



# **Wellness Policy**

**Bailes Campus**

# UCP of Central Florida Wellness Policy

## 1. Nutrition Education

Create a Healthy environment by:

- 1- Bulletin Board –informative information
- 2- Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level.
- 3- Availability to books, posters, videos promoting healthy lifestyle.
- 4- Integrate physical and nutrition activities in the daily lesson plans
- 5- Parents Newsletter or home nutritional flyers
- 6- Be aware of cultural norms, significance of meals and eating for family/community beliefs.

## 2. Physical Education and Activity

1. Encourage play outside (or inside where free to run around) on a daily basis.
2. Free play (unstructured activity chosen by child)
3. Structured play activity led by adult (Purpose: encourage flexibility, strength or endurance)
4. Freestyle dance, music therapy once a week.

## 3. Other School-Based Activities

Encourage staff to model healthy lifestyles:

1. Avoid rewarding good behavior with food.
2. Form health advisory council- Involve parents, teachers, health professionals and other community leaders.
3. Teachers conferences
4. Adopting healthy snacks (eliminate high sugars/fat items).
5. Eat fruit and vegetables in presence of children.
6. Offer and drink water to model instead of sodas or sugar beverages.
7. Have books in the different centers in reference to health.
8. Talk about manners during meal times.

## 4. Nutrition Promotion

1. Nutrition Flyers
2. Have available resources for children and families.

## 5. Assurance

**\*\*\*The assurance below must be written in the policy.\*\*\***

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

**6. Guidelines for All Foods Served and Sold**

Food served will:

1. Contribute to developing healthy eating habits.
2. Have no more than 35 percent of total calories from fat per serving size.
3. Have zero trans fat per serving.
4. Be consistent with the Dietary Guidelines.
5. Have calories from saturated fat below 10 percent.

**7. Inform/update the public about the content/implementation of the LSWP**

UCP will use the following methods to inform/update the public:

1. Parent communication (newsletters, posters, door signs)
2. Facebook
3. Lesson plans
4. UCP website

**8. Provide a plan for evaluating and measuring the implementation of the LSWP**

We are using "Healthy Habits for Life" curriculum by Nemours. The wellness team will review policies and procedures on a quarterly basis to ensure we are effectively implementing program requirements.

**9. Ensure all stakeholders may participate in the development, implementation and periodic review and update of the LSWP**

On an annual basis, the LSWP will be discussed at parent meeting/PTA meeting. Stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

Students and families will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

**10. Designate one or more LEA/school official to ensure that each school complies with the LSWP**

The School Administrator will ensure compliance with the established school-wide nutrition and physical activity plans and procedures.

**11. Website address for the LSWP (if public or charter school)**

The approved LSWP will be posted at: (address/link will be provided once wellness policy approved by committee, and can be placed on web page). However, our main page is [www.ucpcf.org](http://www.ucpcf.org). The LSWP Link will be accessed from within our web pages.

Policy Adoption and Approval Signatures

The following signatures represent the approval of this LSWP. When a change or revision is made to this policy, an updated board-approved, signed copy will be provided to the Office of Food, Nutrition and Wellness along with a copy of the board agenda and board minutes.

Lisa Dunham  
Parent (Print)

Lisa Dunham 11/2/18  
Parent (Signature) Date

Miles Dunham  
Student (Print)

Miles 11/2/18  
Student (Signature) Date

\_\_\_\_\_  
School Food Service Personnel (Print)

\_\_\_\_\_  
School Food Service Personnel (Signature) Date

\_\_\_\_\_  
School Board (Print)

\_\_\_\_\_  
School Board (Signature) Date

Jennifer Holbrook  
School Administrator (Print)

Jennifer Holbrook 11/2/18  
School Administrator (Signature) Date

\_\_\_\_\_  
Local Health Professional (Print)

\_\_\_\_\_  
Local Health Professional (Signature) Date

Brooke E. Guy  
Additional Member (Print)

Brooke E. Guy 11/2/18  
Additional Member (Signature) Date

\_\_\_\_\_  
Additional Member (Print)

\_\_\_\_\_  
Additional Member (Signature) Date

\_\_\_\_\_  
Additional Member (Print)

\_\_\_\_\_  
Additional Member (Signature) Date

**Policy Adoption Date:** \_\_\_\_\_