



## **WELLNESS POLICY**

Synergy School of Tomorrow (SSOT) realizes the important role that schools can play in the developmental process by which students establish their health and nutrition habits. Research suggests that there is a positive correlation between a student's health, wellbeing and their ability to learn. Therefore, by providing nutritious meals and snacks through the schools' meal programs, good eating habits are developed and increased physical activity is supported before and after school.

Synergy School of Tomorrow (SSOT) recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Therefore, we are committed to creating a school environment that promotes and protects the overall wellbeing of all students and staff alike. The guidelines listed below encourage an all-inclusive wellness approach that is erogenous to individual and community needs.

### **1. Local Wellness Policy Leadership Team**

- Gina M Rinaldi, Food Service Director, (772) 801-5522
- Dr. Donnelyn Khourie, Principal/HeadMaster (772) 801-5522
- Andreas Denbow, Professional Health Trainer, (772) 801-5522
- Torrance McQueen, PE Coach, (772) 801-5522
- Tatiana Castro, Administrator, (772) 801-5522
- Christopher Olsen, Parent & Parent Liaison, (772) 801-5522
- Massimo SB Caballero, SSOT Student, (772) 801-5522

The Principal and the Food Service Director of SSOT will establish a local Wellness School Committee to ensure compliance and facilitate implementation of our wellness policy. This committee will meet 2 times per school calendar year (1 time per semester).

- The Principal, Food Service Director and the local school staff shall have the responsibility to comply with federal and state regulations as they relate to SSOT's wellness policy.

- The Principal and Food Service Director will be responsible for establishing the Wellness School Committee that will ensure compliance with the policy.
- The Wellness School Committee will include, but is not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- The Wellness School Committee is responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P 1.003),
  - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003,
  - Reporting its school's compliance of the aforementioned regulations to FSD, the person responsible for ensuring overall compliance with SSOT's wellness policy.

## **2. Nutrition Promotion**

Academic performance and overall health/wellness is affected by the availability and choice of nutritious foods in our school. Nutritious foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Therefore, creating food environments that encourage healthy choices and participation in the school meal programs, can positively foster lifelong eating habits.

### **SSOT Nutrition Goals:**

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

- SSOT will implement evidence-based strategies to promote healthy food choices through the school meal programs using Smarter Lunchrooms techniques.
- Students will have access to useful nutrition information via posters, school newsletter and brochures made available in classrooms, school website, Gradelink and throughout the school campus.
- The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations.

## **SSOT Nutrition Education**

Nutrition education will teach skills that are calorie- balanced, behavior-focused, energy expenditure and how to read and comprehend nutrition facts labels. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to ensure the effectiveness of the nutrition program presented. Preparation and professional development activities will provide basic knowledge of nutrition combined with virtuosity in program-specific instructional techniques and strategies.

### **SSOT Nutrition Education Goals:**

- Our students will receive health and/or nutrition education that is well-rounded, interactive and reinforce skills needed to foster healthy eating behaviors.
- Classroom instruction, activities and student participation are provided in health, PE and Pre-Med classes. Student nutrition evaluations are given orally, written or project based to ensure they understand how food reaches the table and the inference it has for their health and future.
- Staff shall integrate hands-on experiences such as horticulture, culinary classes and activities, 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. We hope to harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.

## **Physical Activity**

SSOT realizes that physical activity is an essential element of our school's instructional programs. Therefore, we shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthy physical activity.

All students in grades K-8 shall receive a minimum of 80 minutes per week of instructionally relevant physical education and a minimum of 120 minutes per week of structured recess activities (ie, karate, dance and soccer). Students in grades 6-12 may participate in afterschool programs such as soccer, cheerleading, flag football and ballet. Students in grades 9-12 shall receive a minimum of one credit of physical education (HOPE) in senior high school as required for graduation with approved education FLDOE course codes.

### **SSOT Physical Activity Goals:**

- All elementary school students will have at least 40 minutes of daily recess. Our school will provide space, equipment and an environment conducive to safe and enjoyable play.
- Students will have the opportunity to be involved in physical activity through physical education programs, before and after-school activities or other activity programs.
- Students will be encouraged to participate in community-offered fitness and athletic programs.  
Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, dance, ) every week.
- Staff will be informed of the opportunity to participate in physical activity in afterschool programs and community events.

### **3. Other-School Based Activities**

SSOT will integrate wellness activities throughout the entire school. These initiatives will include, but are not limited to nutrition, physical activity and other wellness components so that all contributions work towards the intended goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

#### **General Guidelines**

The goals outlined by the SSOT wellness policy will be well-advised in planning all schoolbased activities (such as school events, field trips, dances and assemblies). SSOT will review "Smarter Lunchroom" tools and strategies and incorporate these practices into their school cafeterias as applicable. After school programs will encourage healthy snacking and physical activity.

SSOT shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community, while maintaining compliance with applicable drug, alcohol and tobacco-free policies.

#### **Eating Environment**

- Students will be provided an adequate amount of time to consume their meal with a minimum of 25 minutes after receiving their food from the line.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

### **HealthierUS School Challenge**

- SSOT will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

### **Recycling**

- SSOT shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

### **Employee Wellness**

- SSOT staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

### **Health Services**

- An integrated plan of accessible health services shall be provided to students and staff and shall include, but is not limited to, school safety, violence prevention, communicable disease prevention and pre-med, health screening, community health referrals, immunizations, parenting skills information and first aid/CPR training.

### **Use of School Facilities Outside of School Hours**

- SSOT will promote the use of school facilities outside of school hours for physical activity programs.

### **Withholding or Punishing**

- SSOT is committed to promoting health and wellness for all students and staff alike.
- SSOT teachers and/or other school personnel will not negate or demand physical activity as a way of punishment.
- SSOT disallows the use of food as a reward, unless merged into an activity that supports positive nutrition messages (such as a guest nutritionist or field trip to a farm).

**4. Guidelines for All Foods and Beverages Available During the School Day** SSOT will operate and provide food service in accordance with USDA's National School

Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

**General Guidelines:**

- To the utmost extent possible, SSOT will participate in available federal school meal programs, including the SBP, NSLP, ASSP and SFSP.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- 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.

*[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. 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 from vending machines, school stores, a la carte in the cafeteria, and for in-school fundraisers.
- Unless being sold by SSOT 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-1.003)
- All competitive food items sold to students must meet general nutrition requirements and nutrient standards to be allowable.

**General Nutrition Requirements for Competitive Foods:**

- 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.), be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or; 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.

**Nutrition Standards for Competitive Foods:**

<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes</b> <i>(including any added accompaniments)</i>	<b>Entrée Items</b> <i>(including any added accompaniments)</i>
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium Limits</b>	200 mg or less	480 mg or less
<b>Total Fat Limits</b>	35% or less of total calories	35% or less of total calories
<b>Saturated Fats</b>	Less than 10% of total calories	Less than 10% of total calories
<b>Trans Fat</b>	Og of trans fat as served (less than or equal to 0.5 g per portion)	Og of trans fat as served (less than or equal to 0.5 g per portion).

<b>Sugar</b>	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less Sugar
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**Exemptions:**

Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program. *\*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

- Low sodium/No salt added canned vegetables with no added fats.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.

**Nutrition Standards for Beverages:**

*(Portion sizes listed are the maximum that can be offered.)*

<b>Beverages</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
Plain water	Unlimited	Unlimited	Unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.



Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not Allowed	Not Allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not Allowed	Not Allowed	12 fl. Oz.

**Exemptions and Exceptions:**

- Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances for elementary and middle school students.
- Food and beverages for high school students may contain caffeine.

**Standards for food and beverages available during the school day that are not sold to students:**

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

- Class parties or celebrations shall be held after the lunch period and serve foods that meet the Smart Snacks in School nutrition standards.
- SSOT will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Fundraising**

Fundraising efforts will be encouraging of healthy eating by complying with applicable regulations and nutrition standards for competitive foods while accenting the sale of nonfood items.

- SSOT will 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:
- 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.

<b>School Type</b>	<b>Maximum Number of School Days to Conduct Exempted Fundraisers</b>
Combination School	10 days

SSOT will keep a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

### **5. Policy for Food and Beverage Marketing**

School-based marketing will be accordant with policies for nutrition education and health promotion. As such, the following guidelines apply:

- SSOT will only be permitted to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- SSOT's nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

## **6. Evaluation and Measurement of the Implementation of the Wellness Policy**

SSOT's Wellness School Committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and 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.

### Triennial Progress Assessments

SSOT will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which SSOT is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and A description of the progress made in attaining the goals of the local school wellness policy.

## **7. Informing the Public**

SSOT will ensure the wellness policy and triennial assessment are available to the public at all times and are updated at least annually. SSOT will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information on our website about the school nutrition environment.

### **Synergy School of Tomorrow Informing the Public Goals:**

- SSOT will ensure the most updated version of the wellness policy and triennial assessment are always available on the school website for the public to view.

- SSOT will present wellness policy updates, as applicable, during meetings with the Teachers, and other interested groups or stakeholders.
- A copy of the local school wellness policy will be posted at our physical school site, in either the front office or main entrance.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, SSOT website, school newsletter to ensure that the community is informed, and that public input is encouraged. SSOT will provide all parents with updated local school wellness policy at the beginning of the school year.

## **8. Community Involvement**

SSOT realizes that awareness of the wellness policy and commitment in responsiveness to community input helps to build a healthy nutrition environment.

We will endeavor to communicate opportunities in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, school administrators and the general public can participate in the development, implementation, annual review and update of the local school wellness policy through a variety of means, including but not limited to the following:

### **Synergy School of Tomorrow Community Involvement Goals:**

- SSOT will identify student needs in planning for a healthy nutrition environment. Student input and feedback will be requested through the use of surveys. Consideration will be given to their comments and applicable changes/updates made as needed.
- SSOT will use electronic mechanisms, such as email or notices displayed on our website.
- SSOT will use non-electronic mechanisms, such as school newsletters, parent communication, PTO and parent meetings to ensure that all families are properly notified of the implementation, content and updates to the wellness policy, as well as how to get involved and support the policy.
- The local school wellness policy will be discussed at the end of the school year and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

## **9. Record keeping**

SSOT will retain records to document compliance with the requirements of the local school wellness policy at [www.synergymagnet.com](http://www.synergymagnet.com) or Synergy School of Tomorrow, 5200 Oleander Avenue, Fort Pierce, FL 34982. Documentation kept at this location will include, but is not limited to the following:

- The written local school wellness policy.
- Documentation of the triennial assessment of the local school wellness policy.
- Documentation demonstrating compliance with requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public, community involvement requirements.