

McDonald's Playworld Community Development, Inc.
DBA Academy of Excellence

Preamble

Academy of Excellence recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits and by promoting increased physical activity both in and out of school.

Academy of Excellence is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

District level

Academy of Excellence will assemble a representative wellness committee that will meet **four times a year** to evaluate and set goals for the development, implementation and periodic review and update of its local school wellness policy.

- The School Administrator Tamika Haywood shall ensure overall compliance with the local school wellness policy. Her e-mail is haywood_tamika@yahoo.com or contact@mdpcedi.com
- Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

School level

Each school will establish an ongoing Healthy School Team that will meet **four times a year** to ensure compliance and facilitate implementation of (Academy of Excellence) wellness policy.



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- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Academy of Excellence wellness policy.

- In each school, Mrs. Carty will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
- The Healthy School Team will be responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003),
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003,
 - Reporting its school's compliance of the aforementioned regulations to Denise Jordan the person responsible for ensuring overall compliance with Academy of Excellence wellness policy.

2. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

Example Goals:

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Academy of Excellence will implement evidence-based strategies to promote healthy food choices through the school meal programs using Smarter Lunchrooms techniques.
- Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.
- The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.



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3. Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

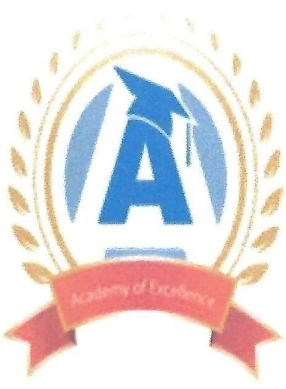
Example Goals:

- Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition.
- 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.
- Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.



4. Physical Activity

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Academy of Excellence shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthy physical activity.

- All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by Academy of Excellence with the approved state course codes. (Sunshine State Standards)
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Students will have the opportunity to be involved in physical activity through physical education programs, before- and afterschool activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

5. Other-School Based Activities

Academy of Excellence 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.



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General Guidelines

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- Schools and Academy of Excellence 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.
- Each school shall be in compliance with drug, alcohol and tobacco-free polices.

Convenient and Safe Drinking Water

- Students will have access to free, quality drinking water in all areas of each school.

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 from the line.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness

- Academy of Excellence wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

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,

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communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Healthier US School Challenge

- All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

Recycling

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Use of School Facilities Outside of School Hours

- Each school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to basketball courts, playgrounds and track facilities.

Withholding or Punishing

- Academy of Excellence is committed to prohibiting the use of food as a reward.
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

Academy of Excellence 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.

Example Goals:

General Guidelines



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- 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 in Dade County will participate in available federal school meal programs, including the School Breakfast Program (SBP), NSLP, Afterschool Snack Program and the Summer Food Service Program.

Competitive Foods

- All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers.
- Unless being sold by Academy of Excellence school food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- All competitive food items must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements:

- Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable; or

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- Contain 10 percent of the daily value of a nutrient of public health concern based on the most recent Dietary Guidelines for Americans (i.e., calcium, potassium, vitamin D or dietary fiber). Effective July 1, 2016, this criterion is obsolete.

Nutrient standards:

Nutrient standards	Snack Item	Entrée Item
Calories	200 calories or less	350 calories or less
Sodium Limits	230 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	10% or less of total calories	10% or less of total calories
Sugar Limits	35% or less of weight from total sugars	35% or less of weight from total sugars

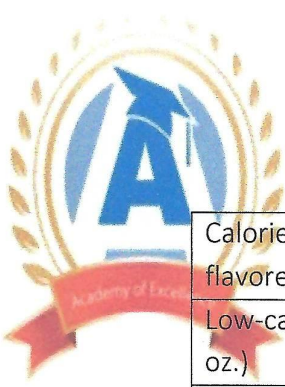
Exemptions:

- Entrées served in the NSLP/SBP on the day of service and the following school day.
- Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100 percent juice, extra light syrup or light syrup

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

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.



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Calorie-free, flavored water and other flavored drinks	Not allowed	Not allowed	20 fl. oz.
Low-calorie (5 calories or less per 8 fl. oz.)	Not allowed	Not allowed	20 fl. oz.
Low-calorie (40 calorie or less per 8 fl. oz.)	Not allowed	Not allowed	12 l. oz.

Fundraising

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

7. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.



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- Marketing activities that promote healthful behaviors (and are therefore encouraged) include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

Academy of Excellence wellness committee will update and make modifications to the wellness policy based on the results of the annual progress reports 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.

Annual Progress Reports

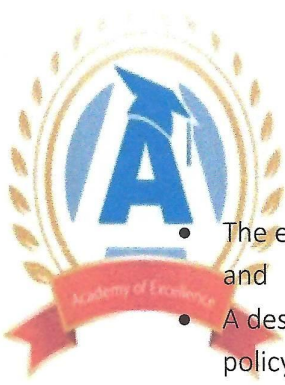
Annually, Academy of Excellence will review its local school wellness policy and publish a report for each school under its jurisdiction to share the progress of all schools in meeting the local school wellness goals. This report will include, but is not limited to the following:

- A description of each school's progress in meeting wellness policy goals;
- A summary of each school's local school wellness events or activities;
- The name, position title and contact information of the designated local agency official(s) or school official(s) leading/coordinating the local school wellness policy team/health advisory council;
- Information on how individuals and the public can get involved; and
- The website address for the wellness policy and/or information on how the public can access a copy.

Triennial Progress Assessments

Academy of Excellence will develop a triennial assessment to measure compliance wellness policy. This assessment will include, but is not limited to the following:

- The extent to which schools under the jurisdiction of Dade County are in compliance with the local school wellness policy;



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

9. Informing the Public

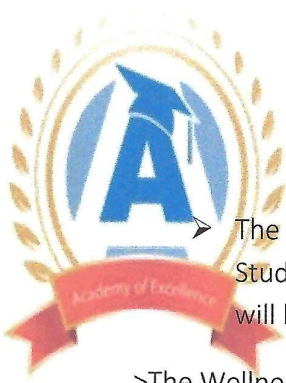
The Wellness Policy will ensure the wellness policy, information and updates to and about the wellness policy, the progress report and triennial assessment are available to the public at all times and are updated at least annually.

- Academy of Excellence will ensure the most updated version of the wellness policy, the progress report and the triennial assessment are always available on the school website for the public to view.
- Wellness goals and policy updates will be provided to students, parents and staff on a monthly basis. Wellness updates may be provided in the form of handouts, The school website, articles and information provided in each school's newsletter, presentations and through other appropriate means to ensure that the community in each district is informed and that public input is encouraged.
- Each school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year and make the policy available to the public by posting it on the school's website.

10. Community Involvement

Academy of Excellence is committed to being responsive to community input, which begins with awareness of the wellness policy. Academy of Excellence 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 general public can participate in the development, implementation and periodic review and update of the local school wellness policy through a variety of means, including:

Example Goals:



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- The school will consider student needs 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.

>The Wellness Team will use electronic mechanisms, such as email or displaying notices on Academy of Excellence website, as well as non electronic 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.

- At the final public-school board meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

11. Record Keeping

Academy of Excellence will retain records to document compliance with the requirements of the local school wellness policy at www.mdpcdi.com/AoE-enrollement.html Documentation kept in this location will include, but is not limited to the following:

- The written local school wellness policy;
- Annual local school wellness policy progress reports for each school under its jurisdiction;
- Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction;
- Documentation demonstrating compliance with the public notification requirements (consistent with the section on informing/updating the public); and

Documentation demonstrating compliance with community involvement