

INTERNATIONAL STUDIES CHARTER HIGH SCHOOL

2480 SW 8th Street Miami, Fl 33135

Phone: (305) 643-2955 Fax: (305) 643-2956

<http://www.ischs.net>

WELLNESS POLICY



Committee Members:

The following committee members are involved in the development of this Policy and its implementation throughout the school year.

- Parent: Lucy Aguilera
- SGA Representative:
- Students: Carlos Hernandez, Raciell Cepero, Daniel Alcolea
- Faculty: Yvette Garcia-Tunon, Jose Herrera
- Wellness Committee Secretary: Andrea Gonzalez, Gabriela Martinez
- School food service: Maria Rodriguez
- ISCHS Board Member: Victor Rodriguez
- School administrator: Janette Perez
- Wellness Committee Coordinator: Aliet Arechavaleta- Hector del Valle
- Local Health Professional: Mariana Crespo

Health & Nutrition Guidelines

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, cognitive development, resistance to diseases, emotional stability and overall wellness.

Nutritional services

- (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- (b) Nutrition service policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- (c) The School will put up posters throughout in order to promote good eating habits and healthy food options.
- (d) Selected school staff will attend in-services and/or nutrition trainings.

Guidelines for All Foods and Beverages on School Campus:

School Meals:

Meals served through the National School Lunch will:

- (a) Be appealing and attractive to children;
- (b) Be served in clean and pleasant setting;
- (c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; and
- (d) Offer a variety of milk, including different fat contents.

Vending Machines:

- (a) All snack vending machines shall add a healthier option;
- (b) Vending machines where student meals are served or eaten shall include a healthier option, such as 100% fruit juice and water; and
- (c) All beverage vending machines in school public areas and all faculty/staff areas at school and school sites shall include:
 1. water
 2. 100% fruit juice
 3. non-carbonated drinks with less than 150 calories per serving
 - a. no more than 1/3rd of the choices will be carbonated drinks

Education

Wellness and 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 improvement.

- (a) The School shall provide a health education program based upon state standards and benchmarks.
- (b) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- (c) Students shall be taught communication, goal setting and decision making skills that enhance mental, physical, social, emotional, and spiritual health.
- (d) The school will support parents' effort to provide a healthy diet and daily physical activity for their children.
- (e) The school will send home nutrition information, post nutrition tips on school website and/or through school flyers.



Physical Education and Activities

The primary goal for the school's physical activity component is to provide students with opportunities to participate in a variety of physical activities and raise their awareness of the benefits of a physically active and healthy lifestyle.

High schools shall require one (1) credit for graduation, to include one semester of personal fitness (.5 credit) and one semester of an approved physical education course (.5 credit). Any course offered in physical education will be taught by a state-certified physical education teacher, the student to teacher ratio will be comparable to other curricular areas, and state developed standards will be used.

Students participate in diverse activity programs throughout the school year. Some of the program activities include;

- Carnival Miami Community Events
- Field Day Event
- Fitness Gram in Physical Education Courses
- Jump Rope For Heart
- Disease Awareness Weeks
- School Athletic/Intramural Programs
- National & International School trips
- Social Dances and Events
- Collection Drives & Events for the Community

Other School-Based Activities Designed to Promote Student Wellness

The main goal of this component is to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

The School promotes increased participation in school based nutrition programs by making the participation and the return of the application a high priority. The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. School meals will be offered in an environment that encourages student interaction and socializing.

Toward this end, the school will:

- (a) Promote the availability of meals to all students;
- (b) Provide a clean dining environment for students;
- (c) Establish meal times consistent with Federal Regulations;
- (d) Prohibit the withholding of food as punishment;
- (e) Be in compliance with drug, alcohol and tobacco free policies;
- (f) Provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules; and
- (g) Provide opportunities for EESAC to participate in wellness planning processes.

Teachers will not use identifiable brand names in their instruction unless they are found to be necessary to the lesson being taught and any commercial advertising on the school campus will comply with the developed Nutrition Standards. School personnel serve as nutrition educators and role models for healthy lifestyles. School staff is encouraged to model healthy eating by offering healthier choices at school meetings and events.

School staff will:

- (a) Refrain from using candy and snacks of minimal nutritional value as rewards to students;
- (b) Encourage students to interact with family members on assignments & projects; and
- (c) Create an environment where students, parents/guardian and staff members are accepted, respected and valued for their personal integrity.

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students will be provided with different opportunities for physical activity.

Toward this end, the school will:

- (a) Discourage sedentary activities; such as watching television, playing computer games, etc.
- (b) Provide opportunities for physical activity to be incorporated into other subject lessons;
- (c) Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate;
- (d) Promote school-based health & wellness activities for students; and,
- (e) Provide information about wellness resources and services to assist in identifying and supporting the health, safety and well being of students and staff.

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Measurement and Evaluation

The Principal, or the principal's designee; Alfred Mitat, will ensure compliance with the established wellness policy. Report on the school's compliance and recommend revisions if necessary to the School's Governing Board on an annual basis at the scheduled governing board meeting. The governing board meeting is a public meeting as required by ch. 119 of the Florida Statutes, relating to public records. Notice is provided to the public prior to the meeting, giving the public an opportunity to offer input.

How well the policy is being managed and its effectiveness will be assessed on an annual basis. The evaluation process will address the changes to nutrition education, physical activity, and the changes to the nutritional quality of foods available to students, that have occurred as a result of the wellness policy.

The results of the school climate survey will be used as an indicator of student, parent, teacher, and administration satisfaction with the new policy. The school climate survey provides feedback from food service personnel, school administrators, parents/guardians and other appropriate persons.

The evaluation process will answer questions relating to whether the goals stated in the policy have been met. Feedback will include changes to nutrition education, physical activity, and other aspects covered by the policy that occurred in the school as a result of the wellness policy.
- For example:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did the school change available food options?
- Did participation in the Lunch Program change?
- Did the school promote good eating habits and healthy food options?
- Did any staff members attend in-service or nutrition training?
- Did the school provide students with opportunities to participate in a variety of physical activities?

Assessments will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement.