

**Wellness Policy Committee** – This committee has assessed the school’s nutrition and physical activity needs and developed this Policy based on those needs.

The committee is composed of the following representatives:

<b>Area Represented</b>	<b>Committee Member Name</b>
Parent	Melanie Ronk
Student	Joshua Holland
School Food Service Personnel	Jeanmarie Potter
School Board	Robert Shively, Facility Manager
School Administrator	Gwen DaPore, Asst. Superintendent, Principal
School Nurse	N/A
Physical Education Staff	N/A
Health Education Staff	N/A
Local physician, dentist, or other health professional	N/A

## Goals, Implementation, Evaluation

**Nutrition Education:** Nutrition education is provided in a classroom setting.

Goal	Implementation	Evaluation
1. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors.	Classroom lectures, activities, and student participation provided in a nutrition/health class.	Classroom written tests (such as multiple choice, essay, fill in the blank) in the areas of nutrition.
2. Students will have access to useful nutrition information.	Use of posters, worksheets, brochures in various areas of classrooms and school campus.	Maintain a checklist of the nutrition information available to the students. Students will mark off the items on the checklist as they take the items.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices	Provide a variety of healthy meal choices during meal service.	Review menus, production records, nutrient analysis.

**Physical Activity:** Physical activities occur in different learning environments such as, but not limited to outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Goal	Implementation	Evaluation
1. Students in grades K-8 receive 300 minutes per week of instructionally relevant physical education (Sunshine State Standards).	All students will participate in a physical education class. They will be instructed in soccer, tennis, martial arts, and fitness activities in general.	Review class schedule and interview school personnel.
2. Students will have 15 – 20 minutes of physical activity each day.	Instruction may be provided through outdoor play at recess. Organized games may occur.	Review class schedule and interview school personnel.

**Other School-Based Activities:**

<b>Goal</b>	<b>Implementation</b>	<b>Evaluation</b>
1. Students will be provided an adequate amount of time to consume meals.	Schedule a minimum of 20 minutes for class 1 – 8 and 30 minutes for kindergarten to consume their meals.	Review the school schedule to confirm that each class is provided no less than 20 minutes (except for K- 30 minutes) to consume meals.
2. Food will not be used as a reward or punishment.	Establish rules in Code of Student Conduct and School Employee Handbook that food cannot be used for rewards or punishment.	Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.
3. Students will be provided access to school facilities for physical activity after school hours.	The school gym/basketball court and team equipment will be available for students' use after school hours.	Interview the students and school faculty to inquire about the availability and use of the school's gym or equipment.

**Nutrition Guidelines for All Foods Served or Sold: All foods served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fund raisers and class parties.**

- **200 calories or fewer per portioned package.**
- **No more than 35% of total calories from fat per serving size.**
- **Zero trans fat per serving.**
- **Consistent with the Dietary Guidelines.**
- **Contributes to developing healthy eating habits.**

**Designee:** Gwen DaPore is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

**Procedure for Reporting to the School Board/Governing Authority:** On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the school Board/Governing Authority for approval.

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

**Website Address for the Wellness Policy (if Public or Charter School):**

**[www.performanceacademies.com](http://www.performanceacademies.com)**

**Approval Signature Page**

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

**School Officials' Signatures:**

Myra M. P. Satero, Ph.D.      CEO      4-17-10  
Signature                      Title                      Date

Sharon DeFoe      Asst. Superintendent      4/17/10  
Signature                      Title                      Date

**School Board/Governing Agency's Signatures:**

Robert M. Mank      Board Chair      4/17/10  
Signature                      Title                      Date

[Signature]      VICE-CHAIR      4/17/10  
Signature                      Title                      Date

Angon Zoch      Member      4/17/10  
Signature                      Title                      Date

**Policy Adoption Date:** \_\_\_\_\_