

Florida SouthWestern Collegiate HS—CHARLOTTE
WELLNESS POLICY 2019-2020

FSWC –Charlotte recognizes that good nutrition and regular physical activity affect the health and well-being of students. Additionally, FSWC –Charlotte acknowledges the positive relationship between good nutrition and physical activity and the capacity of students to develop and learn. The school plays an important role in educating and encouraging wellness for students by providing nutritious meals through the school's lunch program and promoting increased physical activity both in and out of school.

Each year the policy and its implementation will be evaluated for effectiveness and reviewed by parents, students, school administrators, and food service professionals. The principal will convene a committee of appropriate stakeholders listed above and any other interested parties to represent the public at large. Notice of this group's intent to convene and review the wellness policy will be given on the school webpage and in email messages to parents. At the meeting parties will review the document and related issues, and either reauthorize or revise the established plan.

The effort to support the development of healthy behaviors and habits cannot be accomplished by the school alone. It is necessary for not only the staff but also parents and the public at large to be involved in a community-wide effort to promote, support, and model healthy behaviors and habits.

A copy of the wellness policy shall be available on the school's website:
<http://www.fsw.edu/wp/cchs/>

Nutrition Guidelines: To establish policies and guidelines for reimbursable meals that are not less restrictive than Federal and State regulations require.

Goal	Implementation	Evaluation
<p>A. Nutrition guidelines for all foods served or sold in the school shall encourage the use of products that are high in fiber and nutrients and low in added fats, sugars, and sodium. All foods shall be served in appropriate portion sizes consistent with USDA dietary guidelines.</p>	<p>Food service vendor will follow guidelines.</p>	<p>Wellness Committee will monitor twice a year.</p>

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Goal	Implementation	Evaluation
B. The contracted vendor shall be encouraged to serve fresh fruit and vegetables, when appropriate, and to demonstrate that deliberate preference has been given to minimally processed foods.	Food service vendor will follow guidelines.	Wellness Committee will monitor twice a year.
C. Whenever possible, staff members, parents, and students shall be involved in menu selection.	Food service vendor will seek menu advice twice per year.	Wellness Committee will monitor twice a year.

Nutrition Education: To establish an environment that provides, promotes and encourages lifelong healthy eating habits.

Goal	Implementation	Evaluation
A. Nutrition information shall accompany the monthly menus. The menus and nutrition information shall be posted in the school's cafeteria.	Food service vendor will provide nutritional information on a monthly basis.	Wellness Committee will monitor twice a year.
B. The nutrition education curriculum in HOPE is designed to help students experience and learn about lifelong healthy eating habits and the positive relationship between a healthy diet and good health.	All students currently take HOPE and our HOPE teacher follows the prescribed curriculum for HOPE designed by the Florida Dept. of Education.	Student understanding is monitored by HOPE teacher.

Physical Activity: To provide students the opportunity to obtain the attitudes, behaviors, and skills for lifelong physical activity.

Goal	Implementation	Evaluation
A. All students shall take Health Opportunities through Physical Education (HOPE). The physical activity curriculum in HOPE shall include regular physical exercise and exposure to lifelong sustainable exercise options.	HOPE teacher follows curriculum guidelines developed by the Florida Department of Education.	Evaluation of physical activity shall be done by the HOPE teacher.
B. The school shall offer after-school club activities as opportunities for students to Exercise as well as additional PE electives during the day.	Intramural activities will be offered on a weekly basis. Additional PE electives will be offered during the school day.	Intramural sponsor will keep a log of activities and participation. PE electives are on the school master.
C. The school shall encourage families to provide physical activity outside the regular school day, such as participation in sports at the local high school or in sports sponsored by community agencies or organizations.	The school will emphasize extracurricular sports participation.	The principal will keep a log of those students engaged in sports activities unaffiliated with FSWC.

Other School-Based Activities: To provide a healthy meal environment.

Goal	Implementation	Evaluation
A. The school shall provide adequate time for students to eat.	Students will have a minimum of 30 minutes for lunch.	School schedules will be provided.
B. Non-emancipated and those that are not fulltime college students shall not be permitted to leave school grounds to obtain food.	Only emancipated students and those in fulltime college classes may go to the college cafeteria. No students may leave the campus to obtain food.	Sign out logs will be kept at the front desk.
C. The drink vending machine will have sugarless drinks available.	The addition of sugarless drinks will encourage healthy beverages for students.	The Principal will monitor drink choices on a monthly basis.

D. The school will not have a snack machine.	No snack machine will be provided by the vendor.	School Advisory Council voted against a snack machine.
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E. All foods served or sold to students in the school during the school day, including school and classroom celebrations, classroom activities, and fundraising activities, shall follow healthy eating guidelines.	A set of guidelines will be established for student clubs wanting to raise money by selling food.	The assistant principal will keep a log of all student food sales.
F. When recognizing student success or special events, the school shall consider celebrations with non-food rewards, including physical activities and group or individual projects.	The school will emphasize physical activity when recognizing student success.	The principal will keep a log of all celebrations and rewards.

Designee:

The principal is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

Assurance:

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.