



Preamble

The Spring 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.

The Spring 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

School Level

The Spring will establish an ongoing Healthy School Team that will meet annually to ensure compliance and to facilitate the implementation of The Spring'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 The Spring's wellness policy.
- At The Spring, the Chief Program Officer will be 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, Kitchen Manager, Director of Shelter Services, teachers, and the Kids Team Manager.
- 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-2.002);
 - And reporting its school's compliance of the regulations to the Chief Program Officer, the person responsible for ensuring overall compliance with The Spring's wellness policy.

The Spring 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.

- At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

3. Nutrition Education

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

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition. (Example topics include: mindful eating, balanced meals, how to read nutrition facts labels)
- Students will understand how food reaches the table and the implications that has for their health and future. Staff and school food service in partnership with community organizations will integrate hands-on experiences at least four times per year such as:
 - Farmer's market tours and visits to community gardens integrating core curriculum whenever possible.
 - Use of school gardens and cafeteria as a learning lab, harvesting vegetables from the school garden and incorporating them into school meals/snacks whenever possible.
 - Hosting farmers in the classroom and cafeteria for interactive discussions and presentations
- The staff responsible for nutrition education will be adequately prepared and

participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

4. Physical Activity

The Spring shall ensure that physical activity is 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 physical activity.

- All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. The Spring only has students in grades K-5 during school hours. The Spring has students grades K-12 in the Afterschool program.
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly, as appropriate.

5. Other School-Based Activities

The Spring 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.

General Guidelines

The Spring shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.

- 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.
- The Spring 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.
- The Spring shall be in compliance with drug, alcohol and tobacco-free policies.

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.
- School food service will work with school departments, community partners and the student health council to facilitate student understanding of fresh, local, sustainably grown food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

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

Employee Wellness

- The Spring wellness committee will have a staff wellness subcommittee (Staff Activities Committee) 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.

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

- The Spring 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.

6. Guidelines for All Foods and Beverages Available During the School Day

The Spring shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, The Spring will participate in available federal federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.
- The Spring will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.
- Schools are encouraged to offer fresh, seasonal, locally grown food at every location on the school site where food is sold and at all school-sponsored events and activities.

Competitive Foods

- No food or beverage is sold at The Spring. All food, beverages, and snacks are available free of charge.

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

- Fundraising efforts will not be held at the location of The Spring school.

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.
- The Spring will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- The Spring nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

The final rule requires an assessment of the local school wellness policy to be conducted, at a minimum of every three years. However, LEAs can choose to assess their policies more frequently to ensure goals and objectives are being met and to refine the policy as needed. The results of this assessment MUST be made available to the public.

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

The Spring 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

The Spring will assess 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 The Spring 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.

**At a minimum, LEAs must annually inform and update the public about the content and implementation of the local school wellness policy. USDA encourages LEAs and schools to*

*include a summary of each school's events or activities relating to the LSWP implementation, contact information for the designated LSWP official and information on how the public can get involved with the wellness policy committee.**

9. Informing the Public

The Spring will ensure that the wellness policy and most recent triennial assessment are always available to the public. The Spring will also email households upon request 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.

- The Spring will ensure the most updated version of the wellness policy and triennial assessments are always available for the public upon request.
- The Spring will make available a complete copy of the local school wellness policy throughout the school year on the agency website.

10. Community Involvement

The Spring is committed to being responsive to community input, which begins with awareness of the wellness policy. The Spring will actively communicate ways in which parents, students, teachers, staff, and administrators can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- The Spring will consider student needs in planning for a healthy nutrition environment.
- The Spring will ensure the most updated version of the wellness policy and triennial assessments are always available for the public upon request.
- The Spring will make available a complete copy of the local school wellness policy throughout the school year.

Record keeping information is not required to be written into the wellness policy; however, the following documentation must be maintained and will be reviewed by the Florida Department of Agriculture and Consumer Services during an Administrative Review of the LEA's National School Lunch Program.

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.

Documentation demonstrating compliance with community involvement requirements may include a copy of the solicitation on the LEA website. Documentation to demonstrate compliance with the public notification requirements may include a copy of the LEA Web page where the LSWP has been posted or a copy of the school newsletter.

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