



**WILLIAM MONROE ROWLETT ACADEMIES
FOR ARTS AND COMMUNICATIONS, INC.**

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NUTRITION AND WELLNESS

POLICY

Rowlett Academy in accordance with federal laws, shall develop a policy for student wellness and foods available to students during the school day. The policy will promote the long-term health and well-being of students.

PROCEDURES

The following standards apply to all foods available to students during the school day on the school campus. According to the Healthy Hunger Free Kids Act, the school day is the period from the midnight before, to 30 minutes after the end of the official school day.

The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

The Nutrition and Wellness Policy is implemented as part of the Student Health Advisory Committee (SHAC). SHAC members include food service, school health, curriculum, school administration, as well as a school board member, parents, students, and community representatives in the health care field. SHAC members are selected on an annual basis according to state school health guidelines. The purpose of the SHAC is to provide training, tools, and information for effective implementation of the wellness policy.

(1) Nutrition

(a) Nutritional Standards:

1. All foods must meet at least one of the following:

a. Must be “whole grain-rich”

(I) Include 50% or more whole grains by weight or

(II) Have a whole grain listed as the first ingredient

- b. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food
 - c. Be a combination food that contains at least ¼ cup of fruit and/or vegetable
 - d. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
2. All foods plus any accompaniments (dressing, jelly, etc.) must also meet the following:

Nutrient	Snack Item	Entrée Items*
Calories	≤ 200 calories	≤ 350 calories
Sodium	≤ 200 mg	≤ 480 mg
Fat **	≤ 35% of calories	≤ 35% of calories
Saturated Fat	<10% of calories	< 10% of calories
Trans Fat	0 grams	0 grams
Sugar	≤ 35% of weight	≤ 35% of weight

*Entrée items include a meat/meat alternate alone or in combination with a grain or fruit/vegetable.

**Foods exempt from the above requirements include: reduced fat cheese, nuts, seeds, dried fruit, and seafood with no added fat.

3. Fresh and frozen fruits and vegetables are exempt from the above requirements. Canned fruits in 100% juice or light syrup, and canned vegetables in water or a small amount of sugar, are also exempt.

School Meals

1. Breakfast

- a. All school meals will comply with U.S. Department of Agriculture (USDA) regulations and state rules including calorie, fat, and sodium restrictions as part of the Healthy Hunger Free Kids Act.
- b. Students with special dietary needs will be accommodated as required by USDA regulations and Food Allergy Policy. A dietitian will be available to meet with students and parents to discuss meal options.

- c. A choice of fresh fruit will be offered each day as part of a healthy breakfast. Students will be required to take at least ½ cup of fruit or vegetable.
- d. Student will be allowed, once seated, a minimum of 10 minutes to eat breakfast. If time is a concern, alternate arrangements will be made.
- e. All grain items offered at breakfast will be whole grain.
- f. Students will have a choice of 1% fat white milk and skim chocolate milk with breakfast.
- g. Water will be available to students within the cafeteria either through a water fountain or water cooler.
- h. Parents will be able to view what their student is buying using an online meal account.
- i. Dining areas and cafeterias are attractive and include enough seating to accommodate all students who would like to sit and eat lunch.
- j. All menus, nutritional content and ingredient information will be available on the school webpage, through application software, and via hardcopy if requested.

2. Lunch

- a. Rowlett will provide lunch through the USDA National School Lunch Program.
- b. Rowlett school meals will comply with U.S. Department of Agriculture (USDA) regulations and state rules including calorie, fat, and sodium restrictions as part of the Healthy Hunger Free Kids Act.
- c. Students with special dietary needs will be accommodated as required by USDA regulations and Rowlett Food Allergy Policy. Rowlett will provide the opportunity for the school nurse or contracted dietitian to be available to meet with students and parents to discuss meal options.
- d. Students will be allowed, once seated, a minimum of 15 minutes to eat lunch. If time is a concern alternate arrangements will be made which include grab and go, and other identified initiatives.
- e. Rowlett shall operate a “closed” lunch period to encourage students to eat a nutritious lunch. Students will not be allowed to leave the school campus during lunch periods.
- f. A choice of at least 2 types of fresh fruit will be offered each day as part of a healthy lunch. A choice of fresh vegetables will be offered daily.
- g. Salad, sandwich, wrap, and other alternate entrée items will be offered daily.
- h. All grain items offered at lunch will be whole grain.

- i. Students will have a choice of 1% fat white milk and skim chocolate milk with lunch.
- j. Water will be available to students within the cafeteria either through a water fountain or water cooler.
- k. Parents will be able to view what their student is buying using an online meal account
- l. Assure dining areas and cafeterias are attractive and include enough seating to accommodate all students who would like to sit and eat lunch.
- m. There should be enough meal periods to assure the student per meal period ratio is such that students can be moved through the lunch line efficiently. Rowlett will have a student identification system in place.
- n. All menus, nutritional content and ingredient information will be available on the Rowlett school webpage, through application software, and via hardcopy if requested.
- o. Healthy choices will be prominently displayed in the cafeteria to encourage students to make healthy choices.

3. After-Schools Snacks Program

- a. After school snack programs will be provided in accordance with the USDA After-School Snack Program by the Food and Nutrition Services Department. Contracted after-school care programs must use Food and Nutrition Services for snacks.
- b. All after-school snack programs will comply with U.S. Department of Agriculture (USDA) regulations and state rules.
- c. A fresh fruit or fresh vegetable will be provided at least once a week as part of the After School Snack Program.
- d. All nutritional content and ingredient information will be available on the Rowlett school webpage and via hardcopy if requested.
- e. Foods that are sold to students by the after school education programs will only be offered after distribution of the district provided after school snack and must meet USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

(2) Other Foods Available to Students

(a) Classroom

1. Celebrations

- a. In elementary schools, foods and beverages for classroom parties and celebrations can only be offered one hour from the student's lunch hour.
- b. Classroom celebration baskets and foods meeting these standards will be made available for sale through the site based cafeteria.

c. Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child. Ingredient labels must be available for all food brought to the classroom.

2. Rewards

a. Parents, teachers, and staff shall provide non-food alternatives for activities and during the school day.

b. All foods used for rewards must meet USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

3. Students are allowed to have individual water bottles in the classroom unless disciplinary issues dictate otherwise.

4. Foods distributed to students as part of classroom snacks will meet USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

1. Beverages

a. Elementary beverages allowed during the school day are those available through the food and nutrition services program and are limited to:

(i) Water, plain and plain carbonated

(ii) Milk, 8 ounces, 1% white and skim chocolate

(iii) Juice, 8 ounces, 100% fruit or vegetable

2. Snack Vending

All snack foods available must meet USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

(c) School Stores/Group Sales

1. Foods sold in school stores must meet the nutritional requirements as stated in USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

2. Documentation must be maintained by the store/group staff to assure that all foods meet the nutrition standards.

3. Foods cannot be sold in schools stores/groups during meal service hours.

(d) Concession

Concession stands operating during the school day must meet the criteria outlined in the procedures. Concession stands operating outside of the school day are exempt from restrictions on food sold to students.

(e) Foods brought into schools during meal service hours:

1. Parents are encouraged to provide meals from home that meet the nutritional requirements set forth in Dietary Guidelines for Americans.

2. Occasionally, a parent may bring food into the cafeteria for their

student only, not for larger groups of students.

(3) Fundraisers

(a) Foods sold for fundraising purposes during the school day on the school campus must meet the minimum nutrition requirements as outlined in (1) Nutrition, (a) Nutrition Standards.

(b) Fundraiser foods or beverages may not be sold in competition with the school meals programs.(i.e. sales cannot take place until one hour after the last lunch period.)

(c) Food fundraisers that sell food to be consumed off site are exempt from meeting the nutritional guidelines.

(4) Marketing Food and Beverages

Advertising visible to students during the school days should be consistent with USDA Smart Snacks in Schools requirements, (1) Nutrition (a) Nutrition Standards.

(5) Food Safety and Security

(a) Food and nonfood inventory located at the schools will not be accessible with the building master key. Keys will be held by the school administration and Head Custodian.

(b) School Food and Nutrition Services operation will use the Hazard Analysis Critical Control Pong (HACCP) guidelines to assure food safety and security.

(c) All Food and Nutrition Services management and supervisor staff will maintain ServSafe Certification from the National Restaurant Foundation.

(d) Only food prepared by and purchased from licensed food service establishments may be served to students, except food brought by the parent for their child. Ingredient labels must be available for all food brought to the classroom.

(e) Professional development for all Food and Nutrition Services department employees is required. Every year, managers must obtain 25 hours of training and workers 10 hours of training.

(h) Only Food and Nutrition Services employees are authorized to receive the deliveries of program food and beverages.

(i) Hand sanitizer stations will be available to the students as they enter the food service area.

(6) Nutrition Education

(a) General Requirements

1. All students in grades K-12, including students with disabilities, special healthcare needs, and those in alternative educational settings, has the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.
2. Rowlett Academy will strive toward integrating nutrition with students' core curriculum. Each month the Wellness Committee will create a Nutrition Question for students to research during core academic time. Monthly answers will be displayed in the Cafeteria as well as discussed on the Morning News Program when hosted by the Wellness Committee.

(b) 1. A minimum equivalent of one hour of classroom nutrition education is to be provided each month for all students as part of a comprehensive health education curriculum which promotes the relationship between personal behavior and health.

2. Promote the integration of nutrition education into other areas of curriculum such as math, science, health, physical education, language arts, and social studies.

3. Utilize the Florida Department of Education Health Education Benchmarks for each grade level.

(e) Cafeteria

1. Attractive, current nutrition education materials are prominently displayed in dining areas and are changed at least once every 6 weeks.

2. Teachers collaborate with the school food and nursing staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

(f) Cafeteria Staff will support nutrition integration in the following ways:

1. Food and nutrition service employees will participate in employee wellness programming offered through Rowlett Academy's Employee Wellness Program.

2. Share nutrition information with Staff.

3. Participate as a member of the SHAC committee, and other community wellness groups.

4. Support school based wellness efforts

5. Encourage integration of nutrition education into other areas of curriculum such as math, science, health, physical education, language arts, and social studies.

6. Provide nutrition education materials to parents, families utilizing the Food and Nutrition Services website and other means.

(7) Physical Activity

Physical education instruction focuses on the outcomes of achieving and maintaining a health-enhancing level of fitness and understanding that physical activity provides the opportunity for enjoyment, challenge, self expression, communication and well-being.

(a) Elementary schools will provide 30 consecutive minutes of physical education daily for students in kindergarten through grade 5.

(d) Rowlett Academy will promote:

1. Classrooms health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle.
2. Opportunities for physical activity will be incorporated into other subject areas.
3. Classrooms shall incorporate, where possible and appropriate, short physical activity breaks between lessons and classes. Teachers will incorporate Go Moodle and Brain Gym breaks as physical activity breaks during the instructional day.
4. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
5. Staff members shall not require the participation in physical activity, such as walking laps, as a form of discipline or punishment during the school day.
6. Intramurals, walkers/runners clubs, and other physical activities events will be utilized, where possible and appropriate, as additional opportunities for physical activity.

(9) Recordkeeping/Accountability/Evaluation

(a) The SHAC will establish priority items to be included in the evaluation component of the policy. Community partnerships and community members will be utilized to assist in the development, implementation, and evaluation of the district local wellness initiatives.

(b) Florida Department of Agriculture and Consumer Services will monitor school compliance as part of their administrative review process. The Food

and Nutrition Services Department will monitor school compliance as part of their annual school review process.

(c) An annual survey will be conducted to monitor the policy implementation. Food and Nutrition Services will conduct an annual review to assure compliance with policy procedures at all schools. (d) SHAC will meet at least twice annually. A detailed annual report will be provided to the Rowlett Academy Charter Board and the community.

*****TO ALL STAKEHOLDERS AND PARENTS:**

If you have any comments or suggestions on our Wellness Policy, please contact Chuck Fradley, Principal, or Cathy Choate, Asst. Principal.

STATUTORY AUTHORITY:

Florida Statutes: 120.81(1)(a); 1001.32(2); 1001.41; 1001.42, 1001.43

LAWS IMPLEMENTED: Florida Statutes: 595.405; 1001.43; 1003.455
Healthy Hunger Free Kids Act of 2010 7CFR Part 210 and 220

HISTORY:

First adopted August 2015

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