



## School Wellness Policy

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; Nutritional Guidelines

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**Wellness Policy Committee** – This committee has assessed the school’s nutrition and physical activity needs and developed this Policy accordingly.

The committee is composed of the following representatives:

<b>Area Represented</b>	<b>Committee Member Name</b>
School Board	Nancy Tattner
School Board, Parent, Health Professional	Nancy Becker
School Board	Patty Dailey
Home & School Association, Parent	Amy Yelverton
Student	Sierra Yelverton
School Food Service Personnel	Catherine Patterson
School Administrator	Sean O’Dell, Principal
Physical Education/Health Staff	Gary Van Auken

Updated for school year 2013-2014

## Goals, Implementation, Evaluation

**Nutrition Education:** Nutrition education is provided both in the classroom and to parents.

<b>Goal</b>	<b>Implementation</b>	<b>Evaluation</b>
1. Students receive instruction on healthy eating through Physical Education classes and in thematic units in the classroom.	Classroom lessons focusing on nutrition are included in the curriculum when possible and are scheduled in the Physical Education program.	Projects about healthy eating and assessments on thematic units.
2. Healthy meals are available for purchase each day, and less healthy alternatives like candy are not sold.	School lunches are designed to meet health-eating guidelines. Students will be encouraged to take advantage of the lunch program.	Menu review, increase in purchases of school lunches.
3. Students will have access to useful nutrition information.	Posters and brochures are posted in various parts of the campus.	Walk-through of campus shows posters that are regularly rotated and updated.

**Physical Activity:** Physical activities occur throughout the school day. Physical education classes are supplemented by additional activities including recess and structured programs that encourage children to move.

<b>Goal</b>	<b>Implementation</b>	<b>Evaluation</b>
1. Students in all grades receive at least 85 minutes of Physical Education/Health per week (Diocese of Orlando Time Allotments for Elementary Schools)	All students participate in regularly scheduled physical education classes. Participation in the Presidential Physical Fitness test is required each year.	Presidential Physical Fitness results, Master Schedule.
2. Students in grades PK-K receive at least 40 minutes per day of recess, during which time teachers encourage students to run and play games like kickball and basketball.	Time is scheduled for recess each day.	Interviews of school personnel indicate that most students are physically active during recess time.
3. Students in grades 1-8 receive 15 minutes per day of recess, during which physical activity is encouraged.	Time is scheduled for recess each day.	Interviews of school personnel indicate that most students are physically active during recess time.
4. Participation in athletics through the Oceanside Athletic Association is encouraged.	Sports offered may include volleyball, flag football, basketball, soccer, and track & field.	Monitor participation records to assess increases in participation.

## Other School-Based Activities

Goal	Implementation	Evaluation
1. Students will be provided with an adequate period of time to consume meals.	Lunch periods are scheduled for 30 minutes, allowing a minimum of 25 minutes for consuming food.	Master Schedule
2. The school will hold a 5K race to demonstrate the importance of fitness.	The 5K race will be followed by a variety of activities to bring children to the event.	Monitor race applications to find an increase in school-community participation.

**Nutrition Guidelines for All Foods Served or Sold through the Food Service Program:** All foods served or sold at this school will meet the following nutrition guidelines.

No more than 35 percent of total calories from fat;  
Less than 10 percent of total calories from saturated fats; and  
Zero trans fat.

Snacks, foods, and beverages will provide no more than 35 percent of calories from total sugars per portion as packaged.

Exceptions include:

100-percent fruits and fruit juices in all forms without added sugars;  
100-percent vegetables and vegetable juices without added sugars; and  
Unflavored nonfat and low-fat milk and yogurt; flavored nonfat and low-fat milk with no more than 22 grams of total sugars per 8-ounce serving; and flavored nonfat and low-fat yogurt with no more than 30 grams of total sugars per 8-ounce serving.

A la carte snack items are 300 calories or less per portion as packaged.

Snack items meet a sodium content limit of 200 mg or less per portion as packaged.

Foods and beverages are caffeine free, with the exception of trace amounts of naturally occurring caffeine-related substances.

Milk is the only beverage served with a purchased school lunch. The school will not order other beverages. Plain, potable water is available throughout the school day at no cost to students.

Sports drinks are not available in the school setting.

## **Designee**

Gary Van Auken 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:**

On an annual basis, the results of the Wellness Policy evaluation (and any recommended revisions, these will be presented to the School Board for approval.

## **Assurance:**

We assure that the guidelines for reimbursable school meals comply with all federal regulations and guidance issued by USDA.

## **Website Address for the Wellness Policy:**

[www.lourdesacademy.net/for-parents/lunch-program](http://www.lourdesacademy.net/for-parents/lunch-program)

Wellness Policy Approval Signature Page

	Signature	Date
School Principal: Sean O'Dell	_____	_____
School Board (SB) Chair: Nancy Tattner	_____	_____
SB, Health Professional, Parent: Nancy Becker	_____	_____
SB: Patty Dailey	_____	_____
Home/School Assoc., Parent: Amy Yelverton	_____	_____
Student: Sierra Yelverton	_____	_____
P.E./Health Teacher: Gary Van Auken	_____	_____