IMAGINE SCHOOL AT BROWARD
WELLNESS POLICY

Imagine School at Broward recognizes good nutrition and regular physical activity affects the health and well-being of all students. Imagine School at Broward is committed by providing the students a school environment that promotes and protects the children's health, well-being and the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Imagine School at Broward that:

School Level

- The school will provide nutritional education to students and staff.
- The school will provide physical education and activity to students (K – 8).
- The school will offer other school – based activities to promote physical activity.
- The school will provide promotion of nutrition wellness to students and staff.
- The school will participate in the available federal school meal program (including School Breakfast Program, National School Lunch Program and Aftercare Snack Program).
- 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.

Nutrition Education

- Elementary students (K-5) will participate in the physical education program in the school current schedule.
- Elementary students (K-5) will participate in fun fit daily with students and staff.
- Middle students (6-8) will participate in physical education and or healthy living according to the criteria goals met for middle school guidelines.
- Monthly age-appropriate educational worksheets to students on nutrition and healthy foods.

Other School Based Activities

- The school will encourage participation of enrichments (afterschool for development of physical activity) to the students and staff. (Example: Cheerleading, Dance, Yoga)
- Middle students (6-8) will be encouraged to participate in after school sports that are offered. (Example: Soccer, Basketball, Track, Flag Football, Volleyball)
- The school will encourage students (K-8) to participate in physical activities with their community.

Nutrition Promotion

- The school will promote healthy nutrition through the following:
    - Posters
    - Verbal y encouraging students (K-8) to make wise choices on food nutrition
    - Monthly activities for students to promote health food choices

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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.
- Access to facilities for hand washing and oral hygiene will ne available during meal periods.

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.
- School 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, Imagine School at Broward 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 children during each meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.

  o School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

  o School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by Imagine School at Broward food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-2.002)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1⁄4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standard	Snack Items and Side Dishes *(including any added accompaniments)*	Entrée Items *(including any added accompaniments)*
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Fundraising

- 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 school board 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:

Elementary Schools 5 days
Middle School/Junior High Schools 10day

- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-2.002)

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Evaluation and Measurement of the Implementation of the Wellness Policy

- Imagine School at Broward assures that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issues by USDA.
- Imagine School at Broward will present wellness committee will update and make modifications to the wellness policy based on the results of the annual review and as 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.
- Wellness updates will be provided to students, parents and staff as applicable in the form or Imagine School at Broward website and newsletter.
- At the final public school board meeting of each year, the Local School Wellness Policy will be discussed and all stake holders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

Designate one or more LEA/School Official to ensure that the school complies with the LSWP

- The Principal or designated official shall ensure compliance with established school-wide nutrition and physical activity policies.

Website address for the LSWP
https://www.imagineschoolatbroward.org/wp-content/uploads/2018/06/wellness-policy.pdf

Debra Darling, Principal
Julienne Winninger, Assistant Principal
Shakira Taylor, Office Manager
Rebecca Chouinard, Food Service Director
Tracy Lemus, Information Management Technician
Yenifer McKenney, Parent
Kauni Logan, Teacher
Jessica Gordon, Front Office
Governing Board Member
Student

This institution is an equal opportunity provider.

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04/15/2024