

PARKWAY ACADEMY CHARTER HIGH SCHOOL WELLNESS POLICY

www.parkwaycharter.org

PARKWAY ACADEMY PROMOTES A HEALTHY SCHOOL BY SUPPORTING WELLNESS, GOOD NUTRITION, AND REGULAR PHYSICAL ACTIVITY AS PART OF THE LEARNING ENVIRONMENT. PARKWAY ACADEMY SUPPORTS A HEALTHY ENVIRONMENT WHERE CHILDREN LEARN AND PARTICIPATE IN POSITIVE DIETARY AND LIFESTYLE PRACTICES. BY FACILITATING LEARNING THROUGH THE SUPPORT OF GOOD NUTRITION AND PHYSICAL ACTIVITY, THE SCHOOL CONTRIBUTES TO THE BASIC HEALTH STATUS OF CHILDREN.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 108-265, PARKWAY ACADEMY'S WELLNESS POLICY COMMITTEE DETERMINES AND MONITORS ALL WELLNESS INITIATIVES OF PARKWAY ACADEMY INCLUDING OBESITY PREVENTION. PARKWAY ACADEMY'S WELLNESS POLICY COMMITTEE WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY.

FEDERAL, STATE AND DISTRICT LEGISLATION, POLICY OR GUIDELINES, SUPPORTING THE TENETS OF PARKWAY ACADEMY'S WELLNESS POLICY: FEDERAL - RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT 1946, CHILD NUTRITION ACT OF 1966, PUBLIC LAW 108-265, AND 2005 DIETARY GUIDELINES FOR AMERICANS. STATE – CHAPTER 64-11, FLORIDA ADMINISTRATIVE CODE, CHAPTER 1006.6 AND 2005 FLORIDA STATUTES, FOOD AND BEVERAGES SERVED DURING SCHOOL DAY, POLICY 6300, ADVERTISING MATERIAL, POLICY 6202, ATHLETICS, POLICY 6208, COMMUNITY FUNDRAISING, POLICY 5302, COMMUNITY INITIATIVES FOR FAMILIES, POLICY 1165, AND PARENT/FAMILY INVOLVEMENT.

School Administrator:	Dr. Clarissa Wright/Mr. Charles Box
School Board Member:	Ms. Jody Perry
School Administrator:	Mr. Daniel Silvey, LEA
Parents:	Ms. Carletha Shaw, Ms. Sharon Henley
Students:	Kyiona White, Darren McRae
School Food Service Personnel:	Ms. Beverly Eugene
Health Education Staff:	Ms. Elizabeth A. Lopez
PE Staff:	Mr. William Powell

GOALS

1. **NUTRITION EDUCATION** - Students participate in physical activity and nutrition education for a total of 90 minutes.
2. The policy conforms to state statute regarding physical activity and physical education.
 - a. Parkway Academy programs offer students in 9th through 12th grades nutrition education that provides the knowledge they need to adopt healthy lifestyles.
 - b. Nutrition education is a component in Parkway Academy Charter High School course selection.
 - c. The staff responsible for providing school-based nutrition and health education programs is adequately trained and certified.
 - d. The school cafeteria serves as a learning laboratory to teach and practice good nutrition.
 - e. Parkway Academy provides nutrition education and encourages healthy eating for families, both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition. Nutrition and health information for families is provided in multiple languages.

EVALUATION

Teachers will administer the school Health Index, the Florida Youth Survey or Youth Risk Behavior Survey as their needs assessment. From the results of the surveys, a plan of action will be developed to sponsor and promote different projects for students, parents, staff and community. After completion of the projects, survey will be administered again to determine improvement

3. PHYSICAL ACTIVITY AND OTHER SCHOOL BASED ACTIVITIES

Students are actively engaged in physical education, two to three times per week for 90 minutes. They are developing awareness for lifelong physical activities.

- a. Parkway Academy works to provide the opportunity for every student to receive regular, age-appropriate, quality physical education.

- b. Parkway Academy recommends that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.
- c. All physical education classes and life management classes shall be taught by certified physical education and health education teachers and be designed to build interest and proficiency in skills, knowledge and attitudes essential to a life-long, physically active lifestyle.
- d. The physical education curriculum shall be coordinated with the health education curriculum.
- e. The physical education curriculum provides safe and satisfying physical activity for all students including those with special needs.
- f. Parkway Academy shall not use participation or non-participation in physical education class or recess as a way to punish or discipline students.
- g. After-school programs shall include supervised, age-appropriate physical activities that appeal to a variety of interests.
- h. Parkway Academy shall disseminate, in multiple languages, information for parents to help them promote and incorporate physical activity, healthy eating and life management skills into their children's lives.

Parkway adheres to Florida State Statute 1003.43. All students are required to take and successfully complete one half credit in physical education and one half credit in physical fitness and life management skills as part of the Wellness Policy and state graduation requirements.

EVALUATION (FOR PHYSICAL ACTIVITY)

All students in grades 9 -12 will participate in physical education. Physical activities occur in different learning environments such as, but not limited to outdoor play and indoor activities for ninety minutes. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

To evaluate the program, school personnel will review class schedule and visit the students in the PE area.

The Wellness Policy will be evaluated based on the Florida Next Generation Standards PE.912.C.1.7 all students will be able to evaluate the effectiveness of specific warm-up and cool down activities and PE. 912.C.1.10 all students will be able to analyze the long term benefits of participating in regular physical activities and life management skills.

GUIDELINES

1. ALL FOOD SERVED ON CAMPUS WITH THE INTENT OF PROMOTING STUDENT HEALTH AND REDUCING CHILDHOOD OBESITY.

- a. Food and beverages offered over the course of the school week as part of the National School Lunch and Breakfast Programs are nutrient dense, including whole grain products and fiber rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.
- b.

GUIDELINES CONTINUED

1. A variety of nutrient dense foods are offered to students at each meal always including low fat milks, fruits/vegetable, meat/meat alternates and grains.
 2. Food and beverages served during the school day include a variety of healthy choices that are of excellent quality, appealing to the students and served at the proper temperature.
 3. Foods and beverages available during the school day should minimize the use of trans-fats and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.
 4. A salad bar or pre-packaged salads are available daily.
 5. Fruit is available at each meal.
 6. Food and Nutrition Services will encourage whole grain breads and cereals.
 7. Food and Nutrition Services offer low fat milks.
 8. At a minimum, food served as part of a school lunch or breakfast will meet the Dietary Guidelines for Americans.
 9. Guidelines will be provided for parents in multiple languages on packing healthy lunches.
- c. If a la carte, vending or other food sales are available; they should include a variety of choices of nutritious foods, such as fruits, vegetables, low fat dairy items and water and be in compliance with Chapter 64E-11 of the *Florida Administrative Code*.
 - d. Drinking water and hand sanitizing facilities should be conveniently available for students at all times.
 - e. A list of healthy food and non-food alternatives will be made available to parents and teachers for classroom celebrations and rewards. Food served in the

classrooms will be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*.

- f. Parkway Academy shall encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activity events.
- g. Food and beverages sold at events must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code*, and reinforce the importance of healthy choices.
- h. Snacks and rewards provided in after-care programs should re-enforce the importance of healthy choices.

ADDITIONAL PARKWAY ACADEMY WELLNESS GOALS

1. Parkway Academy continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.
2. Parkway Academy ensures that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.
3. Parkway Academy serves breakfast and lunch as part of the National School Lunch and Breakfast Programs.
4. Parkway Academy shall employ a food service director who is properly credentialed according to professional standards to administer the school food service program.
5. All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food service essentials, nutrition and quantity cooking.
6. School menus meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the *Recommended Dietary Allowances* or equivalent. Each meal served meets the guidelines for a USDA reimbursable meal. The Policy will provide an assurance that guidelines for reimbursable school meals shall not be restrictive than regulations and guidance issued by the USDA.
7. Food and Nutrition Services ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services Department.

8. Meals are scheduled as close as possible to the middle of the day. Dining areas should be attractive.
9. Through the Nutrition Committee, Parkway Academy formally involves families and community organizations to address food and nutrition issues, recommend nutrition policy and programs to school meal options are culturally sensitive and meet special dietary needs. The Nutrition Committee provides community support to school health endeavors and makes recommendations to the Wellness Policy Committee.
10. Continue the expansion of the Commit 2B Fit program, coordinated by the Physical Education Department, which provides nutrition and fitness education for students and families.
11. Employees are encouraged to engage in daily physical activity and nutrition services before and after work hours in site sponsored programs or through Parkway's health insurance carrier, as part of free membership in facilities where available.
12. Parkway will cooperate and collaborate with certain community agencies to promote health and wellness for its students, families and staff.

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

EVALUATION OF PARKWAY ACADEMY'S WELLNESS POLICY

Chairpersons: Mr. William Powell, Physical Education teacher and Mr. Daniel Silvey (Administrator) LEA at Parkway Academy will be responsible for ensuring that the school is meeting the local wellness policy.

1. The Wellness Policy Committee shall convene each quarter to assess whether policies are effective in improving student health. The chairperson will appoint an administrator to coordinate the evaluation process.
2. Parkway Academy, the Fitness Committee and the Nutrition committee will continue to provide input and recommendations regarding wellness initiatives and outcomes. Public input and revisions are done at Parkway Academy Board Meetings.
3. The Wellness Policy Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and report the effectiveness of the policy and recommend revisions if necessary, to Parkway Academy's administration, SAC Committee and Board of Directors.

The public can access the wellness policy at: www.parkwaycharter.org