

### **School Wellness Vision**

Cheder Chabad is committed to providing a healthy environment for students and staff within the school environment.

### **School Wellness Mission**

The mission of Cheder Chabad is to provide students with a well-rounded school education and promoting school wellness to foster a safe, and supportive environment that promotes physical, and emotional wellness.

### **Meals served through the School Breakfast Program (SBP), National School Lunch Program (NSLP), & Afterschool Snack Program (ASSP) will:**

- Be appealing and attractive to children.
- Be served in clean and pleasant setting.
- Meet nutrition requirements established by local and federal statutes and regulations.
- Serve daily milk requirements including fat-free (unflavored or flavored), low-fat (unflavored or flavored), and fat-free or low fat (lactose-reduced or lactose-free).

### **Cheder Chabad will focus on achieving these nutritional and educational (9) goals:**

1. Nutritional Standards
2. Nutrition Promotion
3. Health Education and Life Skills
4. Nutrition Education
5. Physical Activity
6. Establishing Nutritional Standards for Competitive Food Sold on School Campus
7. Policy for Food and Beverage Marketing
8. Promote Staff Wellness
9. Evaluation

### **Nutritional Standards**

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

- Nutritional guidelines from the School Breakfast Program & National School Lunch Program requires the use of products that are high in fiber, low added fats, and free of added trans fats. In addition, our school meal service staff is encouraging students to not add additional sugar and sodium supplements to our well-balanced daily offerings. Cafeteria service personnel have been trained to serve the appropriate portion sizes consistent with SBP and NSLP standards established for sponsors.
- Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- Our school contracted vendors shall follow Healthy, Hunger-Free Kids Act as well as the United States Department of Agriculture's guidelines to ensure proper school nutritional standards and program compliance.

### **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. Student wellness and nutrition promotion encourages local communities to increase awareness in school involvement with student health and education. The goal of the nutrition program will be to increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 20%.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Our local community can utilize our public-school website where healthy tips, recipes, and exercise routines will be posted to encourage student productivity.
- Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus

## **Health Education and Life Skills**

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- The school shall provide a health education program based on state standards and benchmarks.
- Students shall have access to useful health information and health services provided in our local community.
- Nutrition education will teach skills that are behavior-focused involving everyday food choices. Students will be taught about calorie balance and individual energy due to daily foods consumed. Students will be able to read and comprehend nutrition facts labels.
- Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health and wellness.

## **Nutrition Education**

Informing the community about the importance of good nutrition and physical activity will be conducted in combination with daily school activities, and the planning of at least one intentional activity per month. School nutritional education is a cooperative effort in promoting community involvement and encourage participation in local events such as walkathon's, sports teams, and competitive physical contest (such as jump rope for heart).

- Physical education teachers will provide information on good nutrition and identify health-related problems associated with poor diet, physical inactivity, and being overweight.

- Parents will be encouraged to participate in promoting a healthy lifestyle. The school will support parent and student efforts to endorse healthy diet and daily physical activity.
- The school will encourage parents to pack healthy daily meals to encourage provisions of a healthy school environment. Students are encouraged through instructional direction to not limit healthy choices that will accomplish a balanced and healthy diet.

### **Physical Activity**

Cheder Chabad will ensure that physical activity is an essential element of the 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.

The school has ample space and equipment in an environment that is both conducive and enjoyable for play.

- Warm-ups will include a cardiovascular component such as pushups, jumping jacks or running laps.
- Students will have 120 minutes daily of Physical Education, Recess and Health Education.

### **Establishing Nutrition Standards for Competitive Foods Sold on School Campus**

All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards in Federal Regulations (7 CFR 210.11) and Florida Administrative Code (5P-2.002). The Smart Snacks Product Calculator (at <https://foodplanner.healthiergeneration.org/calculator/>) will be used to assess if competitive food items meet the standards.

### **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.

### **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.

### **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.

### **Policy for Food and Beverage Marketing**

Cheder Chabad's food and beverage marketing will be consistent with policies for nutrition education and health promotion.

School-based marketing effects are students and community by promoting healthy lifestyles and encouraging good judgment when choosing fruit and vegetable as daily alternatives.

- The school will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks and established school nutrition standards.
- Marketing activities that promote healthful behaviors will be exhibited throughout are school to encourage are community wellness.
- Vending machines in our schools will display healthy marketing tools
- Fundraisers are encouraged to include and not be limited to promoting fruit and vegetable sales.

### **Promote Staff Wellness**

The school shall provide information including wellness resources and trainings to employee personnel. Employee wellness is encouraged within our schools. The school wellness committee will assist in identifying and supporting the health, safety and well-being of school staff.

- Cheder Chabad will follow drug, alcohol and tobacco free policies and compliance throughout our school campuses.
- Our site will provide an accessible and productive work environment free from physical dangers or emotional threat that is consistent with applicable occupation and health laws, policies and rules.
- Employees shall be encouraged to engage in daily physical activity throughout the workday.
- Staff will be encouraged to attend local instructional seminars and nutritional trainings to promote wellness within school environment.
- Adhere to all Center for Disease Control recommendations to ensure staff safety and wellness.

### **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.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

## **Fundraising**

Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.

- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.

## **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.
- Cheder Chabad will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.

## **Evaluation**

Cheder Chabad's wellness committee members will ensure compliance with established wellness policies. As required, (K-20 Education Code 1003.453) an annual assessment will be done to evaluate and measure its implementation. Wellness goals and policy updates will be provided to students, parents and staff. School wellness updates will be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that the public input is encouraged.

Questions and concerns by students, faculty and parents will continue to be revised to reach goals of attaining a balanced, healthy school environment. This data will be stored in the wellness folder with all related documents of improving nutrition and fitness at Cheder Chabad.

To help with the initial development of the Cheder Chabad's wellness policies, the school will conduct an assessment of existing nutrition and physical activity environments and policies and revise the policies and develop work plans to facilitate their implementation. We will also create a yearly report including the assessments to be presented to the governing board. At that time, the public will have the ability to provide their input and concerns.

The evaluation process will answer questions relating to whether the goals stated in the policy have been met. Basic questions that are important to all stakeholders will be addressed in the evaluation process.

For example:

1. Did the school change to healthier food options?
2. Did participation in the Breakfast and/or Lunch Program change?
3. Did the school promote good eating habits and healthy food options?
4. Did the school provide students with opportunities to participate in a variety of physical activities?
5. Did the students have a different number of minutes of physical activity?
6. Did the school conduct student taste testing introducing healthier food items?

At the final board meeting of each year, the school wellness policy will be discussed, and the wellness committee will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered. The governing board members of Cheder Chabad will consider student needs in planning for a healthy nutrition environment.

Updates will be included based on the results of the annual and triennial reviews and as needs arise. The evaluation process will address necessary changes to nutrition education, physical activity, other school-based activities and changes to the nutritional quality of foods available to students that have occurred as a result of the wellness policy and as a result of new information, new standards or new guidance.

Cheder Chabad's 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.

The wellness committee will make appropriate updates and modifications to the policy based on the results from the triennial assessment to include:

- The extent to which the school 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;
- A description of the progress made in attaining the goals of the local school wellness policy.

### **Public Communication**

Once the meeting has been conducted, the board will take measures to make sure all concerns have been properly addressed. After changes have taken effect, we will conduct a post meeting to make sure all areas are met to the satisfaction of the public and community.

Cheder Chabad will ensure that the wellness policy is always available to the public.

Cheder Chabad will also notify households 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 via the school website.

Cheder Chabad will:

- Ensure the most updated version of the wellness policy is available on the school website for the public to view;
- Present wellness policy updates, as applicable, during meetings with the school board, health and wellness committee; Parent groups; and other interested groups or stakeholders;
- Provide Wellness updates to students, parents and staff, as applicable, in the form of handouts, school websites, articles, school newsletters, to ensure that the community is informed and that public input is encouraged.

Cheder Chabad is committed to being responsive to community input, which begins with awareness of the wellness policy.

## **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.

## **Community Involvement**

Cheder Chabad is committed to being responsive to community input, which begins with awareness of the wellness policy. Cheder Chabad will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- Cheder Chabad will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- Cheder Chabad will use electronic mechanisms, such as email or displaying notices on the school 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
- At the governing board meeting of each year, the local school wellness policy will be discussed, and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.
- A team of school and community representatives will be established to support the food service director and teachers in implementing local purchasing and other farm to school activities on an ongoing basis.