



School **Wellness** Policy

REVISED 09.2023



The following is a Wellness Policy for Diamond Minds Transformational Leadership Academy, Early Beginnings Academy-Civic, Early Beginnings Academy-North Shore, Early Beginnings Academy-Broward, and Transitional Learning Academy. It complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness And Physical Education Policies; Nutrition Guidelines.

Preamble

Diamond Minds Transformational Leadership Academy (Diamond Minds) recognizes that good nutrition and regular physical activity affect the health and 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.

Diamond Minds is committed to creating school environments that promote and protect 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.

1. Local School Wellness Policy Leadership

District level

Diamond Minds will assemble a representative wellness committee that will meet **bi-annually** to monitor and set goals for the development and implementation of its local school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The School Administrator (Dr. Tamika Lewis) shall ensure overall compliance with the local school wellness policy.
- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
- **The School Administrator** will be the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.



Wellness Policy Committee!

This committee has assessed the school's nutrition and physical activity needs and developed this Policy based on those needs. The committee is composed of the following representatives:

Area Represented	Committee Member Name
Parent	Fredline Dorvil
Student Representative (TLA)	TBD
Student Representative (DM)	TBD
School Food Service Personnel (Each School Location)	Latoya Clinch Tasonya Sands Juliet Espinoza
Occupational Therapist	Elke Lemaire
School Administrator	Tamika Lewis
School Administrator	Pam Miller
School Administrator	Meaghan Gasch
School Administrator	Maria Alva
School Nurse	Naomi Richardson
Board Member	Dunae Perry

School level

Each school within **Diamond Minds sponsorship** will have a representative on the Wellness Policy Committee that will meet **bi-annually** to ensure compliance and to facilitate the implementation of Diamond Minds' wellness policy. Diamond Minds employees, Wellness Committee members, and the food service staff at each location will be responsible for the following:

- The responsibility to comply with federal and state regulations as they relate to **Diamond Minds'** wellness policy.
- Responsible for establishing the Healthy School Team that will ensure compliance with the policy.



- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.

The Healthy School Team is responsible for:

- Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
- Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
- And reporting its school's compliance of the aforementioned regulations to the School Administrator, the person responsible for ensuring overall compliance with Diamond Minds wellness policy.

Diamond Minds will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.
- Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.



Goals, Implementation, Evaluation

3. **Nutrition Education:** Nutrition education is provided in a classroom setting.

Goal	Implementation	Evaluation
1. Students receive nutrition education that is interactive and teaches skills they need to adopt for healthy eating behaviors.	Classroom lectures, activities, and student class participation. Links for teamnutrition.usda.gov and mypyramid.gov will be added to the school nutrition webpage.	Student work sample, tests (such as multiple choice, fill in the blank), behavioral surveys in the areas of nutrition. CDC School Health Index
2. Students will have access to useful nutrition information.	Posters, brochures and worksheets will be acquired from the USDA's Team Nutrition website. Materials will be used in classroom lectures and posted in classrooms and on bulletin boards.	Maintain lesson plans of the nutrition information available to the students and a sample packet of materials sent home with students. CDC School Health Index
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices.	Provide a variety of healthy meal choices during meal service.	Review menus, production records, nutrient analysis. CDC School Health Index
4. Increase the number of students benefitting from the School Breakfast Program.	Implement breakfast in the classroom at a minimum of once a week.	Activities calendar. Interview staff and students.



4. **Physical Activity:** Physical activities occur in different learning environments such as, but not limited to outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Goal	Implementation	Evaluation
1. Students receive weekly instruction in physical education. (Sunshine State Standards)	All students will perform physical movement skills at levels consistent with own capabilities. Instruction may be provided through formal physical education courses (i.e. SPARK), integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel. CDC School Health Index.
2. Students will have 225 minutes of structured physical activity weekly.	Instruction may be provided through formal physical education courses, dance, Yoga, and/or Tai Chi.	Review class schedules, and interview school personnel.

5. **Other School-Based Activities:** Diamond Minds 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.

Goal	Implementation	Evaluation
Students will be provided 20 minutes of recess daily.	Students will engage in 20 minutes of supervised, unstructured play 5 days a week, during school hours or after-school.	Review class schedules and interview school personnel.
2. Students will be provided educational materials to take home and share with family/household members.	Brochures, handouts and educational articles will be sent home with student.	Maintain lesson plans of the educational materials sent home with the students.



3. Students at DM will have access to staff and school facilities for physical activity after school hours.	The facilities and equipment will be available for students' use after school hours. Activities will include running club, tennis, outdoor excursions (i.e., kayaking, hiking).	Activities & Events Calendar Interview the students and school faculty to inquire about the availability and use of the school's gym or equipment.
4. Students will receive instruction on health and wellness from medical professional.	School will host a school-wide health fair, inviting doctor's and specialist in to provide mini-checkups and present information on health and wellness.	Activities & Events Calendar
5. Students will learn the benefits of relaxation and meditation.	Students will participate in class and/or school-wide relaxation/meditation.	Activities and event calendars. Student schedules. Interview school faculty and students.

6. General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- **Diamond Minds** 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.
- Each school within **Diamond Minds** shall be in compliance with drug, alcohol and tobacco-free polities.

Eating Environment

- 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.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.



HealthierUS School Challenge

- All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Employee Wellness

- **Diamond Minds** wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Use of School Facilities Outside of School Hours

- Each school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to basketball courts, playgrounds and track facilities.

Behavior Management

- **Diamond Minds** is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).



- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

Competitive Foods

- All foods and beverages sold on the school campus to students 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 CFR 210.11.
 - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that is accessible to students during the school day.*
 - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by **Diamond Minds** food service programs, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.



Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes <i>(including any added accompaniments)</i>	Entrée Items <i>(including any added accompaniments)</i>
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*



Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students:

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.



- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- Each school’s Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA’s Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- **Diamond Minds** nutrition department’s replacement and purchasing decisions will reflect the marketing guidelines mentioned above.



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

Diamond Minds 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.

Triennial Progress Assessments

Diamond Minds will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which **Diamond Minds** is in compliance with the local school wellness policy;
- 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.

9. Informing the Public

Diamond Minds will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. **Diamond Minds** will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- **Diamond Minds** will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- **Diamond Minds** will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, **Diamond Minds** website, articles and/or each school's newsletter, to ensure that the community is informed and that public input is encouraged.



- Upon request, each school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year or provide the schools' website of where it can be found online.

10. Community Involvement

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

- **Diamond Minds** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- **Diamond Minds** will use electronic mechanisms, such as email or displaying notices on **Diamond Minds** 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.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.



Summary

Nutrition Guidelines for All Foods Served or Sold: All foods served or sold for breakfast and lunch will meet the following nutrition guidelines.

- 200 calories or fewer per portioned package
- No more than 35% of total calories from fat per serving size
- Zero trans-fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

Designee: The school's director is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

Procedure for Reporting to the Governing Authority: On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the Executive Director. This will allow for review and revisions. If there are any recommended revisions, these will be presented to the Governing Authority for approval.

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

