

Ann Storck Center Local School Wellness Policy



Ann Storck Center, INC

Preamble

Ann Storck Center 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 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 schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Ann Storck Center is committed to creating school environments that promote and protect 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

Leadership Designation: The Director of School will oversee the development, implementation, and evaluation of the wellness policy.

Wellness Committee: A wellness committee will be established, including parents, participants, and representatives from the center's food service, health professionals, educators, and community members.

District level

Ann Storck Center will assemble a representative wellness committee that will meet **bi-annually** October and April to monitor and set goals for the development and implementation of its local school wellness policy. As required by *K-20 Education Code 1003.453* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- Karen Flowers will ensure overall compliance with the local school wellness policy.
- Parents, 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.
- **Karen Flowers** will be responsible for:

School level

Ann Storck Center will establish an ongoing Healthy School Team that will meet bi-annually in August and April each year to ensure compliance and to facilitate the implementation of Ann Storck Center wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to **Ann Storck Center** wellness policy.
- In each school, the **Karen Flowers** will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.

- The Healthy School Team is responsible for:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-2.002);
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-2.002;
 - And reporting its school's compliance of the regulations to the Karen Flowers the person responsible for ensuring overall compliance with wellness policy.

Ann Storck Center 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 to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

i. Goals for Nutrition Promotion and Education

1. Nutrition Promotion

- i. Implement evidence-based strategies and techniques to promote healthy eating, including Smarter Lunchroom tools and techniques.**
- ii. Display and promote healthy food options prominently in the cafeteria.**
- iii. Provide nutrition education to students, staff, and families to encourage healthy eating habits.**

2. Nutrition Education

Integrate nutrition education into the curriculum for all grade levels.

- i. Offer professional development for teachers and staff to deliver effective nutrition education.**
- ii. Encourage involvement of families and the community in nutrition education activities.**

III. Guidelines for All Foods and Beverages Sold on Campus

1. Standards for School Meals

- i. Follow the USDA nutrition standards for National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- ii. Ensure that meals include a variety of fruits, vegetables, whole grains, and lean proteins.

Limit the amount of sodium, saturated fat, and added sugars in school meals.

2. Standards for Competitive Foods and Beverages

- i. All foods and beverages sold outside of the school meal programs during the school day will meet the USDA Smart Snacks in School nutrition standards.
- ii. Limit the sale of sugary drinks and snacks, promoting water, 100% juice, and low-fat milk instead.

IV. Standards for Other Foods and Beverages Provided During the School Day

1. Non-Sold Food and Beverages

Provide only healthy foods and beverages during school parties, celebrations, and classroom snacks.

Encourage the consumption of fruits, vegetables, whole grains, and water during these events.

2. Food and Beverage Marketing

- i. Allow marketing on school property only for foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
- ii. Prohibit advertising of foods and beverages that do not meet these standards.

V. Smarter Lunchroom Tools and Techniques

Implementation

- i. Utilize Smarter Lunchroom strategies to encourage students to select and consume healthier food options.
- ii. Regularly review and update the use of Smarter Lunchroom tools to enhance the effectiveness of the program.

VI. Triennial Assessment

Conducting the Assessment

- i. Assess compliance with the wellness policy every three years.
- ii. Evaluate the implementation of the policy and measure progress in meeting the goals.
- iii. Involve parents, students, and the community in the assessment process.

Public Involvement

- i. Encourage public participation in the development, implementation, and periodic review of the wellness policy.
- ii. Hold meetings and public forums to gather input from stakeholders.

Availability of the Assessment

- i. Make the triennial assessment results available to the public.
- ii. Publish the assessment on the Ann Storck Center website and in the annual school newsletter.
- iii. Share the results during school board meetings and parent-teacher conferences.

VII. Communication and Public Notification

1. Publicizing the Wellness Policy

- i. Provide information about the wellness policy to the public, including parents, students, and community members.
- ii. Publish the policy on the Ann Storck Center website and include it in the student handbook.

2. Ongoing Updates and Review

- i. Regularly update the wellness policy based on the results of the triennial assessment and changes in regulations.
- ii. Engage stakeholders in the review process to ensure the policy remains relevant and effective.

VIII. Compliance with Broward County Schools Policy 6830

1. Adherence to Local Policies

- i. Ensure all wellness policy components align with Broward County Schools Policy 6830.
- ii. Address all policy elements, including nutrition education, physical activity, and school-based wellness activities, as outlined in Policy 6830.

IX. Record Retention

- The Ann Storck Center will retain all procurement documentation for a minimum of three years after the final payment is made and all pending matters are closed.

This wellness policy is effective as of May 1, 2024 and will be reviewed annually and updated as necessary to ensure compliance with all applicable laws and regulations

Signature:  Date: 5.01.24

Director of School