

# **Pembroke Pines Charter Schools Wellness Policy 2020-2021**

## **INTRODUCTION**

The Pembroke Pines Charter Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well-being of the children enrolled. The school continuously strives to promote activities and situations which enable students to make healthy choices which may then contribute to the total well-being of the school population.

## **PURPOSE AND GOALS**

The Pembroke Pines Charter Schools recognize that good nutrition and physical activity are essential for students to maximize their full academic potentials, reach their physical and mental potentials, and achieve lifelong health and wellbeing. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

The Pembroke Pines Charter Schools have a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The schools have established a Local Wellness Policy Advisory Committee/Healthy School Team which is responsible for establishing and measuring the implementation of the Local Wellness Policy. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure that the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of the Healthy, Hunger-Free Kids Act of 2010 and the requirements of section 204 of the Child nutrition and WIC Reauthorization Act of 2004 ( Public law 108-265)

## **POLICY**

### **1.0 Local Wellness Policy Advisory Committee/Healthy School Team**

#### **1.1 Mission**

The Pembroke Pines Charter Schools will maintain a Local Wellness Policy Advisory Committee/Healthy School Team that serves the following purposes:

1. Establish standards for all foods and beverages available to students on each school campus during the entire school day
2. Establish goals for student nutrition education and promotion, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
4. Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
5. Review and evaluate the Local Wellness policy standards and implementation
6. Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

#### **1.2 Membership**

The Local Wellness Policy Advisory Committee/Healthy School Team membership at the Pembroke Pines Charter Schools will include the following individuals:

1. Parents
  - A member (parent) of the elementary/middle school advisory board
  - A member (parent) of the high school advisory board
  - A member (parent) of the PTA from the FSU campus or an advisory member for the FSU Campus)

2. Students
  - High school students
3. School Food Service
  - Employees of the Chartwells' food service staff
4. School Board (see above in the Parent section)
  - A member (parent) of the elementary/middle school advisory board
  - A member (parent) of the high school advisory board
  - A member (parent) of the PTA from the FSU campus ( or an advisory member for the FSU Campus)
5. School Administrator
  - School principal
6. School Nurse
  - N/A-The school system does not have nurses.
7. Physical Education/Health Education
  - PE/health educator
8. Local Health Professional
  - Community member who works in the health/well-being field

The Wellness Policy Advisory Committee /Healthy School Team Chairperson will be a principal of a school who is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

## **2.0 Nutrition Guidelines for all Foods and Beverages Available During the School Day**

### **2.1. School Meals Program**

The school meals program will operate in accordance with the 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. The primary authority in this area will be Chartwells School Dining Service

General Guidelines:

- All reimbursable meals, which are provided by Chartwells, 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 lean protein, whole grains, fruits, vegetables, and low-fat or non-fat milk.
- School menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.
- All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
- School foodservice employees will use food preparation techniques to provide meals that are lower in saturated fat, sodium, and sugar and free of artificial trans fat.
- Chartwells will provide culinary training to foodservice associates. Training will include the use of standardized recipes and food presentation.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

### **2.2 Competitive Foods**

All foods and beverages sold on the school campus to students outside of reimbursable meals are considered "competitive foods," and must comply with the nutrition standards for competitive foods as defined and required in 7 CFR 210.11.

- School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.

Unless being sold by the Pembroke Pines food service program, it is impermissible for any competitive foods of meat or

meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-2.002)

To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards. Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

**Nutrient standards for competitive foods:**

<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes (including any added accompaniments)</b>	<b>Entrée Items (including any added accompaniments)</b>
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup, or light syrup.
- Low sodium/no salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
- \*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.

Beverages:

Portion sizes listed are the maximum that can be offered.

<b>Beverages</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
Plain water	Unlimited	Unlimited	Unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 10 fl. oz.	Not allowed	Not allowed	20 fl. oz.

Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz., or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	12 fl. oz.
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For elementary and middle school students: foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

**Food and Beverage Marketing**

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.

**Using Evidence-Based Strategies**

Pembroke Pines Charter Schools 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.

**2.3 Nutrition Promotion**

The school environment, including the cafeteria and classrooms, shall provide clear and consistent messages that promote and reinforce healthy eating.

The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

*Chartwells will utilize menu planning and food merchandising to promote healthy and balanced meal choices. Chartwells will utilize Smarter Lunchroom techniques to promote healthy choices. A variety of appealing entrée options will be accompanied by a variety of fruits, vegetables, and milk choices. Colorful cafeteria signs will promote the selection of healthful food items to create a reimbursable meal. Food service staff will encourage students to select a balanced meal. Food service associates will receive annual customer service training, which will be documented in accordance with professional standards training requirements.*

**2.4 Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

Chartwells will utilize The Food Safety for Schools Guide, which provides information that directors and managers must use daily, such as specific food safety and sanitation practices that are required to be followed in lunchrooms during each meal period.

Chartwells will utilize the Associate Handbook, which includes effective food safety and sanitation training for newly hired associates. The handbook also includes a knowledge assessment and commitment signature page, copies of which will be kept in the associates’ personnel files.

For continued training of hourly associates, Chartwells will utilize the 24 Five-Minute Training Topics Worksheet, which guides unit managers through the food safety program/HACCP plan implementation process, allowing them to track their progress.

Chartwells Director of Dining Services, Executive Chef, and other appropriate food service staff are certified in food safety through the National Restaurant Association Educational Foundation's ServSafe® program.

### **3.0 Nutrition Education**

#### **3.1 Classroom**

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of the nutrition benchmarks included in Florida's Physical Education Standards. In addition, teachers will provide students with additional activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the Florida Physical Education Standards.

The district's Local Wellness Policy Advisory Committee /Healthy School Team will review nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

#### **3.2 Cafeteria**

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Chartwells will utilize signs, activities, educational materials, and promotions from their Discovery Kitchen program to engage students, provide nutrition education, and promote the consumption of healthy foods.

### **4.0 Physical Activity**

#### **4.1 Physical Activity during the School Day**

Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

The Wellness Committee /Healthy School Team will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families opportunities to participate in physical activities. These activities will involve students from Kindergarten through 12<sup>th</sup> grade.

#### **4.2 Physical Activity Before and After School**

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

#### **4.3 Physical Education Classes**

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

All students in grades K-5 receive 150 minutes per week of physical education. Physical education courses are offered to students in all middle and high school grades.

#### **4.4 Creating a Positive Environment for Physical Activity**

The Pembroke Pines Charter Schools will promote a positive environment for physical activity by providing a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Recess will be provided for elementary students.

## **5.0 Other School Based Activities to Promote Student Wellness**

### **5.1 Food Sold for Fundraising Activities**

The Pembroke Pines Charter Schools follow the Smart Snacks in School nutrition standards that apply to foods sold to students on the school campus during the school day.

### **5.2 Healthy Classroom Parties and Celebrations**

The Pembroke Pines Charter Schools recognize that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district. The schools encourage staff and parents to follow the Smart Snack guidelines for food that is not sold.

## **6.0 District Faculty, Staff and Food Service Staff Role in a Healthy School Environment**

### **6.1 Professional Development**

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. District and food service staff are encouraged to model healthy eating behaviors. The Wellness Committee /Healthy School Team will provide the schools with events throughout the year that will promote wellness.

Chartwells food service staff will complete annual training in compliance with the Professional Standards provision of the Healthy, Hunger-Free Kids Act of 2010. These standards ensure school nutrition personnel have the knowledge, training, and tools they need to plan, prepare, and purchase healthy products to create nutritious, safe, and enjoyable school meals.

## **7.0 Policy Implementation**

### **7.1 Monitoring**

The Director of School Dining Services will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the Local Wellness Policy Advisory Committee /Healthy School Team.

### **NSLP & SBP Compliance**

Program integrity is an essential aspect of administering the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). State agencies contribute to Program integrity by conducting administrative reviews of school food authorities (SFA) in accordance with regulations at 7 CFR 210.18, to ensure NSLP and SBP requirements are met.

Frequency: Once every 3 years

In effort to ensure compliance an internal audit is conducted by the City of Pembroke Pines. The audit is focused around the NSLP and SBP regulations.

Frequency: Annually

There is a Unit Team Lead assigned to each school who will manage the day to day operations in compliance with the NSLP and SBP. The Unit Team Leads report to the Director of Dining Services.

### **Health and Safety Compliance**

Schools are required to obtain two school food safety inspections per school year. State Agencies (SAs) that administer the school meal programs are required to report the number of inspections obtained by their schools.

Frequency: Quarterly (3 times during the

school year) Agency: Florida Department of  
Health - Broward County

### **7.2 Assurance**

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

### **7.3 Reporting**

The Chairperson of the Local Wellness Policy Advisory Committee /Healthy School Team will report on any change of status to the compliance of the Pembroke Pines Charter Schools' wellness policy to the City Commission and the advisory boards of the campuses.

### **7.4 Policy Review**

The Wellness Policy will be reviewed and revised annually.

### **Triennial Progress Assessments**

The Pembroke Pines Charter School system will conduct an assessment of 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 Pembroke Pines Charter School system 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.

The Wellness Committee /Healthy School Team 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.

### **7.5 Informing/Updating the Public**

The approved Wellness Plan may be found at [www.pinescharter.net](http://www.pinescharter.net). The most updated version of the policy and most recent triennial assessment will always be available on the school website for the public to view. Public input is also encouraged during the advisory board meetings. Any individual who expresses interest in the Wellness Policy Advisory Committee/Healthy School Team is welcome to attend the wellness policy planning meetings. To be included, individuals may contact Lisa Libidinsky at [llibidinsky@pinescharter.net](mailto:llibidinsky@pinescharter.net).

### **7.6 Wellness Leadership**

The wellness policy leadership will communicate with other school officials to ensure each school complies with the policy.

### **7.7 Stakeholder Feedback**

Feedback will be collected from students, staff, and parents through surveys and meetings with stakeholders.