodecky School Board (Print)       School Board (Signature)      7-13-21 Date

Tresa Vernon School Administrator (Print)       School Administrator (Signature)      7-13-21 Date

Eileen MacGilvary Local Health Professional (Print)       Local Health Professional (Signature)      07/13/2021 Date

Cynthia Dickens Additional Member (Print)       Additional Member (Signature)      7/13/2021 Date

Brandon Wilson Additional Member (Print)       Additional Member (Signature)      7/13/21 Date

RON BRAVO            7/13/21  
Rica Mills            7/13/21

Policy Adoption Date: 7/29/21