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Preamble:

The purpose of this wellness policy is to provide students with the opportunity to learn healthy lifestyles. The nutritional and physical education programs provided by South Broward Montessori Charter will help our students make positive decisions throughout life. We recognize that individuals must be physically, mentally and socially healthy in order to promote wellness and academic performance.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. (2: a.b.) Physical inactivity and excessive calorie intake are the predominant causes of obesity. It is essential to develop and implement a successful school wellness policy in order to address these issues.

The school Wellness Policy of South Broward Montessori Charter School is as follows:

GOALS

1. Health and Nutrition Education

- a. The school will provide students grades K-5 with a curriculum in health and nutrition education. This is essential for the development of healthy lifestyles.
- b. Resources and training are available for the employees responsible for nutrition and health education. This is provided by the Broward School District.
- c. The school will encourage healthy food options for special activities held at our school.
- d. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
- e. The school will send home nutrition information & will encourage parents to pack healthy lunches and snacks. It will also be provided through the schools website, newsletter, take-home materials or homework.

2. Physical Activity.

- a. Students shall participate in moderate to vigorous physical activity on a daily basis for a minimum of 30 minutes.
- b. Twice a week the students will receive 45 minutes of formal physical education courses taught by a state-certified instructor.
- c. The physical Education program is designed to build interest and proficiency in skills, knowledge, and attitudes essential to a lifelong physically active lifestyle.
- d. Physical education classes will be provided in an age appropriate and safe environment. Accommodations will be made for the students with exceptionalities (ESE) and noted on the lesson plans. The lesson plans will be verified by a school administrator.
- e. Student will not be excluded from participation in physical education as a form of punishment or discipline.
- f. Information about physical activity and physical education will be provided through the schools website, newsletter, take-home materials or physical education homework.
- g. All afterschool programs will be supervised and include age appropriate activities that will appeal to a variety of students.



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3. **Establishing Nutrition Standards for All Foods Available at our School.** Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

I. School Meals: Meals served through the National School Lunch program 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.
- d. Offer a variety of milk including different fat contents such as 1% & fat free.
- e. Be baked, not fried.
- f. Include fresh fruits.
- g. All grains offered are whole-grain rich.

II. Snacks

- a. Snacks served during the school day, in morning / after-school care or enrichment programs will make a positive contribution to children's diets. Serving fruits and vegetables as the primary snacks and water as the primary beverage. All competitive food and beverages sold to students during the school day will meet the nutrition standards established by federal and state regulations.

III. Vending Machines.

- a. All snack vending machines will have healthy options.
- b. Vending machines where student meals are served or eaten shall include a healthier option, such as 100% fruit juice and water.

IV. Other Foods Items served or sold on campus

- a. Nutrient-rich food items will be available for sale at all places where food and beverages are sold.
- b. Healthy foods at school events and non-food items for fundraisers will be encouraged.

V. Meal Times and Scheduling.

- a. Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- b. Schedule meal periods at appropriate times.
- c. Attempt to not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- d. Provide students access to hand washing or hand sanitizing before they eat meals or snacks.



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- e. Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

VI. Sharing of Foods and Beverages

- a. Our school will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Setting Goals for Other School Based Activities

1. **Celebrations:** South Broward will encourage parents to bring in healthy store bought items for celebrations. South Broward will provide a list of healthy snack ideas for parents and teachers.
2. **School Sponsored Events:** Foods and beverages offered or sold at school sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually.
3. Our school will only market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School Nutrition Standards.

Monitoring and Policy Review

1. **Monitoring**
 - a. The principal or child Nutrition coordinator will ensure compliance with the establish school physical and nutritional wellness policies and will report on the school compliance to the school board.
 - b. School Food services will ensure compliance with nutrition policies within the school food services areas and will report this information to the principal.
 - c. A summary report will be provided every 3 years on the schools compliance the established nutrition and physical activity program. The report will be provided to the school wellness committee, the school board, students, parent/teacher organization and school health services personnel.
2. **Policy Review**
 - a. Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that assessment, the school will review our nutrition and physical activity policies.
 - b. This review will include an evaluation that compares the LSWP to our model policies.
 - c. Provision of an environment that supports healthy eating and physical activity
 - d. Nutrition and physical education policies and program elements.
 - e. The school, will, as necessary, revise the wellness policy to develop work plans to facilitate the implementation.



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- f. The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and make the policy available to the public by posting it on the school's website.
- g. The school will host an annual meeting to discuss the wellness policy. All wellness committee members will be asked to provide feedback on the policy and their comments and recommendations will be considered. Student needs will also be considered in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

RESOURCES:

1. <http://www.freshfromflorida.com/Divisions-Offices/Food-Nutrition-and-Wellness/Nutrition-Programs/National-School-Lunch-Program/Wellness-Policies>
2. <http://www.cdc.gov/HealthyYouth/obesity/facts.htm>
 - a. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *Journal of the American Medical Association* 2014;311(8):806-814.

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