



Wellness Policy

Mission Statement

Focus Academy is a charter High School and Transition Program for students ages 14 - 22 who require services under the Individuals with Disabilities Education Act (IDEA) and have, or are eligible for, a Transitional Individualized Education Plan (T/IEP). Our mission is to provide a proactive, relationship-based, environmental approach to learning that considers each student's unique sensory, social, emotional and educational needs.

Focus Academy offers our students rich and varied opportunities for individual development, social interaction and connection, relationship building and social-emotional growth, equipping them with the necessary tools to move beyond the classroom and to become active members of the community. Focus Academy believes that for students to have the opportunity to achieve, we need to create positive safe and healthy learning environments throughout the school year.

This policy outlines Focus Academy approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

1. Students attending Focus Academy have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available throughout the school campus- in accordance with Federal and state nutrition standards.
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
3. Students have opportunities to be physically active during and after school.
4. Focus Academy engages in nutrition and physical activity promotion and other activities that promote student wellness;
5. Focus Academy staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
6. Evidence-based strategies and techniques will be considered in establishing wellness policy goals.

Nutrition Education Goals

School Meals

Focus Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meals programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Focus Academy participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). Focus Academy is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- * 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.
- * 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 (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition. (Example topics include: mindful eating, balanced meals, how to read nutrition facts labels)
- * 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.
- * Are accessible to all students;
- * Are appealing and attractive to children;
- * Are served in clean and pleasant settings;
- * Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Focus Academy offers reimbursable schools meals that meet USDA nutrition standards.)
- * Promote healthy food and beverage choices using Smarter Lunchroom techniques:
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - White milk is placed in front of other beverages in coolers.
 - Announcements are used to promote and market menu options.

A la carte

- * Food providers will be sensitive to the school environment.
- * Focus Academy determines competitive food selections.
- * Nutrition information for products offered is readily available.
- * USDA Smart Snacks in School Standards <https://foodplanner.healthiergeneration.org/calculator/> will be used to assess if competitive food items meet the standards.

Food and Beverage Marketing

- * In-school marketing of food and beverages will meet Smart Snacks in School standards.

Fund raisers

- * Food and beverages sold at fundraisers during school include healthy choices and provide age-appropriate selections for all school levels.
- * Unless sold by the Food Service Program, competitive food items sold to students during the school day shall not consist of ready-to-eat combination foods of meat or meat alternate and grain products as defined in 7 CFR 210.11, incorporated in Rule 5P-2.002, F.A.C.
- * Competitive food and beverage standards may be exempted for the purpose of conducting infrequent school-sponsored fundraisers up to 10 days per school year. Lunch Director is responsible for maintaining records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with this policy.
- * No school-sponsored fundraisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period.

Non-Sold Food and Beverage

The school will provide a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.

Class parties or celebrations shall be held after the lunch period.

Celebrations that involve food during the school day will be limited to no more than (1) per month.

Staff Qualifications and Professional Development

Focus Academy school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. The school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. Focus Academy will make drinking water available where school meals are served during mealtimes.

- * All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, hydration stations, water jets and other methods for delivering drinking water.
- * Students will be allowed to bring and carry (approved) water bottles with name label on outside filled only with water throughout the day.

Nutrition Promotion

Focus Academy integrates wellness activities across the entire school setting. Focus Academy will coordinate and integrate other related activities, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy.

- * At a minimum, utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.

All school-sponsored events will adhere to the wellness policy guidelines. School-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Water Obstacle Day

This is a fun event for Focus Academy students held in May. Some of the special features include duck race, obstacle courses, relays, water zone. Our local Fire Department also comes out and join in on the fun.

Physical Education Goals

Students should participate in at least 60 minutes of physical activity every day. Focus Academy has incorporated a variety of physical activity breaks throughout the day. These activities are not a substitute for required physical education classes. Focus Academy will align activities to the *Let's Move!* (<https://letsmove.obamawhitehouse.archives.gov/get-active>)

Physical activity during the school day (including but not limited to classroom physical activity breaks or physical education) will not be withheld as punishment for any reason [This does not include participation on sports teams].

Health Opportunities through Physical Education

Focus Academy will include in the health education curriculum the following essential topics on physical activity:

- * The physical, psychological, or social benefits of physical activity
- * How physical activity can contribute to a healthy weight.
- * How physical activity can contribute to the academic learning process.
- * Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility.
- * Differences between physical activity, exercise, and fitness.
- * Phases of an exercise session, that is, warm up, workout and cool down.
- * Opportunities for physical activity in the community.
- * Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active.
- * Developing an individualized physical activity and fitness plan.
- * How to influence, support, or advocate for others to engage in physical activity.

Wellness Policy Compliance

The Wellness Policy compliance will be overseen by the school's Focus Academy's Administration, Principal.

Parents, Students, Staff will be able to participate in the update and/or changes to the Wellness policy.

Evaluating/Informing The Public

- * The School will ensure that a current copy of the Local School Wellness Policy (LSWP) is always available on the school website for the public to view. The approved LSWP is posted at www.focusacademytampa.org
- * The Wellness Committee shall meet to review and monitor compliance and will conduct an annual assessment.
- * The wellness goals and policy updates will be provided to students, parents, and staff as necessary.
- * At the end of the year board meeting, the LSWP will be discussed. All feedback and recommendations will be reviewed and considered.
- * The Food Service Director will be available during Open House to hear from suggestions from parents and students.

The goal for HEALTH EDUCATION is as follows:

- a) To maintain a safe and drug-free environment.
- b) Maintain up to date health education training for faculty and staff.
- c) Educate students about the three dimensions of total health.
- d) Physical Wellness - personal fitness, exercise, nutrition, effects of drugs, alcohol, and tobacco, personal hygiene, and disease.
- e) Social Wellness - healthy relationships, teamwork, treatment of others, character education, social skills, communication strategies.
- f) Emotional Wellness - stress, depression, suicide awareness, coping skills, anger-management, self-esteem, bullying prevention.

The Principal shall ensure compliance with established school-wide nutrition and physical activities policies

Timeline to implement Wellness Policy

Review the Wellness Plan - Beginning of School Year
Assess our School Wellness

Update our Wellness Committee/Policy
Plan Wellness Community Event
Implement Action Steps

Ongoing: Review Goals and Action Plans for relevance

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