

Bay Haven Charter Academy, Inc. Wellness Policies on Physical Activity and Nutrition

School Wellness Policy

Bay Haven Charter Academy, Inc. is a public charter school located in Panama City, Fl. BHCA, Inc. includes Bay Haven Charter Academy Elementary School and Middle School, North Bay Haven Charter Academy Elementary School, Middle School, and High School Career Academy. Childhood obesity has been recognized as a critical problem with respect to the health and lifestyle of our youth. A program of consistent physical exercise as a part of life, as well as knowledge and the application of a balanced diet are integral to better health.

Bay Haven Charter Academy, Inc.'s wellness policy and its committee's members will monitor all health and wellness initiatives of all its schools, as well as making recommendations for the implementation of wellness and health policies.

A copy of the School's Wellness Policy is available on Bay Haven Charter Academy's and North Bay Haven Charter Academy's websites at respectively www.bhca.ws and www.nbhca.ws and Bay District School System's Health and Wellness Policy can be viewed at <http://www.bay.k12.fl.us/departments/DistrictForms/tabid/691/Default.aspx>

Development of Wellness Policy

The development of Bay Haven Charter Academy, Inc.'s Wellness Policy is a result of input from the following committee members:

Wellness and Nutrition Committee Members

Chairperson: Kathy Purdie-Bay Haven food service employee
Linda Waddy-parent
Dr. Arzu Ersoy-parent and local dentist
Dr. Binita Amin-parent and local family practitioner
Meridith Garcia, James Aaron Lovett, and Kassie Waddy-students
Scotti Haney-Bay Haven Charter Academy, Inc. board member
Chuck Polk-Bay Haven school administrator
CiCi Farner-Bay Haven health teacher and PE coach

The aforementioned committee members will meet on a monthly basis to review the wellness policy, review policy compliance, assess progress, as well as to determine areas in need of improvement. The meetings' dates and times will be posted on our website as well as being included in email blasts. The meetings are available to the public. There will time permitted during the meetings for the public to address concerns, ask questions, and make suggestions for improvement. The schools will, as necessary, revise the wellness policy and develop plans for its implementation after the changes are advertised on the school's website for 20 days. The changes will be voted on at the next regularly scheduled Bay Haven Charter Academy, Inc.

Board of Directors' meeting. Tammy Graham will serve as the LEA contact ensuring operational responsibility and compliance for Bay Haven Charter Academy, Inc.

Staff Wellness Committee Members

The staff wellness committee will be comprised of members of the physical education staff and health teacher. The Wellness and Nutrition committee members will also play a role in the staff wellness committee.

Wellness and Nutrition Policy Goals

As such, it is with careful consideration of the Wellness and Nutrition Committee members, that the following goals have been decided upon in order for our students to live a healthy life while making healthy choices:

- While strictly adhering to the nutrition standards of the United States Department of Agriculture (USDA), the schools that fall under the auspices of Bay Haven Charter Academy, Inc. will move towards adhering to the more stringent *HealthierUS* Challenge menu by the 2011-2012 school year.
- The schools will provide the opportunity for each child to select a complete menu choice that meets all of the menu guidelines of a *HealthierUS* Challenge.
- Students in grades kindergarten through second will be taught nutrition education as a part of the curriculum or integrated with another subject area such as reading or science.
- Middle School students will cover nutrition education as well as being taught a variety of aerobic exercises through the physical education program that can be easily maintained in the students' everyday life outside of school.
- Our school reimbursable lunch program will reach 70% participation by the 2011-2012 school year.
- Our school lunch menus will offer fresh fruit or raw vegetables and a whole grain food choice everyday.
- Our schools will not sell other food items outside of the school lunch times other than those listed in appendix d.
- All students shall be afforded the opportunity to participate in our school lunch program, as well as students on free and reduced lunch. Students on free and reduced lunch as well as students who owe lunch money will not be singled out in any way, shape, or form.
- Students in all of Bay Haven Charter Academy, Inc.'s schools shall be provided a pleasant, clean setting in which to eat lunch.
- All students will be provided 20 minutes to eat lunch sitting down after they have received their food.
- Students will be allowed time for a recess break in the courtyard after lunch is eaten. Elementary students are permitted to eat outside at picnic tables and partake of the extra recess twice a week, whereas middle school students are offered this choice on a daily basis.
- Currently Bay Haven Charter Academy, Inc., employs one certified licensed trainer in food handling and preparation. However, by the 2011-2012 school year

all food service employees will be certified food handlers. Continuing education is required for all food service employees on an annual basis.

Physical Activity

Bay Haven Charter Academy, Inc.'s schools offer a plethora of opportunities for students to be physical active during the academic school day. For example, recess is offered daily for grades first through third, physical education classes are provided daily for middle school students with 150 minutes per week being provided for all elementary students. Classroom teachers encourage physical activity throughout the school day by offering five minute breaks to run around the courtyard, stretch, jumping jacks, etc.

- a) **Physical education (classroom format and instruction):** All students in grades K through 5 are required to participate in 150 minutes per week of moderate to rigorous physical activities in regularly scheduled PE class. In grades 6-8 PE is a core subject and is a daily class.
- b) **Physical education (staff training/certification):** All physical education teachers shall hold a Florida teaching certificate.
- c) **Physical education (teacher-to-student ratio):** The ratio of elementary and middle school students to physical education teachers is 18:1.
- d) **Physical education (standards/requirements-based; curriculum requirements):** Physical education classes shall adhere to the Physical Education Elementary and Middle School objectives and standards set forth by the Florida State Department of Education.
- e) **Recess to promote physical activity:** Grades K through 3 shall have outdoor recess on a daily basis for 20 minutes a day with the teachers encouraging moderate to rigorous physical activity. Fourth and Fifth grades shall have recess a minimum of two times weekly for 20 minutes with the teachers encouraging moderate to rigorous physical activity. Physical activity during recess shall be of the student's choosing. Recess is held on the newly renovated playground, which includes jungle-gym equipment, stairs/ladders, swings, monkey bars, and balance beams all of which is covered with a canopy which protects students in extreme heat and allows for use in varying weather circumstances. The playground also provides for an area in which students can play football, etc.
- f) **Walking or biking to school to promote physical activity:** The city has recently put in a sidewalk connecting two neighborhoods to the school. The school also adjoins a neighborhood directly behind Bay Haven Charter Academy. Bay Haven Charter Academy shall promote through monthly newsletters and email blasts 'Walk to School Day' and 'Bike to School Day' twice a week to the students living in these highly populated subdivisions.

Nutritional Standards on Campus during the School Day

Due to the fact that students spend a great portion of their lives at school, schools have a tremendous impact on students' eating habits. In order to teach students how to make healthy choices and in the process create good eating habits, it is the school's responsibility to promote healthy food choices by following nutritional guidelines set forth by the program requirements and nutrition standards under the 7 CFR **Part 210** and **Part 220**. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA.

- a) **Nutritional value of foods and beverages and portion size:** See appendix a, b, and c.
- c) **À la carte, vending, or concession stands:** Water and Gatorade are offered a la carte on a daily basis. Vending machines are not accessible to elementary or middle school students. Concession stands although rarely used, will only sell food/beverage items as listed in appendix d.

High School Vending Machine shall be limited to the following:

- Water
- Fruit/Vegetable juices that contain a minimum of 50% real juice
- Soft drinks that do not contain caloric sweeteners
- Snacks will be in single serving size only
- Snacks will contain less than 30% sugar and will derive less than 35% of calories from fat.

- d) **After-school programs, field trips, or school events:** Lunches for students on field trips will meet the Traditional Meal Pattern.
- e) **Parties, celebrations, or meetings:** The committee will determine the types of food which meets nutritional guidelines that can be served at classroom parties, functions, etc. The suggestions will be passed along to the teachers and room parents.
- f) **Food rewards:** Bay Haven Charter Academy, Inc. believes that in accordance to national guidelines, food shall never be offered as a reward in academic/classroom settings, or be denied as a punishment.
- g) **Food-related fundraising:** Bay Haven Charter Academy, Inc. does not promote food fundraisers during school hours.
- h) **Food or beverage contracts:** Any vended items will only be available to high school students.
- i) **Vending, snack, concessions:** During lunch hours, our schools will not serve food or beverage items in direct competition to reimbursable meals.
- j) **Lunch hours:** Lunch hours are reasonable, set in accordance to the length and time of the school day: Lunch shall be served between 10:30 and 1:00.

School Meals Program Goals

- a) **Marketing of food and/or beverages:** The lunchroom staff shall provide colorful, student-friendly signs promoting daily or weekly menu items. The lunchroom has access

to a large screen projector which can be utilized during lunch to promote healthy food choices.

b) **Sustainable food practices:** The goal of Bay Haven Charter Academy, Inc. is to provide students the opportunity to grow classroom gardens which will provide the lunchroom of fresh vegetable choices. The summer enrichment elective course will also offer a class in gardening in conjunction with a cooking class.

c) **Access to facilities for physical activity after school hours:** Bay Haven Charter Academy's gym which include a weight room, basketball/volleyball courts, 15 treadmills, large screen television screens for yoga, dance, and aerobic videos, as well as a sound system for large group aerobic instruction is open to the public after school hours.

d) **After-school programs:** The gym is also promoted among faculty for exercise use after school hours. The facilities are promoted through the use of newsletters and email blasts for utilization of community activities and private athletic events. During the summer months, a conditioning class is offered to students four days a week. The after-care program during the school year and during summer months employ the gym for PE classes as well as offering free choice physical activities. e) **Coordinated School Health approach/Staff wellness:** All of Bay Haven Charter Academy, Inc.'s employees are encouraged to use the gym after school hours in order to lower body mass index, increase stamina, and improve over-all physical health, which has a direct correlation to mental health. This will be monitored by a physical education instructor or aerobics teacher.

f) **School health councils:** The physical education teachers along with the district nurse are responsible for monitoring the physical health and development of students. They will communicate to the students' families the results of body mass index, weight, and height. The committee will also be responsible for suggesting ways to improve students' overall physical well-being.

g) **Education Links with schools:** As part of an integrating curriculum, physical activity during lessons is encouraged as well as integrating nutrition education when applicable in all subject matters.

h) **Counseling, psychological, and social health services:** Bay Haven Charter Academy, Inc.'s elementary, middle school, and high school counselors are well versed in counseling students on personal issues as well as academic ones.

i) **Health services:** Bay Haven Charter Academy, Inc. employs the service of a registered district nurse that monitors students and records with chronic health problems. The nurse is in communication via telephone with parents offering suggestions to help improve the student's health, including, but not limited to, vision, dental, and other health issues.

j) **Other School-Based Activities:** In addition, the schools offer a variety of competitive sports teams including, but not limited to, football, basketball, baseball, softball, swimming, tennis, etc. The middle school also has a marching band which practices outside maneuvers and learning marching drills-majorettes and flag corp. are also afforded practice time, all of which requires physical activity, strength, and coordination. Coaches for each of these activities will evaluate and monitor student development and progress, conferring with parents when appropriate.

Measurement and Evaluation

- a) **Funding support:** Profits derived from the schools' food service programs have been allocated to support program implementation. Resources from each school's budget shall be allocated to support a continuing evaluation instrument to determine goal accomplishment
- b) **Implementation:** At the monthly meetings of the committee, members shall decide which component of the plan should be implemented in the following month, keeping in mind that all goals need to be met by the 2011-2012 school year. The committee chairperson along with the administrative representative on the committee will be tasked ensuring the goals/plans are carried out in a timely manner and as written.
- c) **Monitoring and evaluation:** The Wellness and Nutrition Committee members shall monitor the progress being made towards implementing the goals. The committee shall appoint a chairperson that will be responsible for reporting the results to the committee members as well as the Board of Directors of Bay Haven Charter Academy, Inc. Using the goals as the guide, a checklist shall be utilized to aid in evaluating and measuring the progress being made towards meeting the goals set forth in the wellness policy. The Committee will also review data from students' health screenings including BMI information and the program for the promotion of physical fitness.
- d) **Revision:** The committee members shall review the progress being made towards the goals on a monthly basis and will revise/make suggestions as needed.

Annual Reports

In May of each year, the chairperson of Bay Haven Charter Academy, Inc.'s Health and Wellness committee, will present an annual report at the Board of Directors' meeting indicating the program's effectiveness and highlighting changes that were made to the policy (with the Boards' approval) during the school year.

References

Food Buying Guide for Child Nutrition Programs. [Washington, DC]: U.S. Dept. of Agriculture, Food and Nutrition Service, 2001. Print.

"Healthier US School Challenge." *Team Nutrition Homepage*. United States Department of Education. Web. 21 July 2010. <<http://teamnnutrition.usda.gov>>.

"Wellness Policy Tool & Tracker: Action for Healthy Kids." *Action for Healthy Kids*. Web. 21 July 2010. <<http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool/>>.