Shiloh SDA School

Wellness Policy

Preamble

Shiloh SDA School recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her/their ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school meal programs, supporting the development of good eating habits and promoting increased physical activity.

Shiloh SDA School is committed to creating an environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. Local School Wellness Policy Leadership

Shiloh SDA School will assemble a representative wellness committee that will meet bi-annually to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made.

- The Shiloh SDA School Board shall ensure overall compliance with the local school wellness policy.
- Parents/guardians, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

Shiloh SDA School will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

2. Nutrition Promotion

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase the number of on campus locations that students can access useful nutrition information by 5%.

- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by 10-15%.

3. Nutrition Education
   - Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes
   - The 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.
   - The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
   - Creation Health or B.E.S.M.A.R.T Program

4. Physical Activity
   - All elementary students will have at least 20 minutes of daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.
   - Students will have an increase in both the number and variety of physical activity opportunities offered to them.
   - Staff will be encouraged to participate in 150 minutes of moderate-intensity activity (e.g., brisk walking, jogging, dancing, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in community events and through Ascend To Wholeness health app.
   - Staff will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly as appropriate.

5. Other School-Based Activities

Shiloh SDA School will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

- Shiloh SDA School shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- Shiloh SDA School shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Shiloh SDA School will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Employee Wellness

- Shiloh SDA School wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

- Shiloh SDA School is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Staff will not deny or require physical activity as a means of punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

Shiloh SDA School shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.

- To the maximum extent possible, **Shiloh SDA School** will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all students during each meal service.
- **Shiloh SDA School** will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.

Competitive Foods

- No foods or beverages are currently sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

Standards for food and beverages available during the school day that are not sold to students:

- Class parties or celebrations shall be held after the lunch period.
- **Shiloh SDA School** will limit celebrations that involve food during the school day to no more than one party per class per month.
- The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
  OR
- Only foods that meet the Smart Snacks in School nutrition standards can be served.

Fundraising

- **Shiloh SDA School** does not hold fundraising events that involve food or beverage items.

OR

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The board of directors is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- As applicable, each sponsor shall maintain records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with the rule found at FAC 5P-2.002.

7. Policy for Food and Beverage Marketing

- No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

8. Evaluation and Measurement of the Implementation of the Wellness Policy

Shiloh SDA School wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Shiloh SDA School will assess the local school wellness policy to measure compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which Shiloh SDA School is in compliance with the local school wellness policy.
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

Shiloh SDA School will ensure that the wellness policy and most recent triennial assessment are always available to the public. Shiloh SDA School will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Shiloh SDA School will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.
- Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts, website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.

- As applicable, **Shiloh SDA School** will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

10. Community Involvement

Shiloh SDA School is committed to being responsive to community input, which begins with awareness of the wellness policy. **Shiloh SDA School** will actively communicate ways in which parents/guardians, students, representatives of the school food authority, school health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- **Shiloh SDA School** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- **Shiloh SDA School** will use electronic mechanisms, such as email or displaying notices on **Shiloh SDA School** website and Classdojo as well as non-electronic mechanisms, such as newsletters to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- **Shiloh SDA School** will invite the public and school community to participate on the Wellness Committee.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.