

POLICY: WELLNESS POLICY
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POLICY #45

Jack and Jill Children's Center is committed to the optimal development of every student. The Center believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

School Wellness Committee

Committee Role and Membership

The Center has established a Center Wellness Committee (CWC) that meets at least four times per year to set goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update the wellness policy.

Community Involvement

The Center is committed to being responsive to community input, which begins with awareness of the wellness policy. The Center will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public can participate in the development, implementation and annual review and update of the local school wellness policy through a variety of means, including:

- The Early Childhood Director shall ensure overall compliance with the local school wellness policy.
- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
- The Center will use electronic mechanisms, such as email or displaying notices on The Center's website, as well as nonelectronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of the content of,

implementation of and updates to the wellness policy, as well as how to get involved and support the policy.

Implementation Plan

The Center develops and maintains a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

The wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

The Center will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which the Center is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

**At a minimum, LEA's must annually inform and update the public about the content and implementation of the local school wellness policy. USDA encourages LEA's and schools to include a summary of each school's events or activities relating to the LSWP implementation, contact information for the*

*designated LSWP official and information on how the public can get involved with the wellness policy committee. **

Record Keeping

The Center will retain records to document compliance with the requirements of the local school wellness policy at www.jackandjillcenter.org. Documentation kept in this location will include, but is not limited to the following:

- The written local school wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

**Documentation demonstrating compliance with community involvement requirements may include a copy of the solicitation on the LEA website. Documentation to demonstrate compliance with the public notification requirements may include a copy of the LEA Web page where the LSWP has been posted or a copy of the school newsletter. **

Informing the Public

The Center will ensure the wellness policy and triennial assessment are available to the public at all times and are updated at least annually. The Center will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

The Center will ensure the most updated version of the wellness policy and triennial assessment are always available on the school website for the public to view.

Nutrition

School Meals

The Center is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.

Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

The Center curriculum focuses on developing healthy, well-balanced eating habits. Snack and meal times are part of the daily routine that supports children's learning and socialization in a group setting. All meals are family style, with the children sitting at tables, to promote good manners, eating habits and socialization skills. Adults sit and eat with children during snack and meal time, engaging them in conversations about their daily activities and interests. Adults model and teach skills that include using developmentally and culturally appropriate manners, taking care of one's own needs, developing competence with turn taking, serving, pouring, and cleaning up. Children will be given an extra serving if it is available. Snacks and meals are also an occasion to discuss nutrition, expand cultural awareness about foods and customs, and discuss concepts such as portion, similarities and differences, etc.

Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.

Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.

Meals are available to all enrolled children without regard to race, color, national origin, handicap, sex, or age. The program staff takes the steps to ensure food safety in its provision of meals and snacks. Jack and Jill Children's Center prepares weekly menus which are posted throughout the facility and copies are available for families. Any menu corrections will be noted on the posted menu as changes are made. Breakfast is served at 8:00am and ends promptly at 9:00am. No outside food is permitted in the center.

We serve meals prepared onsite to the children throughout the day. This includes one milk based and one soy based infant formula and baby food. We serve breakfast, lunch, and afternoon snack. Meals cannot be served at any other time, so be sure your child arrives on time so s/he does not miss a meal (mealtimes vary per age groups, so be sure to check your child's classroom schedule). Also, children who are scheduled to leave right before lunch will NOT be served that meal.

Guidelines for All Foods and Beverages Available During the School Day

The Center shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA

General Guidelines

All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.

To the maximum extent possible, all schools will participate in available federal school meal programs, including the SBP, NSLP, ASSP and SFSP.

Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students:

The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

For the safety of children, parents are required to provide notification, in the form of a doctor's note, of any allergies/restriction (food or otherwise), with instruction for treatment should a child have an allergic reaction. Parents are required to provide written notification of any food/dietary restrictions. (I.e. lactose intolerance, vegetarian diets, wheat free/gluten free diets).

Parents are NOT allowed to restrict their child's diet while they are at the center based on a child's dislikes or presumed allergies. We do, however, allow food substitutes based on medical, personal, or religious reasons. Any child requiring a special diet due to personal or religious reasons **MUST** fill out the form regarding the need and signed by the parent. Any child requiring a special diet due to medical reasons **MUST** fill out the form regarding food allergies and intolerances. Specific foods to be avoided must be listed on this form, and it **MUST** be signed by a medical doctor. The Center will provide an **appropriate substitute** for that food. Milk replacements must also be noted and the parent is responsible to bring in the milk substitute, the Center will only provide soy milk. Unless we have a doctor's note, your child will be served **all** our food components.

For all infants and for children with disabilities who have special feeding needs, the staff keeps a daily record documenting the type and quantity of food a child consumes and provides families with such information.

Children enrolled in the infant/toddler program must have all bottles and sippy cups labeled.

Parents are required to complete a feeding schedule for their child as the child's feeding requirements change. Staff will complete a daily report for each child detailing for the parent what the child ate, when, and how much. The program staff works with the families (who are informed by their child's health care provider) to ensure that the foods children are consuming are based on the infant's individual nutritional needs.

Teaching team members do not offer solid foods to infants younger than five months, unless that practice is recommended by the child's health care provider and approved by the family. Sweetened beverages and juices are not served. The center does not feed cow's milk to infants younger than 12 months. The program serves whole fat cow's milk to children ages 12 months to 24 months. Jack and Jill Children's Center staff serves only formula and baby food that comes to the center in factory-sealed containers prepared to the manufacturer's instructions. Only breast milk, formula, or water will be placed in your child's bottle. No bottles will be served with cereal or any other food product in them. *Bottle feeding contents remaining in any bottle must be discarded within 1 hour.*

We provide filtered water to make the formula for the infants. Bottles are not heated in the microwave, as this will produce "hot spots" in the formula or breast milk. Pre-made bottles from home cannot be brought in. We need to prepare the bottles on site. If your child is breastfed and a parent forgets to bring in breast milk or the frozen supply is depleted, the parent will be contacted immediately and arrangements need to be made.

Breastfeeding mothers are welcome to come to the center during the day to feed their child. All breast milk must be dated and have your child's name on it. Fresh breast milk will be stored for 24 hours in the refrigerator. Milk that exceeds this time frame will be discarded. Please discuss your desire to come to the center to breastfeed your child with the classroom teacher and/or Center administration.

Physical Activity

Children participate in 60 minutes of physical activity every day through a comprehensive, school-based physical activity program that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities.

The Center provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. The Center will provide teachers and other school staff with a [list of ideas](#) for alternative, developmentally appropriate strategies to discipline students.

Other Activities that Promote Student Wellness

The Center will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to, at a minimum, will include a review of Smarter Lunchroom tools and techniques.

The Center will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

Afterschool programs will encourage healthy snacking and physical activity.

The Center shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

Eating Environment

Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food.

Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Health Services

A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Withholding or Punishing

Teachers and other team members will not deny or require physical activity as a means of punishment.