

WELLNESS POLICY FOR:

Cayac, Inc. dba Pure Academy

Setting Nutrition Education Goals

Classroom:

Nutrition education is offered as part of a planned, systematic, comprehensive school health education program designed to provide students with knowledge and skills necessary to promote and protect their health. It is based on federal and state guidelines for health and nutrition education. Students will learn MyPlate and participate in classroom discussions with their teachers regarding making healthy food choices. Monthly, they will evaluate the lunch menu to see how the food fits MyPlate.

Education Outside the Classroom:

Nutrition services support classroom activities for all PreK – 12th grade students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Teacher Training:

The school provides appropriate training for teachers and other school staff members in the area of health and nutrition education. Professional development activities and training provides basic knowledge of nutrition, combined with instructional techniques and strategies designed to promote healthy eating behaviors. Staff providing nutrition education does not advocate dieting behaviors or any specific eating regimen.

Cayac DBA Pure Academy 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 include, at a minimum, a review of Smarter Lunchroom tools and techniques.

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.

At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.

Increase the number of on campus locations that students can access useful nutrition information by 10%.

Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 15%.

Increase the variety of opportunities that allow parents to engage in support of school wellness initiatives by 15%.

Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples may include presentations, newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally-grown food whenever possible within the school meals programs as well as in a la carte sales, including vending machines.

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.

The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.

Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate 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. (Example topics include: mindful eating, balanced meals, how to read nutrition facts labels)

Students will understand how food reaches the table and the implications that has for their health and future. Staff and school food service in partnership with community organizations will integrate hands-on experiences at least once per month (specify frequency of experiences per week, month or year) such as:

- o Farmer's market tours and visits to community gardens integrating core curriculum whenever possible.
- o Use of school gardens and cafeteria as a learning lab, harvesting vegetables from the school garden and incorporating them into school meals/snacks whenever possible.
- o Hosting farmers in the classroom and cafeteria for interactive discussions and presentations

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.

Setting Physical Activity Goals

Classroom Format & Instruction

The physical education program is designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program consists of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. Participation in such physical activity is required for all students in kindergarten through grade 5 for a minimum of forty five minutes, two days a week, grade 6th through 12th for a minimum of thirty minutes 5 day a week, or the equivalent.

Teacher-Student Ratio

We ensure that physical education classes have a teacher/student ratio comparable with those of other classes and state requirements.

Sequential Physical Education

Physical education classes are developmentally appropriate and based on standards from the National Association for Sport and Physical Education (NASPE), and Florida Department of Education's, sunshine state standards. Education is sequential, building from year to year. Incorporating Physical Activity into the Classroom: Opportunities for physical activity shall be incorporated into other subject lessons, as part of the learning process and as an "activity break". Short physical activity breaks between lessons or classes can also be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments. Physical education teachers assigned to each school are used as a resource for training other teachers on appropriate methods for "activity breaks.

Staff Training/Certification

Physical education is taught by a certified specialist.

Physical Activity Outside of Physical Education

We incorporate a minimum of two school and/or community based activities per school year that support physical education and active lifestyles.

Recess

We have supervised recess for a minimum of 15 minutes a day. Recess is be scheduled before lunch.

Walk/Bike to School

When appropriate, the district works with local community agencies to make it safer and easier for students to walk and bike to school.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Nutritional Value

Nutrition guidelines that meet USDA standards are established for all foods available through school meals or vendors. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

Portion Size

School foods are served in age-appropriate portion sizes.

A La Carte/Vending/Student Stores/Concession Stands

A la carte items meet federal USDA guidelines and are appropriate portion sizes. Vending machines follow specific nutrition USDA guidelines.

After school Snacks/Fieldtrips/School Events

Any school snack is based on the nutrient guidelines from the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Each school makes available nutritious snacks (as prescribed by USDA Snack guidelines) and provide structured physical activities in after-school programs.

Parties/Celebrations/Meetings

Schools are encouraged to promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons. Schools are encouraged to limit the number of celebrations in the school.

Food Rewards

There are no rewards that include food

Food Related Fundraising

Schools commonly use food and beverage sales in fundraising activities. To support children's health and reinforce nutrition lessons, fundraising activities should only include healthy foods and/or physical activity and/or non-food items. School fundraising activities that includes the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping schools meet their financial needs.

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-2.002)

Food/Beverage Contracts

No new contracts shall be entered into nor renewed for the sale of any non approved food or beverage on campus from before the school day until ½ hour after the end of the school day.

Personnel

Qualified nutritional professionals administer the school meals programs.

Setting Goals in the School Meals Program

Access

We provide free/reduced meals and affordable access to nutritious foods without any stigma or identification.

Time and Scheduling

We allow adequate time for breakfast and lunch and not schedule any meetings or activities during mealtimes.

Surroundings

The dining room facility is conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, custodial staff, etc.) receive training in appropriate dining practices from the school principal or designee.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

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.

Marketing activities that promote healthful behaviors are encouraged. Examples may 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.

Evaluation and Measurement of the Implementation of the Wellness Policy

Cayac DBA Pure Academy 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

Cayac DBA Pure Academy will assess 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 Cayac DBA Pure Academy 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.

Informing the Public

Cayac DBA Pure Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. Cayac DBA Pure Academy 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.

Cayac DBA Pure Academy will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.

Cayac DBA Pure Academy will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district

superintendent, health and wellness committee and other interested groups or stakeholders.

Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, Cayac DBA Pure Academy website, articles and each school's newsletter, to ensure that the community 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.

Coordinated School Health

A coordinated program of accessible health services is provided to students and staff and include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

Community Involvement

Cayac DBA Pure Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Cayac DBA Pure Academy 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, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

Cayac DBA Pure Academy will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.

Cayac DBA Pure Academy will use electronic mechanisms, such as email or displaying notices on Cayac DBA Pure Academy's 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 any updates to the wellness policy, as well as how to get involved and support the policy.

Staff Wellness

We provide information about wellness resources and services to assist in identifying and supporting the

health, safety and wellness of site staff.

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. This assurance includes other school based activities.

Setting Goals for Measurement and Evaluation

Implementation

The physical education/health teacher is responsible for providing technical assistance. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

Monitoring and Evaluation

The principal monitors and evaluates schools' compliance with the wellness policy. We will monitor using surveys of the students. Surveys will be conducted by the teacher and be evaluated twice per year, in the Fall and Spring. The analysis will consider whether students are demonstrating a positive age appropriate health result. The data will be used to prioritize needs in addressing various areas to develop additional programming.

Revision

The Wellness Committee will review the Wellness Policy every year. The review of the Wellness Policy and any recommended revisions will be presented to the board every year by Misty Khoury Executive Director.

These policies are adopted by the Cayac, Inc. dba Pure Academy, effective 8/10/22.

Original Committee members:

Michael DiGiacomo, Principal; Manuel Bonet, Food Service Manager

Angel Almendarez Community Member; Jessica Whitehead, Parent

Reviewed by the Board of Directors on July 8th, 2022

Board Member signature:

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