

Local School Wellness Policy For The Chiles Academy

October 2023-September 2024

The following is a Wellness Policy that 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.

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	Jessica Revels
Student	Arianna Cunningham
School Food Service Personnel	Samantha Spencer
School Board	Karen Kennedy
School Administrator	Nikole Bradford
Health/Physical Education Staff	Rochelle Hipp
Local physician, dentist, or other health professional	Jackie Butler

Goals, Implementation & Evaluation

I. Philosophy:

Fostering healthy eating and exercising habits in students and staff is widely known to lead to higher levels of production. Students are better able to learn and be productive when nutritional and physical needs are met. Likewise, staff members are better able to perform their duties while they are modeling healthy wellness habits for students.

Through collaboration with staff, students, and community agencies The Chiles Academy is committed to promoting the best possible wellness strategies suited to the special needs of teen parents and their children.

II. Nutrition Education:

Parenting classes will address the special needs for pregnant and lactating students and for their infant and toddler children. “Health for Expectant Parents,” and “Parenting Skills” are the names of the specific classes.

The cafeteria staff will work cooperatively with the parenting teacher to provide accurate nutrition education and promote the consumption of fresh fruit and vegetables.

The Chiles Academy cafeteria staff will participate in professional development opportunities as required by the National School Lunch Program.

Goal	Implementation	Evaluation
Students receive nutrition education that is interactive. They learn the skills needed to adopt healthy eating behaviors for themselves and will pass those behaviors on to their children	Students will have the opportunity to be enrolled in classes that teach healthy eating habits for themselves and their children	Classroom activities, posters, and projects pertaining to sound nutrition habits and choices.
Students will have access to useful nutrition information	Posters, worksheets, and brochures in classrooms and other areas of the school campus	Student-created bulletin boards and projects
Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices	Provide a variety of healthy meal choices and use “Offer vs. Serve” during meal service	Review menus, production records, and nutrient analysis

III. Physical Activity:

Children in the child care classrooms will participate in indoor movement activities such as dancing and exercising on a daily basis. Outdoor play periods will be scheduled daily (weather permitting).

Teen parents will be encouraged to walk and participate in physical activities in addition to the Physical Education requirement for graduation from high school.

Physical activity will not be used as a punishment and will not be withheld as a negative consequence for any student or staff member.

Long periods of inactivity are not a part of our daily schedule as students must move from one class to another at approximately 45-minute intervals. If a situation arises where this does occur, teachers will encourage students to stand, stretch, and walk around the classroom at suitable intervals. At least once per day, a staff member will check into the lab to take students who would like to participate for a brief walk around campus.

The Physical Education teacher will participate in professional development opportunities through the Volusia County Schools whenever appropriate.

Goal	Implementation	Evaluation
Students in will participate in Physical Education according to the standards for grade level and physical limitations of pregnancy	Students in grades 7-12 (who are not currently pregnant) will be offered Physical Education courses as per the graduation requirements of the Florida Standards	Guidance Counselor's records and class schedules
Provide age appropriate play areas for preschool children (Ages 2-5)	Secure funding, purchase and install new equipment	Grant documents, invoices

IV. School Wide Nutrition Standards:

The Chiles Academy's cafeteria manager will ensure that all reimbursable program meals served meet the regulations and guidance issued by the Secretary of Agriculture, pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.

Whole grains, fresh fruits, vegetables, and dairy products will be offered daily to all students and staff. Lower fat protein sources will be used in meal preparation whenever possible.

All students are encouraged to begin every day with a nutritious breakfast. Breakfast is served daily and available to all students and staff in our cafeteria. Children under the age of five eat family style in the child care classrooms.

Infants will be offered a choice of regular or soy-based formula determined by their nutritional needs. Solid foods will be introduced after the age of six months. Children over the age of 24 months may be given the opportunity to eat family style in the school dining room with their child care teachers.

All food and beverages sold at the school must meet strict guidelines. Absolutely no candy, fried snack chips, sodas, or sugar-based drinks will be sold at any time. Healthy choices will be offered as an alternative in the school vending machine. The “Healthy Snacks App” will be used to evaluate whether a snack meets guidelines. Snacks will be limited to 200 calories or less per packaged portion, will contain no trans-fats, and contain no more than 35% total calories from fat.

Food brought onto the school campus must be nutritious in nature. Fast food may not be delivered to students by friends or family members during the school day.

The use of sweet or high fat content treats served as refreshments at school celebrations or extra-curricular activities will be discouraged and healthy alternatives will be encouraged instead.

Goal	Implementation	Evaluation
Encourage students to participate in a community garden project	Seek partnerships with community members and extension offices to create vegetable gardens	Partnership agreements, photographs

V. Student Wellness Goals:

Hand washing with soap and warm water is required upon entry into any classroom. Hand sanitizer will be available throughout the school in areas where hand washing may not be readily accomplished. Masks are encouraged for any adults experiencing symptoms of illness while inside buildings unless eating.

School staff will track all immunizations for children in our child care classrooms and all teen parents. Teen parents will be required to seek and obtain pre and post natal care. Parents of eligible children of all ages will be encouraged to enroll them in federal or state health care programs if uninsured. Assistance with enrollment will be given to any parent who needs it.

Food will not be withheld as punishment or used as incentive for any teen parent or child on our campus. The Chiles Academy will provide a clean dining environment for all students. Meal times will be established that are consistent with federal regulations.

VI. Staff Wellness Goals

All full time eligible employees will receive health insurance coverage provided by the Chiles Academy at reasonable cost. A rider to the insurance allows gym membership for employees at no additional cost. Nutrition, wellness, disease control, and lifestyle information is available to all full-time eligible employees through our insurance carrier.

Physical activities such as walking and exercising are strongly encouraged. All employees of The Chiles Academy will comply with the Volusia County School Board’s drug, alcohol, and tobacco-free policy.

Goal	Implementation	Evaluation
Create fitness goals (daily “steps”, walking, movement-based wellness for whole community)	Request donations of equipment (tech, fitbits, etc) from the community	Increased participation in movement-based wellness campus-wide

VII. Measuring Implementation:

The Governing Board of The Chiles Academy and the administrative staff will ensure that strategies are in place to meet goals by the end of September each school year.

Each school year, The Chiles Academy will provide parents and guardians with suggestions for helping their children be physically active and eat healthy foods.

The Executive Director will provide the board with an annual report regarding the implementation of this policy and will recommend revisions as necessary.

Designee

Nikole Bradford is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

Procedure for Reporting to the School Board/Governing Authority

On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/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.

Website Address for the Wellness Policy: www.thechilesacademy.com