

School **Wellness** Policy

The following is a Wellness Policy for Diamond Minds Transformational Leadership Academy and Transitional Learning Academy. It complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness And Physical Education Policies; Nutrition Guidelines.

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:

Area Represented	Committee Member Name
Parent	
Student Representative (TLA)	Leonard Pomaros
Student Representative (DM)	MyKayla Brady
School Food Service Personnel	Fatima Deacon
Occupational Therapist	Ione Schneider
School Administrator	Tamika Lewis
School Administrator	Pam Miller
School Nurse	Johnice Hargadon
Board Member	Jack Schillinger



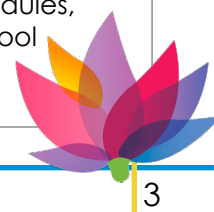
Goals, Implementation, Evaluation

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 for healthy eating behaviors.	Classroom lectures, activities, and student class participation. Links for teamnutrition.usda.gov and mypyramid.gov will be added to the school nutrition webpage.	Student work sample, tests (such as multiple choice, fill in the blank), behavioral surveys in the areas of nutrition. CDC School Health Index
2. Students will have access to useful nutrition information.	Posters, brochures and worksheets will be acquired from the USDA's Team Nutrition website. Materials will be used in classroom lectures and posted in classrooms and on bulletin boards.	Maintain lesson plans of the nutrition information available to the students and a sample packet of materials sent home with students. CDC School Health Index
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. CDC School Health Index
4. Increase the number of students benefitting from the School Breakfast Program.	Implement breakfast in the classroom at a minimum of once a week.	Activities calendar. Interview staff and students.

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 receive weekly instruction in physical education. (Sunshine State Standards)	All students will perform physical movement skills at levels consistent with own capabilities. Instruction may be provided through formal physical education courses (i.e. SPARK), integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.	Review class schedule and interview school personnel. CDC School Health Index.
2. Students will have 225 minutes of structured physical activity weekly.	Instruction may be provided through formal physical education courses, dance, Yoga, and/or Tai Chi.	Review class schedules, and interview school personnel.



Other School-Based Activities:

Goal	Implementation	Evaluation
Students will be provided 20 minutes of recess daily.	Students will engage in 20 minutes of supervised, unstructured play 5 days a week, during school hours or after-school.	Review class schedules and interview school personnel.
2. Students will be provided educational materials to take home and share with family/household members.	Brochures, handouts and educational articles will be sent home with student.	Maintain lesson plans of the educational materials sent home with the students.
3. Students at DM will have access to staff and school facilities for physical activity after school hours.	The facilities and equipment will be available for students' use after school hours. Activities will include running club, tennis, Vee Jitsu, outdoor excursions (i.e., kayaking, hiking).	Activities & Events Calendar Interview the students and school faculty to inquire about the availability and use of the school's gym or equipment.
4. Students will receive instruction on health and wellness from medical professional.	School will host a school-wide health fair, inviting doctor's and specialist in to provide mini-checkups and present information on health and wellness.	Activities & Events Calendar
5. Students will learn the benefits of relaxation and meditation.	Students will participate in class and/or school-wide relaxation/meditation.	Activities and event calendars. Student schedules. Interview school faculty and students.

Nutrition Guidelines for All Foods Served or Sold: All foods served or sold for breakfast and lunch will meet the following nutrition guidelines.

- 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: The school's director is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

Procedure for Reporting to the Governing Authority: On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the Executive Director. This will allow for review and revisions. If there are any recommended revisions, these will be presented to the 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 USDA.



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 approved signed copy will be provided to Food and Nutrition Management.

School Officials' Signatures:

Signature Title Date

Signature Title Date

Signature Title Date

Governing Agency's Signatures:

Signature Title Date

Policy Adoption Date: _____

Date Reviewed: September 8, 2012

By: Tamika Lewis, Jessica Durand, Makeesha Coleman

Date Revised: February 12, 2013

By: Tamika Lewis, Jessica Durand, Makeesha Coleman

