

Pembroke Pines Charter Schools Wellness Policy 2011-2012

INTRODUCTION

The Pembroke Pines Charter Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well-being of the children enrolled. The school continuously strives to promote activities and situations which enable students to make healthy choices which may then contribute to the total well-being of the school population.

PURPOSE AND GOALS

The Pembroke Pines Charter Schools recognize that good nutrition and physical activity are essential for students to maximize their full academic potentials, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

The Pembroke Pines Charter Schools have a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The schools have established a Local Wellness Policy Advisory Committee which is responsible for establishing and measuring the implementation of the Local Wellness Policy. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure that the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

POLICY

1.0 Local Wellness Policy Advisory Committee

1.1 Mission

The Pembroke Pines Charter Schools will maintain a Local Wellness Policy Advisory Committee that serves the following purposes:

- 1 Establish standards for all foods and beverages available to students on each school campus during the entire school day
- 2 Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
- 3 Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
- 4 Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
- 5 Review and evaluate the Local Wellness policy standards and implementation
- 6 Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

1.2 Membership

The Local Wellness Policy Advisory Committee membership at the Pembroke Pines Charter Schools will include the following individuals:

1. Parents
 - A member (parent) of the elementary/middle school advisory board
 - A member (parent) of the high school advisory board
 - A member (parent) of the PTA from the FSU campus (also an advisory member for the FSU Campus)

2. Student
 - Two high school students
3. School Food Service
 - An employee of the Chartwell's food service staff
4. School Board (see above in the Parent section)
 - A member (parent) of the elementary/middle school advisory board
 - A member (parent) of the high school advisory board
 - A member (parent) of the PTA from the FSU campus (also an advisory member for the FSU Campus)
5. School Administrator
 - School principal
6. School Nurse
 - N/A-The school system does not have nurses.
7. Physical Education/Health Education
 - PE/health educator
8. Local Health Professional
 - Community member who works in the health/well-being field

The Wellness Policy Advisory Committee Chairperson will be a principal of a school who is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

2.0 Nutrition Guidelines

2.1. School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Florida. The primary authority in this area will be Chartwell's Food Service. The Pembroke Pines Charter Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Chartwells' Solution:

Chartwells meals meet or exceed all USDA and state nutrient standards. Lunch meals are designed to provide 1/3 of the Recommended Dietary Allowances (RDA) appropriate for age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D. Breakfast meals provide ¼ of the RDA's for these nutrients.

Meals are designed to incorporate the following recommendations of the Dietary Guidelines:

No greater than 30% calories from fat and no greater than 10% calories from saturated fat

Minimize sodium, and cholesterol

Eliminate trans-fats

Maximize dietary fiber

Promote whole grains, fruits and vegetables, and low fat dairy choices

Chartwells' foodservice directors meet with students on a regular basis to obtain their input and suggestions regarding menu development.

Students will be encouraged to start each day with a healthy breakfast.

Chartwells' Solution:

The school breakfast program will incorporate nutritious menu items and utilize marketing strategies to promote breakfast participation as indicated in the Chartwells Morning Editions (High School) and Brake for Breakfast (Elementary and Middle) programs.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

Chartwells' Solution:

At the secondary schools, menu planning concepts and food merchandizing programs included in the Chartwells Profiles in Good Taste™ program are used to promote healthy and balanced meal choices. A wide selection of appealing entrees, accompanied by a variety of fruits, vegetables, and low fat milk choices, are offered at the Fresh Grille, Trattoria, Sandwich Central, Origins, and Uttakes. Signage programs clearly communicate the healthful food items included with each meal choice, and the food services staff encourages students to select these foods.

At the elementary schools, Chartwells Pyramid Pete's Creature Café sets standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages, and monthly promotions are used to encourage students to participate in the meal program and to select a complete, balanced meal.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Chartwells' Solution

School foodservice employees use food preparation techniques to provide meals that are lower in total fat, saturated fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk is emphasized in menu planning. Trans fat has been eliminated from the meals.

Standardized recipes, developed by Chartwells chefs and nutritionally analyzed by Chartwells registered dietitians, are used to prepare food items that meet nutritional guidelines for meals.

The Chartwells Culinary Innovations program trains our foodservice employees so they can improve their culinary skills, including the use of standardized recipes and attractive food presentation.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

2.2 Competitive Foods

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value."

A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school or entire district is prepared to make changes to their a la carte product profile.

Snacks:

- o No more than 200 total calories per package
- o No more than 35% calories from fat
- o No more than 10% calories from saturated fat
- o No more than 480 mg sodium
- o No more than 35% sugar by weight
- o Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- o 100% fruit and vegetable juice, limited to 12 oz. portion size
- o Fat-free and 1% milk, 8-16 oz. portion size
- o Water and flavored water without added sugar, unlimited portion size
- o Caffeine free except flavored milk
- o Carbonated water and carbonated 100% fruit juice with USDA approval

Chartwells' Solution:

The Chartwells Balanced Choices program promotes “better-for-you” snack and beverage choices that are defined by the above parameters and merchandised on the serving line, at snack bars, or in vending machines. The eye-catching Balanced Choices logo and merchandising materials identify healthier choices for students. No ala-carte items sold through Chartwells contain trans fats.

2.3 Eating as a Positive Experience

The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

Water fountains are accessible during breakfast and lunch to all students at all campuses so that students may always have the option of drinking water.

Chartwells' Solution:

Chartwells marketing and operations staff are available to assist districts with facility design that supports a pleasant dining experience. Our food service staff receives customer service training including strategies to serve students quickly and efficiently. The Profiles in Good Taste food merchandising program includes options for self service at several food court style stations, including Fresh Grille, Trattoria, and Outtakes.

2.4 Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles.

Chartwells' Solution:

Chartwells upholds standards set forth in the USDA Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

The Chartwells Food Safety for Schools Training and Documentation program includes the 24 ten-minute Food Safety Training Modules, is used to train food service staff about appropriate food handling procedures to reduce the risk of food borne illness.

Chartwells Directors of Dining Services and other appropriate food service staff are certified in food safety through the National Restaurant Association Educational Foundation's ServSafe® program.

3.0 Nutrition Education**3.1 Classroom**

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of Florida, The Sunshine State Standards. In addition, teachers will provide students with additional activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the Sunshine State Standards.

The district's Local Wellness Policy Advisory Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

3.2 Cafeteria

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Chartwells' Solution:

Chartwells Pyramid Pete's Creature Café elementary school program displays colorful signage that encourages students to select a complete meal, as well as posters highlighting good nutrition and physical activity messages that are consistent with lessons taught in the classroom.

The Chartwells Celebrity CHAT board is posted in prominent locations in secondary school cafeterias. Monthly topics about nutrition, physical activity, and wellness are posted on the board and are available for students and parents to take home.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Chartwells' Solution:

Chartwells Balanced Choices Meal Guidance System identifies complete meals that meet precise nutrition parameters that exceed the USDA guidelines. Balanced Choices meals are prominently identified on menu and serving line signage with our recognizable Balanced Choices icon.

Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items.

Chartwells' Solution:

Snacks and beverages that meet the nutritional parameters for Balanced Choices are prominently identified with the signature Balanced Choices icon on menu signs and serving lines, in snack bars, and in vending machines. Balanced Choices snack and beverage signage is placed at eye-level as a strategy to encourage students to choose these items.

4.0 Physical Activity

4.1 Physical Activity during the School Day

Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

The Wellness Committee will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families opportunities to participate in physical activities. These activities will involve students from Kindergarten through 12th grade.

4.2 Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

4.3 Physical Education Classes

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4.4 Creating a Positive Environment for Physical Activity

The Pembroke Pines Charter Schools will promote a positive environment for physical activity by providing a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Recess will be provided for elementary students.

5.0 Other School Based Activities to Promote Student Wellness

5.1 Food Sold for Fundraising Activities

The schools will review fundraising activities and encourage activities that promote healthy food choices.

5.2 Healthy Classroom Parties and Celebrations

The Pembroke Pines Charter Schools recognize that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.

6.0 District Faculty, Staff and Food Service Staff Role in a Healthy School Environment

6.1 Professional Development

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. District and food service staff are encouraged to model healthy eating behaviors. The Wellness Committee will provide the schools with events throughout the year that will promote wellness.

Chartwells' Solution:

All Chartwells Directors of Dining Services have received certification in general nutrition through participation in a 10-hour Nutrition Fundamentals on-line course from an accredited college.

All Chartwells Directors of Dining Services will be required to take an additional 5-hour training certification course addressing subjects that pertain to the special nutritional needs of children.

All Chartwells Directors of Dining Services receive Chartwells Food Allergy Aware Program training.

All Chartwells food service staff receive monthly training on various topics concerning food production, safety, and nutrition through the Chartwells CHAT training program.

Upon request, Chartwells Resident and Regional Dietitians are available to present information on nutrition and wellness for school faculty and staff.

7.0 Policy Implementation

7.1 Monitoring

On each school campus, one individual will be assigned to ensure compliance with standards of the Local Wellness Policy in his/her school. This individual will report on the school's compliance to the Chairperson of the Local Wellness Policy Advisory Committee.

The Director of School Dining Services will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the Local Wellness Policy Advisory Committee.

7.2 Reporting

The Chairperson of the Local Wellness Policy Advisory Committee will report on the Pembroke Pines Charter Schools' compliance with the wellness policy to the City Commission and the advisory boards of the campuses.

7.3 Policy Review

The Wellness Committee will assess progress by first doing a baseline assessment and then monitoring throughout the year. The Wellness Policy will be revised based on need. Furthermore, the committee will present periodic reports to the advisory boards who may use the updates from the policy in their reporting documentation.