

*Somerset Academy South Miami*  
**Wellness Policies**  
**On Physical Activity and Nutrition**

**WELLNESS POLICY FOR:**  
**(Kim M. Guilarte- Somerset Academy)**

**Committee Members:**

The following committee members are involved in the development of this Policy and its implementation throughout the school year.

- Parents: Anna Martinez and Anna Santeiro
- Students: Fernando Menendez & Daniella Gutierrez
- School food service: Myra Alvarez & Iliana Gil
- The school board: Andreina Figueroa
- School administrators: Kim M. Guilarte Gil & Luisa Corral
- Physical education: Jose Fanjul
- Health education: Jose Fanjul
- Local physicians, dentists, and other health professionals: Miguel Rodriguez, MD

**Setting Nutrition Education Goals**

**Nutrition.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

**Health Education and Life Skills.** Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful health information and health promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

**Nutrition Education:**

- a) School: Schools will put up Posters throughout in order to promote good eating habits and healthy food options. Other information will be available through the school website, flyers and/or school newsletter.
- b) Staff: School staff will attend in-services and/or nutrition trainings.
- c) Parent: The school will support parents' effort to provide a healthy diet and daily physical activity for their children. The school will send home nutrition information, post nutrition tips on school website or through school flyers. School should encourage parents to pack healthy lunches and snacks. Such support will also include sharing information about physical activity and physical education through the website, newsletter, take-home materials or physical education homework.

**Setting Physical Activity Goals**

**A. Elementary K-5 grade**

1. Participation in such physical activity shall be required for all students in kindergarten through grade five for a minimum of thirty minutes, three days a week, or the equivalent.

2. Participation in a daily 5 minute morning stretch exercise routine for all students in the kindergarten through grade five.

3. Participation in several physical activity programs throughout the school year for all students in kindergarten through grade five. Programs Activities include:

- Jump Rope For Heart
- Field Day
- Fitness Gram
- School Sports Program
- Red Ribbon / Drug Free activity

**B. Middle School 6-8th grade will participate and complete 80% of the activities provided below before the end of the school year.**

1. Such instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.
2. Participation in several physical activity programs throughout the school year for all students in grade six through grade eight. Programs Activities include:

- Jump Rope For Heart
- Field Day
- Fitness Gram
- School Sports Program
- Red Ribbon / Drug Free activity

C. High School 9-12 grade will participate and complete 80% of the activities provided below before the end of the school year.

1. High School shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education Course (.5 credit).
2. Participation in several physical activity programs throughout the school year for all students in grade nine through grade twelve. Programs Activities include:

- Jump Rope for Heart
- Zumba
- Field Day
- Fitness Gramm
- School Sports Program
- Walk-A-Thon
- After School Weight Training

### **Establishing Nutrition Standards for All Foods Available on School Campus during the School Day**

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

**School Meals:** Meals served through the National School Lunch and Breakfast Program will:

- a) Be appealing and attractive to children
- b) Be served in clean and pleasant setting
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.

d) Serve only low-fat (1%) white, chocolate, or strawberry milk.

**Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

### **Vending Machines.**

1. All snack vending machines shall add a healthier option.
2. Vending machines where student meals are served or eaten shall include a healthier option, such as 100% fruit juice and water.
3. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and school sites shall include:
  - a. water
  - b. 100% fruit juice
  - c. non-carbonated drinks with less than 150 calories per container  
no more than 1/3<sup>rd</sup> of the choices will be carbonated drinks

### **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

**Staff Wellness.** The school and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

- (a) Each school site shall be in compliance with drug, alcohol and tobacco free policies.
- (b) Each school site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- (c) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

### **Setting Goals for Measurement and Evaluation**

The designee will ensure compliance with established nutrition and physical activity wellness policies and will report on the schools compliance to the school principal.

School food service staff, at the school, will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the school principal.

In accordance with the Department of Education, Food and Nutrition Dept., an SMI review will be done once every five years and will report all findings and resulting changes to the school.

To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies, and revise the policies and develop work plans to facilitate their implementation every three years.

All records and activity log will be collected for each physical and nutritional activity and stored at the school site in order to ensure that all activities are documented and complied with, using the current wellness policy.