



WELLNESS POLICY

2010 -2011

Florida Intercultural Academy believes that the total development of an individual is achieved by ensuring favorable social, emotional, psychological, mental, and physical environment. The school aims to provide an excellent environment for the total growth of its students by establishing and maintaining a comprehensive wellness policy.

GOALS

Nutrition Education: The school believes that proper eating habits and healthy lifestyle are both learned and acquired from structured instruction and from what is observed in the school environment.

Interactive Lessons:

1. Interactive nutrition education that develops skills among students to adopt a healthy lifestyle shall be a very important component of the school's curriculum as stated in the New Generation Sunshine State Standards.

Visible Displays:

2. Students shall have access to valid and useful health information and health promotion products and services. Every classroom displays the food pyramid and posters that promote healthy lifestyle.

Menus:

3. The school menu encourages development of healthy eating choices and habits. 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.

Parental/ Community Involvement:

4. School faculty, personnel and staff, parents and students shall be involved in food and nutrition information drive and shall be involved in the **annual multi-cultural food tasting fair** where healthy choices of food from every featured culture can be tasted.

Physical Activity: The school believes in the role of physical activities in the well being of every person.

1. Activities that require physical movements shall be integrated into the curriculum.
2. A twenty minute recess shall be a part of the daily schedule.
3. A forty five minute Physical Education classes shall be held weekly in all grade levels.
4. Physical activities that involve the school faculty, personnel and staff, parents and students shall be part of the annual tradition of the school such as:
 - a. Field Day
 - b. Jump Rope for Heart
 - c. Show of Talents
 - d. Car wash
 - e. Annual 5K Run
 - f. Swim Central

Other School – Based Activities: The school believes that wellness is achieved through various activities and programs.

Environment/Time:

1. The students shall be provided with clean and conducive environment for meals.
2. The students shall be provided adequate mealtimes.
3. Adequate space shall be provided for playing and other physical activities.
4. The school shall 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.
5. The school shall 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.
6. The school shall be in compliance with drug, alcohol and tobacco free policies.

Physical Activities:

7. The school shall provide avenues for acquiring healthy lifestyles through various campaigns and activities.
8. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

Nutrition Guidelines for All Foods Served or Sold:

1. The school shall not have any food vending machines in the school vicinity.
2. Water shall be accessible in all classrooms and offices

3. Food served in the school shall be
 - a. appealing and attractive to children
 - b. served in clean and pleasant setting
 - c. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

4. The school shall pre-approve the foods served in parties and other school events to ensure that food choices are compliant to the State Health Standards.
 - a. The school follows the suggestion of the US Institute of Medicine to allow only foods classified in Tier 1, thus candies and other forms of sweets in the school are prohibited.
 - i. *“Foods listed as Tier 1 would be allowed at all grade levels during the school day and during after-school activities. Examples of Tier 1 snacks were whole fruit, raisins, carrot sticks, whole-grain low-sugar cereals, some multigrain tortilla chips, some granola bars and nonfat yogurt with no more than 30 grams of added sugars. Entrees could include such items as fruit salad with yogurt or a turkey sandwich. Beverages would be limited to plain water, skim or 1 percent milk, soy beverages and 100 percent fruit or vegetable juice.”* - excerpt taken from:
<http://cbs4.com/health/nutrition.school.snacks.2.395314.html>

5. On site school food service staff will ensure school’s compliance with nutrition policies, using a compliance checklist, within the school food service areas and will report on this matter to the school principal and the Wellness Policy Committee quarterly.

Evaluating and Measuring the Wellness Policy: Florida Intercultural Academy’s Wellness Policy shall be progressive. It shall be updated and revised as the need arises through the review and approval of the Wellness Policy Committee and the School Board.

1. The school shall designate a Wellness Policy Compliance Officer who shall ensure that the school is in compliance with its wellness policy through an evaluation checklist.
2. The Wellness Policy Compliance Officer will ensure compliance with established nutrition and physical activity wellness policies and will report on the school’s compliance to the school principal, the wellness policy committee and the governing board quarterly.
3. All records and activity log will be collected for each physical and nutritional activity and stored at the school site in order to ensure that all activities are documented and complied with, using the current wellness policy.
4. To help with the initial development of the school’s wellness policies, the school will conduct a baseline assessment of the school’s existing nutrition and physical activity

- environments and policies, and revise the policies and develop work plans to facilitate their implementation every three years.
5. The school Wellness Policy Committee shall consider the Wellness Policy Compliance Officer's report, the parent and public input and other school needs to evaluate, improve and revise the Wellness Policy annually.
 6. In accordance with the Department of Education, Food and Nutrition Dept, an SMI review will be done once every five years and will report all findings and resulting changes to the school.

Public Input and Revisions:

1. The school shall provide avenues for public input on the wellness policy. These avenues include but is not limited to:
 - a. Input during PTRG (Parent Teacher Resource Group) Meetings
 - b. Input at the school website
 - c. Letter to the Wellness Policy Committee
2. The Wellness Policy Committee shall review, discuss and vote on the input and make the revisions on the Wellness Policy, whenever necessary.

Broward District Wellness Policy: All the goals and policies of the Florida Intercultural Academy adhere to the Broward District Wellness Policy:

<http://www.broward.k12.fl.us/sbbcpolicies/docs/P5314.000.pdf>

1. The school website and the school quarterly newsletter shall provide this link to the Broward District's Wellness Policy. The welcome letter during the opening of school will also contain information of this URL.

Assurance:

"We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the United States Department of Agriculture."

The School Wellness Committee is composed of the following:

Parents:

Ana Partyka, 3 year parent
Alnie Obsioma, 4 year parent
Speranta Baranga, 4 year parent
Jennifer Mite, 3 year parent

Students:

Janelle Belono-ac, 5th grade
Aldanver Obsioma, 5th grade
Victoria Taylor, 6th grade

Jaydon Garcia, 6th grade

PE/Health Staff: Mr. Pedro Gonzales
Mr. Fernando Pieras

School Food Service:

Lito Ebarle Ionel Coltea

School Board:

Ms. Alicia Ramseur Dr. Angela Dupree
Ms. Niculina Coltea Ms. Elizabeth Weaver
Dr. Gwendolyn Purcell

School Administrators: Dr. Gwendolyn Purcell, Director

Maria Glenda Ebarle, Principal Evangeline Belono-ac, School Dean
Dempuls Glabog, Primary Chair Shiela Thermilus, Aftercare Director