



# *Imagine School at Broward*

## WELLNESS POLICY

Imagine School at Broward is committed to provide a school environment that promotes and protects the children’s health, well-being and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Imagine School at Broward that:

- The school will provide nutritional education to students, staff and the community.
- The school will provide physical education and activity to students (K-8).
- The school will offer other school-based activities promoting physical activity.
- The school will provide promotion of nutrition wellness to students, staff and the community.
- The school will participate in available federal school meal programs (including School breakfast Program, National School Lunch Program and Aftercare Snack Program)

### NUTRITION EDUCATION

- Elementary students (K-5) will participate in a monthly themed activity that will emphasize nutrition education to the students.
- Middle students (6-8) will participate in a monthly themed activity that will emphasize nutrition education to the students.

### PHYSICAL EDUCATION AND ACTIVITY

- Elementary students (K-5) will participate in the physical education program current schedule.
- Elementary students (K-5) will participate in fun fit daily with one day a week of organized activity to involve all students, staff and community (parent volunteers).
- Middle students (6-8) will participate in physical education and or healthy living according to criteria goals met for middle school guidelines.

## **OTHER SCHOOL BASED ACTIVIES**

- The school will encourage participation of enrichments (after school for development of physical activity) to the students and staff. (Example: Yoga, Zumba, Dance, etc.)
- Middle students (6-8) will be encouraged to participate in after school sports. (Example: Soccer, basketball, track, cheerleading)
- The school will encourage students (K-8) to participate in physical activities within their community.

## **NUTRITION PROMOTION**

- The school will promote nutrition through the following:
  - Posters
  - Verbally encourage children (K-8) to make wise choices on food nutrition
  - Monthly activities as described in nutrition education

## **ASSURANCE**

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

## **GUIDELINES FOR ALL FOODS SERVED AND SOLD**

All foods served or sold at this school will meet the following nutrition guidelines. The guidelines also apply to fundraisers and class parties.

- 250 calories or fewer per portioned package
- No more than 35 percent of total calories from fat per serving size
- Calories from saturated fat must be below 10 percent
- Zero trans-fat per serving
- Total sugar must be at or below 35 percent by weight
- Sodium must be at or below 480 mg per side dish and at or below 600mg per main dish
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

**INFORM/UPDATE THE PUBLIC ABOUT THE CONTENT/IMPLEMENTATION OF LSWP**

Wellness goals and policy updates will be provided to students, parents and staff weekly or monthly. The school wellness updates may be provided in the form of handouts, school website, articles and newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

**PROVIDE A PLAN FOR EVALUATING AND MEASURING THE IMPLEMENTATION OF THE LSWP**

The wellness team shall meet twice a year to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

**ENSURE ALL STAKEHOLDERS MAY PARTICIPATE IN THE DEVELOPMENT, IMPLEMENTATION AND PERIODIC REVIEW AND UPDATE OF THE LSWP**

At the final public school board meeting of each year, the LSWP (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.

**DESIGNATE ONE OR MORE LEA/SCHOOL OFFICIAL TO ENSURE THAT EACH SCHOOL COMPLIES WITH THE LSWP**

The principal or designated official shall ensure compliance with established school-wide nutrition and physical activity policies.

**WEBSITE ADDRESS FOR THE LSWP**

[www.imaginebroward.org/wellnesspolicy](http://www.imaginebroward.org/wellnesspolicy)