

Local School Wellness Policy  
For  
Manatee County Girls Club, Inc.

The following is a Wellness Policy that complies with requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Florida State Statute Chapter 1003.453 School Wellness and Physical Education Policies: Nutrition Guidelines.

Wellness Policy Group – This group of clients and school leaders are knowledgeable about the school and its nutrition and physical activity needs from which this policy was based. The group is comprised of the following representatives:

<u>Area Represented</u>	<u>Group Member Name</u>
Parent	Claudia Mancillas
Student	Stephanie Mancillas
School Food Service Personnel	Linda Parady
School Board Member	Patty Petruff, President
School Administrator	Dee Ralph, Principal

The purpose of the School Site and Work Site Wellness Teams will be to promote the Wellness Policy efforts, to support the wellness of the students and staff, and to help monitor school or work site compliance with the Wellness Policy. Wellness initiatives should include opportunities for education, exercise, and behavior modification initiatives.

Nutrition – to ensure that food served to students meets their nutritional needs, we will adhere to the following requirements:

A. Nutrition Guidelines

1. All school meals will comply with U.S. Department of Agriculture, (USDA) regulations and state rules.
2. Students with special dietary needs will be accommodated as required by USDA regulations and District Allergy policies.
3. No deep fat fried foods will be offered as a component of the National School Lunch Program (NSLP).
4. All schools shall operate a “closed” lunch period to encourage students to eat a nutritious lunch.
5. School menus will include:
  1. Foods containing whole grains at least 3 days a week.
  2. Fresh, canned, or frozen fruit or vegetables daily.
  3. Only low fat and skim (nonfat) milk.
  4. Efforts will be made to limit the amounts of foods served which contain trans fatty acids.
  5. At lunch, entrees served over the course of the week will have no more than 30% calories from fat and 10% calories from saturated fat.

B. Nutrition Education

1. At a minimum, the equivalent of one hour of classroom nutrition education is provided each month for all students:
2. As part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.

3. As learning experiences integrated throughout the curriculum in subject areas such as math, sciences, language arts, and social studies.
4. Utilizing the Florida Department of Education Health Education Benchmarks for each grade level.

– Cafeteria

- a. Attractive, current nutrition education materials are prominently displayed in dining area.
- b. Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

C. Physical Activity

- a. In order for students to receive the nationally-recommended amount of daily physical activity (i.e. at least 30 minutes per day) and to embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Students will participate in daily health classes. Health classes will be conducted for 225 minutes per week, (Mon - Fri for 45 minutes per class). The Health classes are the same as PE class. Toward that end:
  1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television.
  2. Opportunities for physical activity will be incorporated into other subject lessons.
  3. Teachers and other school and community personnel should avoid withholding physical activity as punishment.
  4. The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students.

D. – Other School-Based Activities.

- a. Students will be given 30 minutes to eat lunch in closed lunch setting. Food will not be used as a reward or punishment. After school programs will offer healthy choices for students buying snacks.

E. – Evaluation and Measurement

- a. Annually, the Wellness Policy Committee will identify priority items within the procedures section of the Policy to be included in the evaluation.
- b. The plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis.
- c. The Wellness Policy Committee will create action plans for program improvements and evaluation priorities. Every three years a report concerning policy effectiveness and recommended revisions will be generated and reported to the school board or governing board.
- d. We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

Designee:

Cindy Handrick, Finance Director, is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

The following signatures represent the approval of this Wellness Policy. When a change of revision is made to this Policy, an update Board-approved signed copy will be provided to the Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

School Official's Signatures:

Dee Ralph Director  
Signature Title

1-7-14  
Date

Rita A. Beland PRESIDENT JUST FOR GIRLS  
Signature Title

12/26/13  
Date

School Board/Governing Agency's Signatures:

Tommy Student  
Signature Title

1-7-14  
Date

Claudia Manellas MOM  
Signature Title

1-7-14  
Date

Janet Pordy FS Manager  
Signature Title

1-8-14  
Date

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Signature Title

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Date

Policy Adoption Date: 1-8-14