



<b>Aspire Health Partners, Inc. : Juvenile Justice Programs</b>
<b>Operating procedure: A28</b>
<b>Title: Local Wellness Program</b>

**Scope:** This policy applies to all food service personnel, clients, and employees

**Policy:** Aspire Health Partners, Inc. (AHP) is committed to providing site environments that promote and protect children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the goal that the AHP will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing system-wide nutrition and physical activity policies.

- Procedure:**
1. All students through 12<sup>th</sup> grade will have opportunities, support, and encouragement to be physically active on a regular basis.
  2. Food and beverages sold or served at our programs will meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans.
  3. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
  4. To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after school snacks); and the Summer Food Service Program.
  5. Schools will provide all students K-12 nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
  6. The Senior Administrator shall establish a wellness program that shall include, but not be limited to, the following components:

**A/B. WELLNES PROGRAM – STAFF AND STUDENT WELLNESS**

The AHP is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the ability to learn and succeed by embracing wellness, good nutrition and regular physical activity as part of the total learning environment. To that end, the AHP shall undertake activities in the following areas:

**Nutrition Education:**

- Utilize the cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- The AHP will hire a Nutrition Educator/Nutritionist whose

responsibilities will be to:

- Provide nutrition education and consultation to site community groups, PTO groups, site advisor groups, etc.
- Provide nutrition education in the classroom and throughout our facilities.
- Provide class and group nutrition education for the AHP.
- Act as liaison for “National Site Lunch Week”, “National Site Breakfast Week”, and Team Nutrition Activities.
- Develop promotions to increase fruit, vegetable, dairy consumption, etc.
- Assist in providing nutritional content for all foods served in the AHP so that every student and parent may have access to the nutritional content of food and beverages sold at breakfast and lunch.
- Support staff wellness classes regarding nutrition education for teachers, administrators and support staff.
- Integrate nutrition education into other areas of the curriculum such as math, science, health, language arts and social studies.
- 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.
- Share information with families, staff and broader community to positively impact students and the health of the community.
- Provide information to families and staff that encourage them to teach their children about health and nutrition in providing nutritious meals for their families.

7. **PLAN FOR IMPLEMENTING THE GOALS OF THE PROGRAM**

**AHP Wellness Committee**

- The AHP and/or individual schools within the AHP will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.
- The council also will serve as resources to school sites for implementing those policies. (A AHP Wellness Committee consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, PE Resource Specialist, members of the school board, school administrators, guidance counselor, Physical Education teachers, health professionals, and members of the public.)

8. **NUTRITIONAL GUIDELINES FOR FOODS AND BEVERAGES AVAILABLE ON EACH SITE CAMPUS AND AHP FACILITIES DURING SITE/WORK DAY**

**Nutrition**

- Academic performance and quality of life issues are affected by the choice and availability of good foods in our sites. [Healthy foods support a student’s physical growth, brain development, resistance to

- disease, emotional stability and ability to learn.]
- Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the AHP or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
  - The AHP policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
  - A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
  - Vending machines
    - All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories ; six grams of fat or less; one or more grams of fiber; at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
    - All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories ; six grams of fat or less; one or more grams of fiber; at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
    - Vending machines where student meals are served or eaten shall not include carbonated beverages or beverages with high sugar content of 15g or more.
    - Foods of minimal nutritional value are not to be sold in vending machines.
    - Foods of minimal nutritional value are defined as four categories:
      - Soda water – any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
      - Water Ices – any frozen, sweetened water such as “.....sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
      - Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
      - Certain Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: Hard Candy, Jellies and Gums, Marshmallow Candies, Fondant, Licorice, Spun Candy and Candy Coated Popcorn.
  - All beverage vending machines in secondary school areas and all faculty/staff areas at school and AHP sites shall include:
    - Water
    - 100% fruit juice
    - Non-carbonated drinks with less than 150 calories per container
    - No more than 1/3 of the choices will be carbonated drinks
  - The beverage vending machines may also include:
    - Non-fat, low-fat, plain, or flavored milk or yogurt in 16 ounces or less servings
    - Other non-carbonated drinks

The AHP shall support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

9. **Recommended Nutrition Standards for the AHP**

The National Site Lunch and Breakfast Program meals must meet nutrition standards set by the United States Department of Agriculture to qualify for federal reimbursement. The AHP Wellness Committee will make recommendations to the Senior Administrator to address the following adoptions to creating a healthy site environment:

- Accept the recommended nutrition standards that address all foods and beverages served and/or sold at the programs during the site day.
- Work toward the elimination of carbonated beverages served and/or sold during the site day by 2010.
- Raise nutritional awareness by emphasizing the consumption of fresh fruits, vegetables and whole grains.
- Offer foods and beverages in serving sizes appropriate for grade level.
- Utilize child nutrition programs as a resource for nutrition education in the development of district wellness policies.
- Encourage the use of Wellness Policy dictates when planning site fund raisers, classroom events, meetings, parties, concessions, intramural events and other extra curricular school events.

\* See attached “addendum A”

10. **PLAN FOR EVALUATING AND IMPLEMENTING THE WELLNESS PROGRAM**

The AHP Wellness Committee shall provide assistance to schools to create healthy school nutrition environments, promote healthy eating habits, and increase physical activity among secondary students. Support will include implementation, measurement and evaluation of goals and activities.

Monitoring and Evaluation: The AHP health education and wellness resource teacher(s) will be responsible for providing technical assistance and resources to all schools. They will support the implementation of health education and nutrition education to all schools.

All schools will include goals for implementing health and nutrition education and physical activity in the AHP Program Improvement Plans that support a sequential, comprehensive curriculum and planned activities that provide students with the knowledge and skills to make healthy choices.

The AHP schools will conduct ongoing evaluation, revision and implementation of the wellness policies. Schools will use a School Health Index evaluation prior to implementing new wellness policies and to repeat those measures at least once every year. (Recommended in the National Alliance for Nutrition and Activity.)

The AHP Senior Administrator shall evaluate the school meals program annually. A final status “report card” will be issued to the AHP Wellness Committee. The

Senior Administrator or designee in cooperation with the AHP Wellness Committee shall ensure compliance with the School Wellness Policy and develop revised goals annually.

**11. PLAN FOR MODIFYING THE PROGRAM BASED ON EVALUATION DATA**

**Policy Review**

To help with the initial development of the AHP wellness policies, each program will conduct a baseline assessment of the program's existing nutrition and physical activity environments and policies using SHI tool. The results of those program by program assessments will be compiled at the Senior Administrator level to identify all prioritize needs. Assessments will be repeated every year to help review policy compliance, assess progress, and determine area in need of improvement.

As part of that review, the AHP will review our nutrition and physical activity policies: provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The AHP, and individual schools within the AHP, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**12. WELLNESS COORDINATOR FOR EACH AHP PROGRAM**

The Program Wellness Team (PWT) will serve as a resource in each school to design and implement activities that fit the school's demographics and interests. All schools shall create, strengthen, or work within existing PWTs to develop, implement, evaluate, revise, and recommend school nutrition and physical activity plans. The PWT will promote education for lifelong healthy nutrition and physical activities. They can include Walk for Wellness, TV Turn-off Week, Health Fairs and Team Nutrition activities.

The PWT is a group of individuals representing the program and community. It involves representatives from stakeholders and is structure following the Center for Disease Control (CDC) Coordinated School Health Model.

There shall be at least one representative for each of the following components:

- Comprehensive School Health Educational
- School counseling, Psychological, and Social Services
- Health Services
- Nutrition Services
- Physical Education
- Healthy School Environment
- Employee Wellness
- Parent/Community Involvement

Program Wellness Teams will provide coordinated communications to all students, families, community and staff.

Physical activities and/or nutrition services and programs designed to benefit staff health are to be comprehensive and provided through the AHP Wellness Programs. It is designed to reach all employees at various levels of interest and need.

Each school and AHP facility will designate a Wellness coordinator for their facility. The names of those individuals should be given to the AHP Wellness Coordinator by September of each year.

Responsibilities of the Wellness Coordinator will be:

- Organize and lead the Program Wellness Team
- Evaluate program wellness using School Health Index tool
- Determine wellness goal for SIP based on School Health Index evaluation
- Aid in implementation of plan to reach SIP goal
- Coordinate school wide wellness initiatives
- Monitor and revise plan after evaluation

13. **Physical Activity**

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main focus is on physical education and health, but also includes academic integration, physical activity breaks, and before and after site physical activity programs.

**Physical Education and Health:**

Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

Physical education courses and curriculum are aligned with the Sunshine State Standards and offer the best opportunity to provide physical activity to all children. Physical education teachers assess student knowledge, motor and social skill, and provide instruction in a safe, supportive environment. Physical education programs incorporate health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity.

“No Child Left Behind” Policy ensures that state-certified physical education instructors teach all physical education classes.

It is highly recommended that adequate equipment be available so that each student has the opportunity to participate in physical education during the time allotted.

It is recommended that out of school assignments that support learning and practice of learned skills be assigned to extend physical activity opportunities.

Adopt the suggestion that schools have as their goal to achieve the National Association for Sport and Physical Education (NASPE) recommendation that schools provide 225 minutes of instructional physical education for middle and high school students per week for the entire school year.

Enact the recommendation by (NASPE) that the teacher/student ratio in physical education classes be no greater than 1:30 (middle/high) for safe and optimal instruction (similar to other classroom settings).

Information will be provided to families to educate and motivate them to incorporate health concepts and physical activity into their children’s lives via the AHP website, television productions, brochures, newsletters/flyers, press releases, or the school marquis.

Physical education teachers will participate in a minimum of 2 training days which will include visitations, workshops and conferences. New physical education teachers will visit model, programs within the AHP as part of their new

teacher orientation.

14. **Physical Activity Opportunities During the School Day**

Physical activity will be integrated across the curricula (classroom-based movement) and throughout the school day. Teachers will be provided training on hour to incorporate movement activities to enrich academic subjects (e.g., Science, Math, Social Studies, and Language Arts).

It is suggested that time allotted for physical activity be consistent with research recommendations at the national and state levels. For example, (NASPE) recommends children to be active for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children need opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours.

Encourage whole school physical activity during announcements via television broadcast i.e., incorporate 5 to 10 minute physical activity sessions in classroom during announcements via television broadcast, or transitions between different lesson, i.e., Brain Gym, All Children Exercising Simultaneously (ACES), warm ups, Take Ten!, Mind and Body.

Provide training in Brain Gym (or similar program) to classroom teachers.

15. **Physical Activity Opportunities Before and After Site**

Each school will provide a physical and social environment that encourages healthy, safe and enjoyable activity for all students, including those that are physically challenged.

Schools will encourage families and community members to institute programs that support physical activity.

Schools will offer clubs to promote physical activity before and/or after school such as, fitness, walking or running clubs, intramurals, motor development programs, or sport development clubs.

Physical education teachers will promote physical activity programs for families to conduct at home such as, Activity/Gram, America On The Move walking program, Team Nutrition, PE Central's Log It walking program.

Schools are encouraged to conduct Family Wellness Nights to teach and promote physical activity and wellness.

Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day.

Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main focus is on physical education and health and includes academic integration, physical activity breaks, and before and after school physical activity programs.

16. **Other Site-Based Activities**

**Direct Wellness Program:**

Include the promotion of exercise, education, healthy habits, health screenings,

and health risk assessment tools for all staff as part of the AHP Wellness Program.

Develop an annual Wellness Challenge and other wellness activities. The goal of these activities is to enhance a healthy lifestyle through education and incentives.

Staff a Wellness Program department with a registered dietitian, registered nurse, manager and administrative secretary to implement and coordinate the AHP Wellness Program

Develop an annual Wellness Conference on an in-service day.

Evaluate needs of the staff and deliver programs to address these needs.

17. **Team Nutrition:**

Enroll each school with the United States Department of Agriculture (USDA) as a Team Nutrition School.

Encourage schools to start a community garden and teach life lesson in health and science class.

Utilize the Team Nutrition program and our Cafeteria Managers to encourage both staff and students to eat more fruits and vegetables. Fruits and vegetables will be introduced by the Cafeteria Manager who will provide samples for taste testing.

18. **Health Education and Life Skills:**

Healthy living skills shall be taught as part of the regular instructional program consistent with Sunshine State Standards and National Health Education Standards. Students shall be provided the opportunity to understand and practice concepts related to health promotion and disease prevention.

Provide for an interdisciplinary, sequential, skill-based health education program, based upon state standards and benchmarks taught by a certified Health teacher.

Offer access to valid and useful health information and health promotion products and services.

Provide students the opportunity to practice behaviors that enhance health and/or reduce health risks.

Encourage students to interact with family members with assignments and projects.

Teach communication skills, goal setting and decision making skills that enhance their personal, family and community relationships.

Require high site students to complete Live Management Skills classes.

Provide all who teach health education with appropriate professional development to promote lifelong health nutrition and physical activity, e.g. Wellness Conference.

Encourage Family and Consumer Science class participation.



19. **Healthy and Safe Environment:**  
A healthy and safe environment for all, before, during and after site helps to support academic success. Safer sites and communities help to promote and influence healthier students and citizens. Healthier students do better in site and with academic success they eventually make greater contributions to their community.
- Assure site buildings, grounds, structures, buses and equipment meet all current health and safety standards (including air quality) and kept clean, safe and in good repair.
- Provide an environment free from tobacco, alcohol and other drugs in sites, AHP offices, and vehicles.
- Educate students and staff on personal safety and violence and substance abuse prevention.
- Create an environment where students, parent/guardians and staff members are accepted, respected, and valued for their personal integrity.
- Educate and enforce a harassment free environment.
20. **Health Services:**  
A AHP sponsored healthcare services program shall offer education and services that also help to promote academic achievement and success. A broad scope of services will be delivered through qualified health care professionals to help improve the mental, physical and emotional health of both students and staff.
- Deliver health services under the supervision of professional Medical Director.
- Collaborate with other community agencies and resources to promote health and wellness for our students, their families, and staff.
- Utilize site nurses and other site health services to promote lifelong healthy nutrition and physical activity.
- Include health services activities such as site safety awareness, parenting skills, and other appropriate and pertinent health services education topics.
- Delivery of services shall include at minimum: emergency health interventions, routine daily management of health conditions that effect a student's academic performance, communicable disease prevention, student health screening (including Body Mass Index – BMI), and community health referrals as appropriate.
21. **Social and Emotional Well Being**  
Programs and services shall support and value the social and emotional well being of students, families and staff members with the intention of helping to build a healthy site environment.
- Establish a supportive and nurturing environment that includes site counseling services. These services shall be offered to encourage students, families and staff members to request assistance when needed and to help link them to site and community resources as appropriate.
- Students shall be provided the opportunity to express thoughts and feelings in a



responsible manner.

Students shall be taught to identify and respect the differences in others.

Students shall be instructed in developing skills that can help them build positive interpersonal relations.

Students and staff shall be encourage to balance work and recreation and will be instructed in techniques to help them become aware of stressors which may interfere with health.

**Authority:**

A handwritten signature in blue ink, appearing to read "Ken Jones", is written over a horizontal line.

Senior Vice President of Corporate Operations

**Revised Date:**

5/11/17

**Initial Effective Date:**

11/30/06