

## **SCHOOL BOARD GOVERNANCE AND ORGANIZATION**

### **VCS WELLNESS PROGRAM**

#### **I. Philosophy**

The Villages Charter School believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. To the maximum extent practical, all schools in our district will participate in available federal school meal programs, including the School Breakfast Program National School Lunch Program (including after-school snacks). This policy encourages a holistic approach to wellness, which includes Nutrition Guidelines and Education, Physical and Personal Fitness, and Health Education.

#### **II. Committee**

To achieve its goals, The Villages Charter School will lean on a Wellness Steering Committee including the following individuals:

Parent Representative(s) – Jennifer Chandler

Student Representative(s) –

School Administrators – Dr. Randy McDaniel, Director of Education, and Mr. Rob Grant, VHS Principal

School Board Member – Devon Wiechens

School Food Service Representatives – Jason Poplaski, Director of Food & Nutrition Services, and Christa Bell, Assistant Director of Food & Nutrition Services, and Joseph Hornstein, Accounts Administrator

School Nurse – Janey Powell

School Operations- Tara Milow

School Physical/Health Education Teachers- Heather Tomassian and Pam Hicks

#### **III. Nutrition Guidelines and Education**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student's physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

- A. Students will be encouraged to start each day with a healthy breakfast.
- B. Food & Nutrition Services will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- C. Food & Nutrition Services, in conjunction with facilities maintenance staff, will provide clean, safe, and pleasant settings for students to consume healthy foods during their lunchtime.
- D. Nutrition guidelines that require the use of products that are whole grain-rich, low in added fats, 0 transfat, sugar, and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food & Nutrition Services Department or by contracted vendors. Menu and product selection shall utilize student, parent, staff, and community advisory groups whenever possible. The Food & Nutrition Services program will meet, at a minimum, nutrition requirements established by the USDA's most recent local, state, and federal statutes and regulations.
- E. Food & Nutrition Services will offer a variety of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- F. Food & Nutrition Services will ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the U. S. Department of Agriculture.
- G. Meals served through the National School Lunch, School Breakfast Program or After School Snack Program shall meet at a minimum, nutrition requirements established by the USDA's most recent local, state, and federal statutes and regulations.
- H. A-la-carte offerings to students shall meet recommended USDA nutritional standards.

#### **IV. School-Based Activities**

- A. Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
- B. The district requires that all foods and beverages **sold** outside of the school meal programs **during the school day** will, at a minimum, meet Smart Snacks guidelines.
- C. Standards for food and beverages available during the school day that are **not** sold to students

- a. The school will provide parents and teachers with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.
    - i. Florida Department of Agriculture provides a Smart Snacks Reference Sheet for food and beverages in this link below:  
<https://ccmedia.fdacs.gov/content/download/96439/file/SmartSnacks-ReferenceSheet-3.5.pdf>
  - b. Class parties or celebrations shall not compete with the breakfast and lunch programs, and only foods that meet the Smart Snacks in School nutrition standards can be served.
- D. Standards for food and beverages available during the school day that are for sale to students.
- a. No fundraising activities and/or sales are in competition with the breakfast and lunch programs. These time frames include an hour before or after meal periods.
  - b. The Healthy, Hunger-Free Kids Act of 2010 provides flexibility for special exemptions for the purpose of conducting infrequent school-sponsored fund-raisers held during the school day.
  - c. An Exemption Form for fundraisers that intend to sell non-USDA Smart Snacks food and beverages during the school day, must be submitted to the Director of Food & Nutrition Services for required documentation by law.
  - d. The Smart Snacks nutrition standards have no impact on the culinary education programs' curriculum in schools, nor do they have any impacts on foods sold to adults at any time or to students *outside of the school day*.
  - e. Culinary Programs that are selling food to students on campus *during the school day*, must comply with the Smart Snacks nutrition standards.
    - i. The local school representative is encouraged to consider addressing culinary education programs sales of non-Smart Snack food items as a part of the number of infrequent exempt fundraisers held during school but not offered in competition with the Food & Nutrition Services (1 hour before and after food is offered to students). Example, a pastry sale.
  - f. Elementary - Middle School: no carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk, not to exceed 8 oz. (KG-4th) or 12 oz. (5-8). Plain water of any size may be sold.

- g. High School - no more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fl oz. or 10 calories or less per 20 fl oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fl oz., or 60 calories or less per 12 fl oz.
  - h. Foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day or extended school day.
  - i. The Florida -Specific Competitive Food Rule [5P-1.003{2}] requires that the State agency must set an upper limit on the number of fundraisers, in which foods that do not meet the nutrition standards for Smart Snacks may be sold. These limits are not to exceed the following maximum number of school days per school campus each school year;
    - i. Elementary - 5 days
    - ii. Middle School - 10 days
    - iii. High School- 15 days
  - j. Non-food rewards should be considered prior to offering food rewards would be the recommended practice.
  - k. Rewarding children in the classroom should not involve candy and other foods that undermine children's diet or health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.
- E. The nutrition standards do not apply to foods and beverages sold at events that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.
- F. Ready-to-eat entrée foods from M/MA and grains (pizza, hamburger, etc.) can only be sold by the non-profit school food service program.

## **V. Physical and Personal Fitness**

A certified teacher shall teach physical education. A qualified staff member shall provide physical activity. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

- A. The physical and personal fitness education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.

- B. Participation in such physical activity shall be required for all students in kindergarten through grade five, five days a week for 30 minutes, or the equivalent.
- C. Participation in 'free play' K-2 recess at least 3 times a week, 15-20 minutes each, and 3-5 recess at least 2 times a week, 15-20 minutes each.
- D. Physical activity shall be provided for grades 6-8 for a minimum of 225 minutes per week.
- E. High school students are required to take 1 credit in physical education.
- F. High school juniors have the opportunity to elect into the Fitness and Coaching Academy – where they are given the tools and resources needed to become a successful fitness professional and positively impact the health and wellness of others.
- G. Students electing one of the three-year, 18-credit graduation options do not have to meet the high school requirement and may use the physical education courses listed as elective credits. Students may waive a portion or all of these requirements only to the extent permitted by state law.
- H. Schools will provide opportunities for physical activity after school.
- I. Schools will provide opportunities for physical activities for their staff.
- J. Schools will provide:
  - a. 150 minutes of physical education (with moderate to vigorous intensity) every week for elementary school students. On any day during which physical education instruction is conducted, elementary school students are provided 30 consecutive minutes of physical education (grades K-5).
  - b. The equivalent of one class period per day of physical education for one semester each year for middle school students (grades 6-8).
  - c. For high school graduation, a student selecting the traditional 24 credit graduation option, must earn one credit in physical education to include the integration of Health Education. There are several options available to high school students in order to meet that requirement (grades 9-12).

## **VI. Health Education**

Taught as part of the regular instructional program and will provide the opportunity for all students to understand and practice concepts and skills related to health promotion, disease prevention, and injury care and prevention.

- A. Students

- a. Each school shall provide for an interdisciplinary, sequential standards-based health education program based upon state standards and benchmarks, including “Red Ribbon Week” activities for elementary students and bi-annual tobacco surveys for secondary students through their Health/PE or H.O.P.E. class.
- b. Students shall have access to valid and useful health information and health promotion products and services through a variety of venues, including student discussion forums.
- c. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- d. Students shall be taught communication, goal-setting, and decision-making skills that enhance personal, family, and community health.
- e. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity should be incorporated into other subject lessons, and short physical activity breaks between lessons or classes, as appropriate.
- f. Schools will meet all the requirements that the state requires for health courses.
- g. Middle school students complete the State Mandated minimum of five hours of required instruction related to mental and emotional health education. The content area that are taught using Suite360 include mental and emotional health, substance user and abuse prevention, internet safety and/or human trafficking, and character education.

**B. Staff**

- a. Informational sessions on a variety of health-related topics will be offered to staff through the Leadership Development Council, in conjunction with *The Villages Health* and the *Sumter County Health Department*.
- b. Incentives will be offered to staff who meet their annual health goals through the Employee Wellness Program.

**VII. Safety Goals**

- A. To ensure that all buildings, structures, and grounds (including playgrounds) are inspected and meet health and safety standards.

- B. To maintain a school and worksite environment free from tobacco, as indicated in the *VCS Tobacco-Free Policy*.
- C. To maintain a school and worksite that is free from alcohol and drugs.
- D. To provide workplace training and conditions that comply with OSHA standards.
- E. To provide career education awareness for careers in health and wellness-related fields.
- F. To partner with local health care agencies to provide health screenings for students/staff.
- G. To provide information to parents about safety protocols (such as: car line etiquette, volunteer procedures, etc.) through school newsletters and informational sessions held by school staff and/or *Buffalo HERD*.

### **VIII. Family and Community Involvement Goals**

- A. To promote the involvement of families in wellness by utilizing *Buffalo HERD* to help communicate wellness programs such as health, vision, and dental screenings to parents and our school website to post healthy living articles for parents regarding topics such as eating a healthy breakfast, water consumption, and the importance of physical fitness.
- B. To promote nutritional awareness among families by posting information, guidelines, and regulations about School Food Service programs on our school website.
- C. To make facilities available to the community for wellness-related activities.
- D. To support and encourage participation in community activities, such as organized walks, health screenings, and educational programs.

### **IX. Wellness Coordinator, Worksite Contact Persons, and Wellness Steering Committee**

- A. The Vice Principal for each building will be the Wellness Coordinator to manage and coordinate the implementation of the program.
- B. Each Principal shall appoint a Wellness Contact for his/her school.
  - a. VHS- Janey Powell, School Nurse
  - b. VCMS- Joy Shumate, School Nurse
  - c. Primary Center- Angie Creach, Clinic Assistant
  - d. Intermediate Center- Morgan Phillion, Clinic Assistant

- e. 4<sup>th</sup>/5<sup>th</sup> grade Center- Katelyn Crosby, Clinic Assistant
  - f. Middleton Elem - Aimee Sifford, Clinic Assistant
  - g. Middleton K-8- Doris Miraglia, Clinic Assistant
- C. The Director of Education shall appoint a Wellness Steering Committee
- (Members listed on page 1).

## **X. Monitoring, Oversight, Evaluation and Modification**

The Director of Education, or designee, will ensure compliance with established campus-wide nutrition and physical activity wellness policies. In each school, the Principal, or designee, will ensure compliance with those policies in his/her school and report on the school's compliance to the Director of Education, or designee, as requested.

- A. Annually the Vice Principal will meet with a representative from the Food & Nutrition Services Administration to review and sign the Wellness Policy Review Form to ensure proper implementation of the policy.
- B. Annually the Vice Principal will document any school-sponsored events held during the school day that require a Wellness Policy Exemption Form and submit to a representative from the Food & Nutrition Services.
- C. The schools will report on the most recent USDA National School Lunch Programs review findings and any resulting changes.
- D. The district will revise the wellness policy guidelines and develop work plans to facilitate their implementation.
- E. The Wellness Steering Committee will monitor the implementation of the wellness program by administering surveys to students, parents, and staff to gain data to help strengthen the program
- F. The committee shall evaluate and measure the implementation of the Wellness Policy by incorporating assessments into the health and physical education curriculum, such as *The Presidential Youth Fitness Program*, or a locally developed assessment. Students will be assessed for their baseline knowledge and awareness of healthy physical and dietary habits during the first semester of the school year and again at the conclusion of the school year to evaluate growth.
- G. The Villages Charter School shall annually review its school Wellness Policy and physical education policy. In addition, the school will send an updated copy of its Wellness and Physical Education policies to the Florida Department of Education.



- H. Monitoring our food service rules and policies from the USDA while making sure to update our plans as rules constantly change. Following all guidelines as best we can to provide a well-balanced breakfast and lunch program for our students.
- I. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966, as well as EEOC, GINA, and ADA guidelines.
- J. The Wellness Steering Committee will review and report the effectiveness of the school Wellness Policy to the School Board on an annual basis. School Board meetings are on the board agenda and open for public input.

**XI. School Board Member Signatures**

Gary Lester, Chairperson \_\_\_\_\_

Scott Stephens, Board Member \_\_\_\_\_

Devon Wiechens, Vice-Chair \_\_\_\_\_

Pat Francis, Board Member \_\_\_\_\_

Dr. John Theeck, Board Member \_\_\_\_\_

**STATUTORY AUTHORITY:** **1001.41, 1001.42, F. S.**

**LAW(S) IMPLEMENTED: P.L. 108-265, SECTION 204**

**NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)**

**CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)** **1001.43, 1006.06, 1006.0606, F.S.**

**STATE BOARD OF EDUCATION RULES(S): 6A-7.040, 6A-7.041, 6A-7.042**

**HISTORY:**  
**2/6/2008**

**ADOPTED:**

**REVISION DATES: 1/13/2009, 5/6/2010, 6/9/2011, 1/21/2014, 3/14/2015, 6/1/2016, 6/7/2017, 2/14/2018, 2/12/2019, 11/30/2020, 12/2/2021, 11/30/23**

## TVCS WELLNESS POLICY REVIEW FORM

School Reviewed: \_\_\_\_\_

Date Reviewed: \_\_\_\_\_

Vice Principal Signature: \_\_\_\_\_

### **A. Child Nutrition Program**

Y\_\_\_ N\_\_\_ National School Lunch Program (NSLP) is available to all students and adheres to guidelines established by the USDA.

Y\_\_\_ N\_\_\_ School Breakfast is available to students and adheres to guidelines established by the USDA.

Y\_\_\_ N\_\_\_ Meal serving sizes comply with the meal pattern requirement as described by the USDA.

Y\_\_\_ N\_\_\_ All students are allowed ample time and space for eating meals and no food is used or withheld as a reward or punishment.

Y\_\_\_ N\_\_\_ All a la carte products sold in the cafeteria adhere to the USDA Smart Snacks in School revised in August 2015.

### **B. School Based Activities**

Y\_\_\_ N\_\_\_ Fundraiser exemption form has been turned into the Administration of the Food & Nutrition Services. Exemptions are for Non-USDA Foods consumed and offered to students outside of the competitive Food Rule timeframe but during the school day..

Y\_\_\_ N\_\_\_ Compliant and non-compliant food sales are allowed 30 minutes after the end of the school day as allowed in the School Wellness Policy. No fundraising activities and/or sales are in competition with the breakfast and lunch programs. The competitive lunch program time frames include an hour before or after meal periods.

### **C. Nutrition Education**

Y\_\_\_ N\_\_\_ Nutrition Education is integrated into students' curriculum at each grade level to educate students on the life-long benefits of healthy eating.

### **D. Physical Activities**

Y\_\_\_ N\_\_\_ Students are provided the opportunity to develop the knowledge and skills for specific physical activities and taught the short- and long-term benefits of a physically active and healthful lifestyle.

Y\_\_\_ N\_\_\_ Students regularly participate in daily physical activity and are not withheld from a physical education class for reward or punishment.

**E. Food and Beverages Provided to Students**

Y\_\_\_ N\_\_\_ Food sold during school hours in the school do not include foods of minimal nutritional value and do not exceed the allowable portion size limit based on the USDA Smart Snacks in School guidelines revised on August 2015

**Beverages sold meet the following grade appropriate guidelines:**

Y\_\_\_ N\_\_\_ **Elementary (PreK-4<sup>th</sup>)/Middle School (5-8):** No carbonated soft drinks shall be sold to these students during the school day. Items sold must be non-carbonated, 100% fruit juice, or milk not to exceed 8 oz. (PreK-4<sup>th</sup>) or 12 oz. (5-8). Plain water of any size may be sold.

Y\_\_\_ N\_\_\_ **High School (9-12):** No more than 20 oz. portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid oz. or 10 calories or less per 20 fluid oz. No more than 12 oz. portions of beverages with 40 calories or less per 8 fluid oz., or 60 calories or less per 12 fluid oz.

Y\_\_\_ N\_\_\_ Foods or beverages that have high fructose corn syrup or sugar listed as the first ingredient are not made available to students during the school day.

Y\_\_\_ N\_\_\_ Is local school compliant with no student having access to vending or snack items during meal service time?

Y\_\_\_ N\_\_\_ Are fast food/competitive foods or carbonated drinks brought to the cafeteria with competitive wrapping?

**F. Observation**

Based on the observation of the Wellness Policy Review, the following criterion was found to be unacceptable and must be corrected immediately:

---

---

---

\_\_\_\_\_  
**Principal Signature**

\_\_\_\_\_  
**Date**

The results of this assessment must be posted on the District website.

Original: Principal File at School

Copy: Food and Nutrition Services Wellness File

Developed: November 2023

# The Villages Charter School Implementation of USDA Smart Snacks in School and Exempt Fundraising Form

School Name \_\_\_\_\_ Date \_\_\_\_\_

Form should be completed and signed by the principal before the fundraisers commence.

	Sponsoring Organization	Items sold	Date of Sale	Exempt Y/N
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

School Type	Maximum number of School Days to Conduct Exempted Fundraisers
Elementary School	5 days
Middle School	10 days
High School	15 days

\_\_\_\_\_

\_\_\_\_\_

Principal's Signature

—  
Date

Original: Principal File at School	Copy: Food and Nutrition Services Wellness File
------------------------------------	---

Developed: November 2023