

BURNS SCIENCE AND TECHNOLOGY CHARTER SCHOOL

A FLORIDA CORPORATION NOT FOR PROFIT

Mission Statement

Where students are inspired & prepared for the 21st Century

Health and Wellness Policy

I. GENERAL PHILOSOPHY:

It is the policy of the Burns Sci-Tech Charter School to recognize that children need access to healthful foods and opportunities to be physically active in order to learn, grow, and thrive. The School also believes that good health fosters student attendance and education, and a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

Our Burns Sci-Tech School Board is committed to providing a school environment that enhances learning and development of lifelong wellness strategies. Through the collaborative efforts of the school administrators, cafeteria/food service manager and food service staff, teachers and staff, students, parents, school board members, and the School Health Advisory Committee, the following wellness policy was developed and adopted to meet the needs of our school. This policy shall be reviewed annually to determine compliance with the law.

a. Health and Wellness Committee:

The School Health and Wellness Advisory Committee consists of a group of individuals representing the school and community and includes parents and representatives of the school cafeteria, a member of the school board, school administrators, teachers, health professionals, and members of the public. The committee can establish sub-committees to address specific needs of the School as appropriate and strengthen, or work with existing school health councils to develop, implement, monitor, review, and, as necessary, revise school wellness policies. The committee will serve as a resource to the school for implementing those policies.

II. Nutrition Quality of Foods and Beverages Sold and Served on Campus Goals:

- a. The School will provide accurate nutrition education information and resources to teachers consistent with the Dietary Guidelines for Americans and the Florida State Standards.

- b. The School cafeteria manager will work cooperatively with the teachers, using the dining room as an opportunity to make healthy choices and promote the consumption of fresh fruits and vegetables.
 - c. The School cafeteria manager will continually train staff in nutrition concepts.
 - d. The School will introduce nutrition education curriculum programs to all teachers to use at their discretion.
 - e. The School will provide professional development opportunities for health teachers in nutrition concepts and instruction.
- III. Nutrition Standards for All Foods Available on School Campus during the School Day:
- a. The School will ensure that all reimbursable program meals served, meet the regulations and guidance issued by the Secretary of Agriculture, pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
 - b. The School will encourage all students to start the day with a healthy breakfast by making breakfast accessible to all students.
 - c. The School cafeteria will offer fresh fruits and vegetables and promote whole grain products.
 - d. The School will comply with all federal and state regulations regarding competitive food sales and the sale of foods with minimal nutritional value.
 - e. The School will encourage limitations of sweet treats served as refreshments at parties and celebrations during the school day.
 - f. The School will be encouraged to develop alternative ideas for rewards and incentives, to reduce the use of food as rewards and incentives in the classroom.
 - g. The School will encourage the inclusion/addition of healthy food and beverage choices at extra-curricular events.
- IV. Nutrition and Physical Activity Promotion and Food Marketing Goals and Other School-Based Activities Designed to Promote Student Wellness:
- a. The School will provide a clean dining environment for students.
 - b. The School will establish meal times consistent with federal regulations.

- c. The School prohibits the withholding of food as punishment.
 - d. The School will support the health of all students by providing health screening, hosting health clinics, and helping to enroll eligible children in federal and state children's health insurance programs.
 - e. The School will encourage the promotion of school-based health and wellness activities for students.
 - f. The School shall comply with the applicable drug, alcohol, and tobacco-free policies and discourage the said use during non-school hours.
- V. Physical Activity and Physical Education Opportunities Goals:
- a. The School will give students opportunities for physical activity through a range of programs, such as recess, intramural sports, and athletic clubs.
 - b. Teachers and school staff are encouraged to not use physical activity or to not withhold physical activity as a negative consequence.
 - c. The School will continue to support community recreational programs that encourage physical activity.
 - d. The School will be mindful of extended periods of inactivity and encourage "brain-breaks."
 - e. The School will provide professional development opportunities for physical education teachers that include fitness concepts and instruction.

Policy 305-Instructional Physical Education:

- a. Students in grades K-5 will receive 150 minutes of physical education/week. On any day during which PE is conducted, it must be scheduled for a minimum of 30 consecutive minutes.
 - b. Students in middle school will receive a minimum requirement (equivalent in minutes to one class period) of physical education class, equivalent to one semester of each year.
- VI. Tobacco- Free Campus:
- a. The School will comply with drug, alcohol, and tobacco-free policies.

VII. Smoking on School Grounds:

- a. The Burns Sci-Tech School Board is committed to providing students, staff, and visitors with a tobacco and nicotine free environment. The negative health effects of the use of tobacco and nicotine products for both users and non-users, particularly in connection with secondhand smoke, are well established. Further, providing a tobacco and nicotine free environment is consistent with the role modeling responsibilities of teachers and staff for our students.
- b. For the purpose of this policy, “use of tobacco and nicotine products” shall mean all uses of tobacco, including cigars, cigarettes, pipe tobacco, chewing tobacco, snuff, or any other substance or product that contains tobacco or nicotine. However, such “use” shall not include the use of smoking cessation products such as nicotine patches or nicotine gum for their intended purposes.
- c. No person may use tobacco or nicotine products in or on school property, including the outside grounds.
- d. Tobacco advertising is prohibited on school grounds, in all school-sponsored and school purchased publications, and at all school-sponsored events. Tobacco promotional items that promote the use of tobacco products, including but not limited to: clothing, bags, lighters, and other articles are not permitted on school grounds or at any sponsored events. Sponsorships, gifts, grants, and tobacco prevention materials provided by tobacco companies or their subsidiaries are prohibited.

VIII. Staff Wellness Goals:

- a. The School values the health and wellness of every staff member and will explore employee wellness program opportunities that have proven cost-effective methodology.
- b. The School will strive to utilize health insurance carriers to provide wellness and disease management programs for all staff members.
- c. The School will make nutrition and wellness information available for all staff members.

IX. Monitoring and Policy Review:

- a. The School administrators will ensure that our school establishes strategies to meet the adopted goals by the end of October each school year. The School will maintain evidence of documentation and information provided to parents and students in

support of this Wellness Policy. Our School will provide a school wellness plan to the school district each year. The School Health and Wellness Committee will review and revise the plan each year.

- b. At the beginning of each school year, the School will provide parents and guardians with information concerning ways that they can help their children to be physically active and to eat healthful foods.
- c. There will be an annual report regarding the implementation of this policy, with recommended revisions as necessary.

Legal Authority:

Sections 1001.41(2), 1001.42 (22), Florida Statutes

Law Implemented:

Sections 1001.43 (6), 1003.453.595,405,595,407, Florida Statutes

Adopted – November 2018

Board Chair