

Pembroke Pines Charter Schools
Wellness Policy
2018-2019

INTRODUCTION

The Pembroke Pines Charter Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well-being of the children enrolled. The school continuously strives to promote activities and situations which enable students to make healthy choices which may then contribute to the total well-being of the school population.

PURPOSE AND GOALS

The Pembroke Pines Charter Schools recognize that good nutrition and physical activity are essential for students to maximize their full academic potentials, reach their physical and mental potentials, and achieve lifelong health and wellbeing. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

The Pembroke Pines Charter Schools have a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The schools have established a Local Wellness Policy Advisory Committee/**Healthy School Team** which is responsible for establishing and measuring the implementation of the Local Wellness Policy. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure that the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of the Healthy, Hunger-Free Kids Act of 2010 and the requirements of section 204 of the Child nutrition and WIC Reauthorization Act of 2004 (Public law 108-265)

POLICY

1.0 Local Wellness Policy Advisory Committee/Healthy School Team****

1.1 Mission

The Pembroke Pines Charter Schools will maintain a Local Wellness Policy Advisory Committee/**Healthy School Team** that serves the following purposes:

1. Establish standards for all foods and beverages available to students on each school campus during the entire school day
2. Establish goals for student nutrition education and promotion, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
4. Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
5. Review and evaluate the Local Wellness policy standards and implementation
6. Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

1.2 Membership

The Local Wellness Policy Advisory Committee/**Healthy School Team** membership at the Pembroke Pines Charter Schools will include the following individuals:

1. Parents
 - A member (parent) of the elementary/middle school advisory board
 - A member (parent) of the high school advisory board
 - A member (parent) of the PTA from the FSU campus or an advisory member for the FSU Campus)

2. Students
 - High school students
3. School Food Service
 - Employees of the Chartwells' food service staff
4. School Board (see above in the Parent section)
 - A member (parent) of the elementary/middle school advisory board
 - A member (parent) of the high school advisory board
 - A member (parent) of the PTA from the FSU campus (or an advisory member for the FSU Campus)
5. School Administrator
 - School principal
6. School Nurse
 - N/A-The school system does not have nurses.
7. Physical Education/Health Education
 - PE/health educator
8. Local Health Professional
 - Community member who works in the health/well-being field

The Wellness Policy Advisory Committee /**Healthy School Team** Chairperson will be a principal of a school who is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

2.0 Nutrition Guidelines

2.1. School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Florida. The primary authority in this area will be Chartwells School Dining Service. Chartwells at the Pembroke Pines Charter Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Chartwells' Solution:

Chartwells meals meet or exceed all USDA and state nutrient standards. School lunches must meet meal pattern and nutrition standards based on the latest Dietary Guidelines for Americans. The current meal pattern increases the availability of fruits, vegetables, and whole grains in the school menu.

Lunch meals are designed to provide 1/3 of the Recommended Dietary Allowances (RDA) appropriate for age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D. Breakfast meals provide ¼ of the RDA's for these nutrients.

Meals are designed to incorporate the following recommendations of the Dietary Guidelines:

No greater than 30% calories from fat and no greater than 10% calories from saturated fat

Minimize sodium, and cholesterol

Eliminate trans-fats

Maximize dietary fiber

All of the grains offered must be whole grain-rich.

Milk is fat free flavored/unflavored or 1% low fat unflavored

Chartwells' foodservice directors meet with students on a regular basis to obtain their input and suggestions regarding menu development.

Students will be encouraged to start each day with a healthy breakfast.

Chartwells' Solution: Chartwells recognizes that breakfast plays a role in improving academic performance. Our Simply Good breakfast program features a variety of wholesome daily options that students can't resist – fresh fruit, hot breakfast sandwiches, home-style oatmeal and much more. Eye-catching merchandising and point-of-service signage make breakfast fun and encourage students to eat the most important meal of the day. Our comprehensive Breakfast Manager's Guide assists managers in deciding which style of breakfast works best for each school and includes implementation guidelines to make the program a success.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

Chartwells' Solution:

Our food and nutrition programs reflect our highest commitment to the USDA school meal and competitive food rules and we pledge to provide access to nutritious food for all student and adult customers in the school district. We commit to serve:

Meals and a la carte foods that are:

- *Calorie-appropriate and portioned by grade level*
- *Zero grams in trans-fat*
- *Sodium controlled*
- *Whole-grain rich*
- *Fruit and vegetable abundant*

Beverages that are:

- *Calorie-appropriate and portioned by grade level*
- *Low-fat and non-fat*
- *Containing no added sugar*

Ingredients that can be customized to provide:

- *Whole and minimally processed foods*
- *Fresh, seasonal and local produce*
- *Reduced refined sugar*
- *No high fructose corn syrup*
- *No artificial sweeteners*
- *Milk produced from cows that were not treated with growth hormones*
- *Cage-free shell eggs*
- *Poultry that was not fed grain treated with prophylactic antibiotics*
- *Monterey Bay sustainable seafood*

At the secondary schools, menu planning concepts and food merchandizing programs included in the Chartwells'

The Café Concepts program is used to promote healthy and balanced meal choices. A wide selection of appealing entrees, accompanied by a variety of fruits, vegetables, and low fat milk choices, are offered at the So Deli, 2mato, Create, Sonos, Grill Nation, and On the Go. Signage programs clearly communicate the healthful food items included with each meal choice, and the food services staff encourages students to select these foods.

At the elementary schools, Theodore, Sydney C, and Eva set standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages, and monthly promotions are used to encourage students to participate in the meal program and to select a complete, balanced meal.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium.

Chartwells' Solution: Chartwells insists on utilizing the freshest, highest quality ingredients available and optimizing the use of USDA foods available in the state's growing season. Our culinary culture is focused on fresh foods that are healthy and safe for the students. We offer locally grown produce to ensure the freshest ingredients are on our menus. Beyond that, our foods are high in nutrients, and we limit sugar, sodium and unhealthy fats. We encourage fruits, vegetables, whole grains and well-rounded meals. Not only do we offer great foods, we stay on top of the latest trends to ensure we meet and exceed dietary standards and regulations, while still appealing to the students. In recent years, this focus on nutrition has included developing recipes that incorporate new whole grains, fresh, local produce and recipes that offer a healthy solution for traditionally popular foods.

School foodservice employees use food preparation techniques to provide meals that are lower in total fat, saturated fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk is emphasized in menu planning. Trans fat has been eliminated from the meals.

Standardized recipes, developed by Chartwells' chefs and nutritionally analyzed by Chartwells' registered dietitians, are used to prepare food items that meet nutritional guidelines for meals.

The Chartwells Culinary Innovations program trains our foodservice employees so they can improve their culinary skills, including the use of standardized recipes and attractive food presentation.

Chartwells creates low-sodium menus by: •

Offering high-sodium foods less often

• *Limiting the use of:*

Salty, smoked or cured meat such as bologna, hot dogs and ham

Luncheon meats and sausage

Ready-to-eat canned foods, such as soups, chili and ravioli

Food prepared in brine, such as pickles, olives and sauerkraut

• *Modifying recipes that use high-sodium ingredients:*

Reduce or eliminate salt from recipes when possible

Limit the use of ingredients such as bouillon cubes, ham base and chicken base

Try different herbs and spices as seasonings in place of salt

Emphasize that salt should not be added to recipes unless it is listed as an ingredient

Salt can be eliminated from any recipe except a recipe that contains yeast

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

2.2 Competitive Foods

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores is readily available to students, parents and the school community.

All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of "foods of minimal nutritional value." The Pembroke Pines Charter Schools follow the Smart Snacks in School nutrition standards that apply to foods sold to students on the school campus during the school day.

Chartwells follows the following criteria 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 Standards	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 g 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

Beverages:

Portion size limits: 8 oz elementary, 12 oz middle and high school Allowable beverages, all grades:

- Plain water, with or without carbonation – no size limit
- Milk, unflavored low fat, unflavored fat free, or flavored fat free
- Juice, 100% fruit or vegetable, or 100% fruit or vegetable diluted with water, with or without carbonation, no added sweeteners

Beverages allowable in high school only:

- Calorie-free, flavored water, with or without carbonation – 20 oz size limit
- Other flavored and/or carbonated beverages labeled to contain < 5 calories per 8 oz or ≤ 10 calories per 20 oz – 20 oz size limit
- Beverages with ≤ 40 calories per 8 oz, or ≤ 60 calories per 12 oz – 12 oz size limit

Food and Beverage Marketing

Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.

Using Evidence-Based Strategies

Pembroke Pines Charter Schools will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2.3 Nutrition Promotion

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

The district will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

Students have access to water during breakfast and lunch at all campuses so that they may always have the option of drinking water.

Chartwells' Solution:

Chartwells marketing and operations staff are available to assist districts with facility design that supports a pleasant dining experience. Building on students' interests, we've created core stations in an open and inviting setting that conveys energy and excitement. The principles of behavioral economics teach us how school dining areas can make healthy food choices a student's first choice through choice architecture. Chartwells has partnered with the Cornell Center for Behavioral Economics in Child Nutrition (BEN Center) to learn and apply simple techniques that promote healthy choices in the school serving line. Research has shown that providing reasonable choice to students utilizing the rules of choice architecture can more effectively result in healthier food selection. The presentation is visually stimulating, with structured choices and service methods. Signage is straightforward, directing students to the foods they're looking for. We prioritize speed of service. Our food service staff receives customer service training including strategies to serve students quickly and efficiently. Signage provides directions for students to ease traffic flow and ensure speedy service. The goal is to provide dining space that achieves a safe and efficient traffic flow, and where teachers and staff have a clear line of sight for supervision. The Café Concepts Program includes options for self-service at court style stations like Create, 2mato, So Deli, Sonos, and On the Go.

2.4 Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the district will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles. The Food Safety for Schools Guide is our unique, complete safety implementation system, providing information that directors and managers must use daily, such as specific food safety and sanitation practices that are required to be followed in lunchrooms during each meal period.

We have developed the Associate Food Safety and Sanitation Handbook to provide effective food safety and sanitation training for newly hired associates. This helpful tool provides new hourly associates with the basics on food handling, health and hygiene practices, and cleaning and sanitizing responsibilities on their first day of work. The handbook also includes a knowledge assessment and commitment signature page.

For continued training of hourly associates, we have developed the 24 Five-Minute Training Topics Worksheet, which guides unit managers through the food safety program/HACCP plan implementation process, allowing them to track their progress. In fact, the worksheet, used in conjunction with the Standards and Solutions manual, provides the framework for annual associate training in safe food-handling.

Chartwells' Solution:

Chartwells upholds standards set forth in the USDA Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

The Chartwells Food Safety for Schools Training and Documentation program includes the 24 ten-minute Food Safety Training Modules, is used to train food service staff about appropriate food handling procedures to reduce the risk of food borne illness.

Chartwells Directors of Dining Services and other appropriate food service staff are certified in food safety through the National Restaurant Association Educational Foundation's ServSafe® program.

3.0 Nutrition Education

3.1 Classroom

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of the nutrition benchmarks included in Florida's Physical Education Standards. In addition, teachers will provide students with additional activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the Florida Physical Education Standards.

The district's Local Wellness Policy Advisory Committee /**Healthy School Team** will review nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

3.2 Cafeteria

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Chartwells' Solution: Our Food Focus Bulletin Board program for classrooms and other school locations expands students' knowledge of food beyond the traditional. The bulletin board can also be placed inside the cafeteria to encourage students to select the nutritious choice of the month as part of their daily meal. This approach is meant to expand the horizons of food knowledge to include nutrition facts, agriculture and sustainability, and most importantly food preparation. Each monthly food theme that corresponds with the school menu comes with materials ready to post on the bulletin board, take home information for parents, and home recipes.

Our annual National Nutrition Month campaign is designed by our nutrition teams and combines healthy eating information with recipes that use nutrient-dense foods that taste great.

Chartwells' Creature Café elementary school program displays colorful signage that encourages students to select a complete meal, as well as posters highlighting good nutrition and physical activity messages that are consistent with lessons taught in the classroom.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal.

Chartwells' Solution: Simply Good is our annual promotions program that focuses on nutritious school meals, student wellness and customer loyalty. Through special events and activities, we maximize cafeteria participation in the National School Lunch and Breakfast program and educate the students about the importance of eating healthy, balanced meals and locally grown foods. Simply Good has a culinary focus and emphasizes fresh, wholesome meal options, especially those with fruits, vegetables, whole grains and lean protein. We use monthly activities to engage the students and build meal participation. Monthly, Simply Good food focuses are communicated to students through food tastings, food and information displays, recipe contests and culinary demonstrations.

Chartwells' Solution: Chartwells strategy for a la carte will remove the stigma of "junk food" and, instead, promote wholesome "real" food in small portion sizes that are offered to students to supplement or replace a meal. This "small plate" strategy reinforces a fundamental nutrition principle that promotes snacks as mini-meals incorporating food groups, instead of overly processed food ingredients. Small portions of popular, tasty and well-presented food will be appealing to students and add a new and exciting component to regular-sized entrees, packaged snacks and beverages.

4.0 Physical Activity

4.1 Physical Activity during the School Day

Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

The Wellness Committee /Healthy School Team will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families opportunities to participate in physical activities. These activities will involve students from Kindergarten through 12th grade.

4.2 Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.

4.3 Physical Education Classes

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

All students in grades K-5 receive 150 minutes per week of physical education. Physical education courses are offered to students in all middle and high school grades.

4.4 Creating a Positive Environment for Physical Activity

The Pembroke Pines Charter Schools will promote a positive environment for physical activity by providing a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically inclined. Recess will be provided for elementary students.

5.0 Other School Based Activities to Promote Student Wellness

5.1 Food Sold for Fundraising Activities

The Pembroke Pines Charter Schools follow the Smart Snacks in School nutrition standards that apply to foods sold to students on the school campus during the school day.

5.2 Healthy Classroom Parties and Celebrations

The Pembroke Pines Charter Schools recognize that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.

6.0 District Faculty, Staff and Food Service Staff Role in a Healthy School Environment

6.1 Professional Development

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals.

District and food service staff are encouraged to model healthy eating behaviors. The Wellness Committee /Healthy School Team will provide the schools with events throughout the year that will promote wellness.

Chartwells' Solution: One key provision of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), is to institute minimum education standards for new school nutrition program directors as well as annual training standards for all school nutrition professionals. These new standards will ensure school nutrition personnel have the knowledge, training, and tools they need to plan, prepare, and purchase healthy products to create nutritious, safe, and enjoyable school meals.

A comprehensive schedule of training programs emphasizes wellness, teamwork, customer service, culinary innovation and efficient food production. Each week, associates participate in a five-minute training session to stay up-to-date on safety and sanitation policies and procedures. This is our unique solution for providing ongoing food safety training that is easily incorporated into the workweek.

Regular Training Topics Include:

Smarter Lunchroom Training

Stop.Think.Act Work Place Safety Training

Customer Service Training

USDA Regulations

Production Record Training
Cash Handling Training
Offer vs. Serve Training
HACCP Training
ServSafe Food Safety Training
Culinary Skills Training
Food Allergy Training

Upon request, Chartwells Regional Dietitians and Marketing Department are available to present information on nutrition and wellness for school faculty and staff.

7.0 Policy Implementation

7.1 Monitoring

The Director of School Dining Services will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Chairperson of the Local Wellness Policy Advisory Committee /Healthy School Team.

NSLP & SBP Compliance

Program integrity is an essential aspect of administering the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). State agencies contribute to Program integrity by conducting administrative reviews of school food authorities (SFA) in accordance with regulations at 7 CFR 210.18, to ensure NSLP and SBP requirements are met.

Frequency: Once every 3 years

In effort to ensure compliance an internal audit is conducted by the City of Pembroke Pines. The audit is focused around the NSLP and SBP regulations.

Frequency: Annually

There is a Unit Team Lead assigned to each school who will manage the day to day operations in compliance with the NSLP, SBP and Wellness policy. The Unit Team Leads report to the Director of Dining Services.

Health and Safety Compliance

Schools are required to obtain two school food safety inspections per school year. State Agencies (SAs) that administer the school meal programs are required to report the number of inspections obtained by their schools.

Frequency: Quarterly (3 times during the school year)
Agency: Florida Department of Health - Broward County

7.2 Assurance

We assure that the guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

7.3 Reporting

The Chairperson of the Local Wellness Policy Advisory Committee /Healthy School Team will report on any change of status to the compliance of the Pembroke Pines Charter Schools' wellness policy to the City Commission and the advisory boards of the campuses.

7.4 Policy Review

The Wellness Policy will be reviewed and revised annually.

Triennial Progress Assessments

The Pembroke Pines Charter School system 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 the Pembroke Pines Charter School system 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.

The Wellness Committee/Healthy School Team 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.

7.5 Informing/Updating the Public

The approved Wellness Plan may be found at www.pinescharter.net. The most updated version of the policy and most recent triennial assessment will always be available on the school website for the public to view. Public input is also encouraged during the advisory board meetings. Any individual who expresses interest in the Wellness Policy Advisory Committee/Healthy School Team is welcome to attend the wellness policy planning meetings. To be included, individuals may contact Lisa Libidinsky at llibidinsky@pinescharter.net.

7.6 Wellness Leadership

The wellness policy leadership will communicate with other school officials to ensure each school complies with the policy.

7.7 Stakeholder Feedback

Feedback will be collected from students, staff, and parents through surveys and meetings with stakeholders.