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WELLNESS POLICY FOR:

West Palm Beach Junior Academy

6300 Summit Boulevard,

West Palm Beach, FL 33415

Preamble

West Palm Beach Junior Academy (WPBJA) recognizes that good nutrition and regular physical activity affect the health and physical, social, and spiritual well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, 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, supporting the development of good eating habits, and promoting increased physical activity both in and out of school. As such, WPBJA will review and consider evidence-based strategies in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

West Palm Beach Junior Academy (WPBJA) is committed to creating a school environment that promotes and protects the overall well-being of all students and staff.

The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

As such, WPBJA will establish an ongoing Healthy School Team that will meet bi-annually to ensure compliance and to facilitate the implementation of school's wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to **WPBJA's** wellness policy.
- The principal will establish a Healthy School Team including parent(s), students, , the physical education teacher, and other stakeholder, that will ensure compliance with the policy.

1. Setting Nutrition Education Goals

Classroom:



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Education related to nutrition and wholistic well-being is offered as part of a systematic and comprehensive health education program designed to encourage students to live a healthy lifestyle.

The Science curriculum is aligned with the Next Generation Science Standards and based on state and federal guidelines for health and nutrition education. The Science curriculum is inclusive of a module on Health Science for all students from K-8. Included in the standards for Health Science is a requirement for students to develop health plans for themselves and their families and set personal health and nutrition goals. The standards also require making presentations that incorporate and evaluate information from relevant sources about health and nutrition and participate in discussions regarding healthy food choices.

Education Outside the Classroom:

Education related to health and nutrition is integrated into every aspect of our school life. The student handbook advises students and parents to adopt healthful practices and counsels against unhealthy food being sent to school with our students. Parents are reminded of these stipulations and the basis for these stipulations during orientation and at other points throughout the school year as necessary.

Teacher Training:

All teachers are required to do a class in Health Education as part of their certification. Through this training, teachers are provided with knowledge of nutrition, healthful practices, and how to incorporate such practices in their instruction and personally.

2. Physical Activity Goals

- All students in grades K-4 shall receive 150 minutes per week of instructionally relevant physical education and recess. For education in grades 5-8, all students shall receive a minimum 100 minutes per week for instructionally relevant physical education and recess.
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.
- Staff will be encouraged to participate in moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week.

Physical Activity Outside of Physical Education



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- WPBJA will incorporate a minimum of two school and/or community-based activities per school year that support physical education and active lifestyles. There are at least two field days per school year and there is a bike-a-thon/walk-a-thon event held annually in the Spring.

Recess

- Students will have supervised recess for a minimum of 15 minutes a day. Recess is scheduled before lunch.

3. Other School-Based Activities

WPBJA 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.

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- **WPBJA** shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

4. Eating Environment

- 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.
- 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.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

5. 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. Students are educated



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about the benefits of nutrition and exercise via the NEWSTART acronym which encompasses Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust. Participation in physical activity is required for all students in kindergarten through grade eight for an hour per week.

6. Teacher-Student Ratio

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

7. 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 are 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.

8. 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.

9. Portion Size

School foods are served in age-appropriate portion sizes.

10. A La Carte/Vending/Student Stores/Concession Stands

A la carte items meet federal USDA guidelines and are appropriate portion sizes. Nutrition guidelines for all food and beverages sold on the school campus during the school day will be consistent with Federal Smart Snacks in School Nutrition Standards and Florida's Competitive Food Rule (7 CFR 210.11, and 5P-2.002 FAC).

11. After school Snacks/Fieldtrips/School Events



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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. Nutritional snacks as prescribed by USDA Snack guidelines will be made available and structured physical activities are provided in after-school programs.

12. Parties/Celebrations/Meetings

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

13. Food Rewards

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

14. Food Related Fundraising

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 include 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.

15. 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.

16. Personnel

Qualified nutritional professionals administer the school meals programs.

17. Access

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

18. Time and Scheduling



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

19. Marketing

Marketing in schools include promotion of good nutrition and physical activity. In-school marketing of food and beverages will meet competitive food (Smart Snacks) standards.

20. Community Involvement

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

WPBJA is committed to being responsive to community input, which begins with awareness of the wellness policy. **WPBJA** will actively communicate and pursue ways in which parents, students, representatives of the school food authority, teachers of physical education, the school board, school administrators, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- **WPBJA** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback and attention will be given to their comments.
- **WPBJA** will use electronic mechanisms, such as email or displaying notices on school's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

21. Evaluation and Measurement of the Implementation of the Wellness Policy

WPBJA wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment. The triennial assessment will include:

- The extent to which your school is in compliance with the local school wellness policy;



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- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

The results of the most recent triennial assessment will be available to the public on the school's website.

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 indices. 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 Marliano Smith.

These policies are adopted by West Palm Beach Junior Academy, effective March 2, 2022.

Committee members:

Marliano Smith, Principal;

Sonia Ferdinand, Community/Board Member;

Yadely Pierre, Parent

Luna Smith, Jacmyre Joseph, Kimberly Contreras Perez, Uzzyah Moise student representatives.



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Reviewed by the Board of Directors on March 2, 2022

Board Member signature:

_____ Date