

# Local School Wellness Policy for AZALEA PARK SCHOOL

## 1. Wellness Policy Team:

Cafeteria Director: Omayra Silva

Coaches: Ronaldo Barea-Track and Field

Coach Willie-Volleyball, Basketball and Dodgeball

Parent Involvement: PTA Memebbers

Parents participate by collaborating and coaching some of our Sports Program. Parents support the NSLP by not sending students with low quality foods and encouraging the consumption of school meals.

They also allow students to sign up to stay on the afterschool Wellness Sports Program.

"PTA"-Parent Teacher Association members

-School Secretary

-Fundraiser coordinator

-Parent Volunteers

Student Involvement:

Students are active participants of the Wellness

Sports Program and collaborate with suggestions and sports that will be played each season.

President, Vice President and Treasurer of the Student Association

## School Food Service Personnel

School Board Administrator

Wildre Ortega, School Bookkeeper

Thomas Witt- President of the School Board

Alexa Ortega-Principal

Geysha Santana-Office Mangerer

P.E. Teachers and Coaches: Are a central component in the creation and implementation of this program by creating after school clubs to encourage student physical activity.

## Local Health Professional

Geysha Santana, PA Health Education Staff

Ana Figueroa-School Chef- creates meals that allow are student to stay healthy

(reducing salt, a fat consumption)

#### Plan Revisions:

During Pre-planning once a year (open house) parents will be invited to participate on the LSWP team. At the final public school board meeting of each year, the LSWP will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered. Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods. Designate one or more LEA/school official to ensure that each school complies with the LSWP

Alexa Ortega-Principal

Wellness Coordinator- Coach Willie, Coach Barea

#### Goals for Nutrition Promotion:

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.

Support for the health of all students and staff will be demonstrated by hosting health fairs and health screenings and assisting families with enrollment of eligible children in Medicaid, Healthy Kids and other state children's health insurance programs and clubs such as Pulse, a club designed for middle and high school students that are interested in health professions.

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Education: The School Newsletter will have a Nutrition Corner that will feature nutrition facts and healthy recipes.

#### Harvest of the Month FDACS Initiative:

Teachers will utilize the Florida Department of Agriculture's Harvest of the Month materials on a monthly basis.

Staff shall integrate hands-on nutrition education experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension and will enjoy edible laboratories to support our LWP goals.

VETETT

#### Goals for Physical Activity

Our goal will include teacher evaluation and referral of students at high risk to the Wellness Sports Program. All at risk students will be evaluated, and with parent support,

will participate in the afterschool Wellness Program. The program will be monitored by having both entering and exiting students complete a survey using Survey Monkey. All students in grades K-5 receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students are required to receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by the district with the approved state course codes.

#### Goals for Other School-Based Activities:

All menus purchased from vendors (Gordon, Walmart Etc.) will meet the nutrition standards established by Federal and State regulations.

All competitive food items sold to students must meet all general nutrition requirements and nutrient standards. To be allowable, a competitive food item must:

Be a grain product that contains 50 percent or more whole grains by weight or have as the first ingredient a whole grain; 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 vegetables.