



# LIBERTY ACADEMY FOUNDATION

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## WELLNESS POLICY

### **Introduction**

In September 2022, the Liberty Academy Foundation, developed a School Wellness Policy. The *Healthy, Hunger-Free Kids Act of 2010* requires that the Liberty Academy Foundation Wellness Policy will be reviewed by our Wellness Advisory Committee, and if necessary, revised annually. Its focus is to promote wellness and address current health issues facing our students and staff. Liberty Academy adopted relevant sections of Miami-Dade County Public Schools Wellness Policy because many of our students transition to MCDPS upon completion of 5<sup>th</sup> grade.

### **Preamble**

The Liberty Academy Foundation is committed to providing a healthy environment for students and staff within the school environment, recognizing that individuals must be physically, mentally, and socially healthy to promote wellness and academics. The Liberty Academy Foundation 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.

The Liberty Academy Foundation will focus on achieving five (5) goals:

- A. Nutrition – All students and staff will have access to and will be encouraged to take advantage of high-nutrient food options served at school and School/Region office cafeterias.
- B. Physical Education – All students will be encouraged to participate in the recommended levels of physical education.
- C. Physical Activity – All students and staff will be encouraged to engage in daily physical activity according to national guidelines.
- D. Health and Nutrition Literacy – All students and staff will be encouraged to develop healthy life-style habits.

- E. Preventive Healthcare – All students and staff will be encouraged to participate in preventive healthcare.

## **Nutrition**

School Policy: The Liberty Academy Foundation will make nutritious foods available on campus during the school day to promote student and staff health.

- A. The Liberty Academy will serve the following: foods that are a reliable source of fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity, and served in appropriate portion sizes consistent with United States Department of Agriculture standards. Meals will include plant-based food options and a vegetarian choice daily.
- B. All food served on campus beginning one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day must meet the *Rule on Food and Beverages Sold on Campus and in Vending Machines School-Wide*. (Appendix A)
- C. Meals served within the Federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
- D. The Liberty Academy Foundation will encourage parents and teachers to have healthy celebrations at school. Ideas and suggestions can be found at <http://nutrition.dadeschools.net>. When a list is sent home requesting donations for a celebration, it should include plain water and at least one (1) healthy option.

## **Physical Education**

School Policy: The Liberty Academy Foundation will provide evidence-based physical education programs to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance, and strength.

- A. Elementary Physical Education, grades K-1: 150 minutes of weekly instruction in physical education provided by the homeroom teacher is required.
- B. Elementary Physical Education, grades 2-5: 150 minutes of weekly instruction in physical education by a physical education teacher is required.

- C. Nutrition education is required to be taught in grades K-5.
- D. Physical education skills needed for enhancing health will include:
  - 1. comprehension of concepts related to health promotion, disease prevention, and reduction of health risk.
  - 2. ability to access valid health information.
  - 3. effective interpersonal communication skills.
  - 4. setting goals and making decisions.
  - 5. stress reduction.
  - 6. advocacy skills for personal, family and community health; and

### **Physical Activity**

School Policy: All students and staff will be encouraged to participate in the nationally recommended levels of a minimum of sixty (60) minutes or more per day of physical activity.

- A. Recess for students in grades PK-5 is required to take place five (5) times a week for twenty (30) consecutive minutes each time. Recess is defined as unstructured free play that is supervised by adults, but not directed by adults; it can include activities directed by adults.
- B. School policies and practices support that physical activity and recess should not be withheld as punishment for students
- C. Students will be informed of the opportunity to participate in physical activity in after-school programs and school intramural programs.
- D. Staff will be encouraged to participate in at least thirty (30) minutes of physical activity daily. This will include a combination of cardiorespiratory activity, flexibility, and muscular strength and endurance.
- E. Staff will be informed of the opportunity to participate in physical activity in after-school programs and community events.

## **Health and Nutrition Promotion**

School Policy: All students and staff will be encouraged to learn about the principles of nutrition and other competencies essential to making health-enhancing choices.

- A. Health literacy education will be incorporated into classroom instruction when applicable to include the following: comprehensive concepts on health-enhancing behaviors, risk factor reduction for life-style disease prevention, bullying and violence prevention, and personal safety.
- B. Nutrition education will include lessons and experiential learning opportunities, such as edible gardens, which enhance health and consider:
  - 1. emphasizing the importance of goal-setting and positive decision-making strategies that enhance health including those related to food intake and energy expenditure.
  - 2. analyzing the influence of culture, media and other factors on food choices and preferences in personal health practices including food preparation methods that enrich and challenge healthy living; and
  - 3. the development and care of edible gardens.
- C. Students will be taught to differentiate between marketing messages and substantive health information.
- D. Health literacy resources will be available to staff focusing on concepts of health enhancing behaviors, risk factor reduction for disease prevention, personal safety, and managing stress.
- E. Nutrition resources that include learning opportunities which enhance health will be made available for staff.
- F. Healthy food choices and fresh food on school premises will be promoted by making relevant nutrition information available as close as possible to the point of choice.

## **Other School-Based Activities: Preventative Healthcare**

School Policy: All students and staff will be encouraged to participate in preventative healthcare that addresses physical, mental, social, and emotional wellness.

- A. A school-based health team will be provided to offer a coordinated spectrum of healthcare to students that is consistently available.
  - 1. coordinated professionally supervised school-based healthcare.
  - 2. expanded health screenings and assessments with access to follow-up care.

3. mental and behavioral health services to identify and solve student health and educational issues.
4. improved access to a regular primary care physician.
5. assisting uninsured students in gaining access to primary health services.
6. chronic disease management; and
7. provision of school-specific health education classes

B. The Florida Department of Health will provide health services to students in accordance with Florida statutes, rules and.

School health services provided will include, but are not limited to:

1. health appraisal.
2. records review.
3. nutrition assessment.
4. screenings: vision, hearing, scoliosis, and growth and development including Body Mass Index (BMI) referral and/or follow-up.
5. referral and follow-up of suspected or confirmed health problems.
6. consultation with a student's parent or guardian regarding the need for health attention by the family physician, dentist, or other specialist when definitive diagnosis or treatment is indicated.
7. maintenance of records on incidents of health problems, corrective measures taken, and such other information as needed to plan and evaluate health programs.
8. health information regarding the placement of students in exceptional student programs and the reevaluation at periodic intervals of students placed in such programs.
9. education classes on a variety of health topics; and
10. medication administration quality assurance and improvement.

C. Healthcare provider will offer wellness resources that address physical, mental, social, and emotional wellness to support staff healthy habits.

## **Monitoring and Evaluation**

The Liberty's Academy Wellness Advisory Committee is responsible for reviewing and monitoring the Liberty Academy Foundation's Wellness Policy in accordance with the Liberty Academy Foundation's policies to improve the health and wellness of all students. The Wellness Advisory Committee members include Maurice Brazier (Food Service Director) and Yarshicka Jackson (Assistant Food Service Director). Parents, students, school food service staff, teachers of physical education, school health professionals, school board, school administrators, and the general public are also provided an opportunity to participate in the development, implementation and periodic review and update of the Liberty Academy Foundation's Wellness Policy through email or displaying notices on Liberty Academy Foundation's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

Liberty Academy will annually complete the School Health Index, the Healthy Schools Inventory and Action Plan, and the Principal's Wellness Checklist as self-assessments.

The goals, objectives, and guidelines of the Liberty Academy's Wellness Policy will be reviewed annually. Recommendations to the Administration by the Wellness Advisory Committee will address the following: changing conditions; new techniques and proven strategies; new objectives, if needed; and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff

The Liberty Academy Foundation 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 Liberty Academy Foundation follows 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.

The Liberty Academy Foundation will annually inform and update the public about the content and implementation of the school wellness policy. The Liberty Academy Foundation will include a summary of the school's events or activities relating to the LSWP implementation and provide contact information for the designated LSWP official and information on how the public can get involved with the wellness policy committee.

## **Rule on Food and Beverages in Vending Machines Sold on Campus School-Wide**

The Liberty Academy Foundation is committed to providing an environment in which all students and staff can make healthy food choices for lifelong health. As such, the following Rule on Food and Beverages Sold on Campus and in Vending Machines School-Wide will be implemented. For **all** food sales beginning one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day. This rule shall be applicable to all food and beverages sold in vending machines twenty-four (24) hours a day.

### **A. Beverages**

All beverages must be non-carbonated and have no added caffeine.

#### **Elementary School**

- a. Plain water.
- b. Up to eight (8) ounce servings of milk and 100% juice.
  - 1) Fat-free or low-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/eight (8) ounces.
  - 2) 100% juice with no added sweeteners, up to 120 calories/eight (8) ounces, and with at least ten percent (10%) of the recommended daily value of three (3) or more vitamins and minerals.
- c. At least twenty-five percent (25%) of non-milk beverages must be water and no more than twenty-five percent (25%) of beverages may be no- or low-calories options.

### **B. Food and Snacks**

All food and snacks sold in school must meet the following:

- 1. No more than thirty-five percent (35%) of total calories from fat.
- 2. No more than ten percent (10%) of total calories from saturated fat.

3. No more than thirty-five percent (35%) added sugar by weight.
4. No added trans fat.
5. Be a “whole grain-rich” product;
6. Be a fruit, vegetable, dairy, protein food; or
7. Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable.

Snacks sold separately from mealtimes and as approved fundraisers on campus one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day, must:

1. have no more than 200 calories.
2. have no more than 200 mg. of sodium.

The Liberty Academy Foundation encourages healthy food and beverages at school-related events. When school-related events occur at least one (1) hour after dismissal of the final class of the day and where parents and other adults are part of an audience or are selling food and beverages as boosters during intermission, as well as immediately before or after an event, these rules do not apply. Examples of these events include school plays and band concerts.

Foods used in Culinary Arts and Training Programs for instructional purposes are also exempt from these rules. School administrators will be responsible for the implementation of the Liberty Academy Foundation Wellness Policy. Non-compliance with this policy will be addressed at the administrative level by School Operations.