



# **Rising Leaders Academy Health & Wellness Plan**

This edition of the Rising Leaders Academy, Inc. Health & Wellness Plan is the latest edition. It replaces earlier electronic and print editions.

## I. VISION

The vision of Rising Leaders Academy, Inc. is to raise mindful, healthy and happy Rising Leaders ready for tomorrow's challenges, while fostering an environment that promotes health and wellness, engages students, staff, and families in healthy lifestyles and choices, and carries out initiatives that promote the overall well-being of all RLA stakeholders.

## II. MISSION

The mission of Rising Leaders Academy Health & Wellness Plan is to engage students, parents, and staff in developing, implementing, monitoring, and reviewing school wellness policy, goals, and practices for comprehensive school health.

## III. PHILOSOPHY

Rising Leaders Academy is committed to providing a school environment that promotes and protects children, faculty, and staff well-being and ability to learn and perform by supporting healthy choices and physical activity. Rising Leaders Academy believes a healthy staff can effectively perform their assigned duties and model appropriate wellness behaviors for students. These guidelines encourage a comprehensive wellness approach that is sensitive to individual and community needs. The policy is designed to promote physical and health education for students, staff, and other school personnel in an effort to support a school that fosters and promotes healthy lifestyles.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 111-296, HEALTHY, HUNGER-FREE KIDS ACT of 2010 (42 U.S.C. 1751 et seq.), THE RLA SCHOOL OFFICE OF STUDENT SERVICES WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY.

### III. NUTRITION EDUCATION

Academic performance and quality of life issues are affected by the choices and availability of healthy food in our schools. Nutritious food supports physical growth, brain development, students' ability to learn, resistance to disease, and emotional stability. Our goals for each school year will be:

- A. The Food Service Department will provide reimbursable meals and a la carte items which are in compliance with USDA and FL DOACSW policies and guidelines.

<http://www.nutrition.gov/food-assistance-programs/school-lunch-and-breakfast-programs>

- The nutrition staff will effectively deliver accurate food and nutrition information to the school, including strategies to promote a healthy mentality.
- All health education programs will follow state standards and benchmarks. RLA will provide students the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.
- Nutrition services shall support classroom activities for all students and include hands-on applications of good nutrition practices to promote health and reduce obesity. Classroom parties should include nutritious snacks which comply with these guidelines.
- RLA encourages teachers and families to participate in developmental activities that deliver and support knowledge of nutrition, wellness and healthy eating habits.
- Students will be encouraged to start their day with a healthy breakfast.
- RLA will consider healthy options when performing fundraisers or after school events that are held on campus.
- Classroom snacks provided for students should meet the requirements of the wellness plan to include healthy options and try to avoid foods included on the Foods of Minimal Nutritional Value.

<http://www.neisd.net/foodserv/pdf/FMNV.pdf>

## B. GUIDELINES FOR ALL FOODS ON CAMPUS

Guidelines for Healthy School meals, Fundraisers and Snack options outlined in the U.S. Department of Food and Nutrition Service – Healthy, Hunger Free Kids Act of 2010 are used to regulate the following:

- RLA vending machines with student access shall not contain carbonated, sugary beverages and shall be turned off during meal service hours.
- All snacks allowed in vending machines are to follow USDA guidelines (see appendix A)  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)
- Nutrition service providers along with school officials will ensure that all student offerings are within Federal, State and local parameters. (see appendix A)
- Classroom snacks provided to students outside the NSBP (National School Breakfast Program) & NSLP (National School Lunch Program) should be available in healthy options.  
<http://www.fns.usda.gov/school-meals/smart-snacks-school>
- Parents will be encouraged through education and communication by school and/or teachers. to provide their children with healthy snacks and lunches.

## C. NUTRITION OPERATIONS

- Notification of medical situations which impact dietary intake, such as allergies or diabetes shall be reported to the School Cafeteria Lead. The School Cafeteria Lead will complete a Diet Modification Form for the impacted student. The School Cafeteria Lead will retain a copy of the meal pattern change and the information will be distributed to food service staff to alert the cashier or other point of service workers of needs for food substitutions.
- All foods available on school grounds are in compliance with food safety and sanitation regulations. Hazard Analysis Critical

Control Point plans (HACCP) are available and followed to prevent allergic reactions and food borne illness.

#### D. EATING ENVIRONMENT

- RLA is encouraged to follow the National Association of State Boards of Education's recommended eating time that allows students adequate time to eat after being seated; at least 10 minutes for breakfast, and 20 minutes for lunch.
- Meal periods should be scheduled near or as close to the middle of the day as possible.
- School staff, teachers and administrators shall not use food as a reward or as punishment.
- Drinking fountains or coolers with fresh water should be available and located in or near the school cafeteria.
- Serving lines will be arranged to provide students with more time to eat their lunch rather than wait in line too long.

#### E. CLASSROOM AND SCHOOL CELEBRATIONS

- School-wide celebrations should be limited to four times per year: one holiday celebration and one end of year celebration, and two others of the school's choosing.
- Project-based learning activities that involve food within the classroom shall be excluded from the aforementioned guidelines and approved by the school principal.
- Teachers and parents are encouraged to provide healthy options for students for school and classroom celebrations.
- Teachers are encouraged to have one day a month for birthday celebrations. Since these celebrations are often coordinated by parents, food may be provided that is not on the approved list. However, teachers will encourage parents to supply healthy options for the celebrations.
- Any snacks brought in from home must abide by the school's peanut-free recommendation to avoid any potential allergic reactions.

#### IV. PHYSICAL ACTIVITY

Physical education and physical activity shall be an essential element of the school's instructional program. The program should provide the opportunity for all students to develop skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

A. Rising Leaders Academy has different levels of Physical Education: Elementary, Middle and High School. The school will offer adapted physical education for students with disabilities and will differentiate instruction and activity based on students' individual needs and abilities. The K-12 Physical Education programs will be based on state standards and will be child-centered, focusing on the needs of students.

- Elementary School:
  - Students will receive a minimum of 150 minutes of physical education per week and at least 30 consecutive minutes of physical education on any day during which physical education instruction is conducted (FL Statute 1003.455)
  - It is recommended that at least 15 minutes of recess be provided to students each day.
  - Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
  - All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
  - Any academic interventions may not interfere with elementary P.E. Students may only be pulled during foreign language classes.
  - Students in grades K-5 are eligible to waive the physical education requirement if they are enrolled or required to

enroll in a remedial course, or if the student's parent indicates in writing to the school that the parent requests the student enroll in another course offered by the school, or if the student is participating in physical activity outside the school day which are equal to or in excess of the mandated requirement.

- Middle School:

- All 6<sup>th</sup> through 8<sup>th</sup> grade school students will receive the equivalent to one class per day of physical education for one semester of each year. Students will be encouraged to participate in additional physical education activities.
- Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
- Nutrition education will be taught based on Florida State Standards to all students enrolled in P.E. classes.
- Middle school students will also have the option to obtain ½ high school credit by taking a Personal Fitness class in 8<sup>th</sup> grade.
- All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
- Students in grades 6-8 are eligible to waive the physical education requirement if they are enrolled or required to enroll in a remedial course, or if the student's parent indicates in writing to the school that the parent requests the student enroll in another course offered by the school, or if the student is participating in physical activity outside the school day which are equal to or in excess of the mandated requirement.

- High School:

- All secondary school students will be required to complete one credit (two semesters) of physical education. Students will be required to take ½ credit of Personal Fitness and ½ credit of any Physical Education

elective. Students will be encouraged to participate in additional physical education activities.

- Nutrition education will be taught based on NGSSS to all students enrolled in P.E. classes.
- Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
- All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
- High School students who have completed two seasons or one interscholastic sport or one season of two interscholastic sports and pass the Personal Fitness Competency Test with a "C" or better may waive the entire credit. Students who participate in marching band and/or Junior ROTC may waive the 1/2 credit Physical Education elective.

B. When available, physical education professional development opportunities should be provided to all K-12 physical education teachers. Within these opportunities, nutrition education should be addressed based on NGSSS.

C. Teachers and administrators are encouraged NOT to withhold physical activity as a form of punishment.

D. Fresh water should be easily accessible to all students performing physical activity during and after school.

## V. COMMUNITY INVOLVEMENT AND COMMUNICATION

### A. HEALTH SERVICES

Health services will be offered through a collaborative agreement between the Bay County Health Department and the Rising Leaders Academy, according to State Statutes.

1. Primary coordination of health services shall be through a trained registered school health nurse supervisor with the



support and direction of the Rising Leaders Academy and the Bay County Health Department.

2. Rising Leaders Academy should collaborate with community health liaisons and resources to promote training opportunities and health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff and may include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, immunizations, and first aid/CPR training.
4. The school will establish a Wellness page on the school website, which should be frequently updated to provide community members, parents, and students with information regarding the school's wellness plan.
5. Upon request, the school may provide parents with resources and tools that will inform and educate parents on healthier living and the positives that are associated with making healthier choices.
6. School staff are encouraged to involve community members and stakeholders in their school wellness plan decisions.
7. The school has partnerships with community agencies that include student and family counseling.

## VI. STAFF WELLNESS

The school shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and well-being of site staff.

1. RLA shall be in compliance with drug, alcohol, and tobacco-free policies based on district, state, and federal regulations.
2. RLA shall provide an accessible and productive work environment, free from physical dangers or emotional threats, that is safe and consistent with applicable occupation and health laws, policies, and rules.
3. Employees are encouraged to engage in daily physical activity.
4. Employees will be offered the opportunity to participate in healthy Lifestyle programs by the Bay County Health Department and other community resources.
5. RLA will work to ensure the buildings and campus will be free from safety hazards and meet all current health and safety standards.
6. RLA will provide resources for counseling of students, staff, and families through partnerships with community health services.
7. RLA will provide information about health, wellness resources and community contacts, nutritional resources, and other health services to promote wellness among Bay District employees.
8. Each worksite, school, and classroom will seek to create and environment where all visitors, including school-based and community members, feel welcome, safe, and respected.
9. Staff will have access to salad, fruits, and/or vegetables at each school site.
10. A Health and Wellness website will be updated frequently that will be available for staff and the community.

## VII. OTHER RLA ACTIVITIES SUPPORTING WELLNESS

1. Elementary students will be encouraged to participate in afterschool programs that offer students an opportunity to be active.
2. RLA will consider providing healthy options for all activities held on campus before or after regular school hours.
3. Parent information about the wellness plan, healthy options, nutrition, and active lifestyles will be provided through the wellness section on the school website.
4. Each year, the school will engage in a healthy activity/event through partnerships with the community.

#### VIII. WHAT CAN PARENTS DO TO HELP?

1. Provide your child with healthy snacks and lunches and encourage them to eat a healthy breakfast before school.
2. Encourage your child to be involved in active lifestyles that may include after school sports or activities and/or community sports and events.
3. Provide healthy choices to students for school celebrations.
4. Limit the number of unhealthy foods at home and limit the consumption of fast foods and processed foods.
5. Engage in active and healthy lifestyles with your children that builds strong relationships and overall well-being.
6. Communicate any type of food allergies or specific dietary restrictions to your child's teacher, and the school, at the beginning of the year. This information also needs to be included in the online registration process (Parent Portal).

7. Parents are encouraged to track their fitness goals and diets on the Choosemyplate.gov website:  
<https://www.supertracker.usda.gov/default.aspx>

## XI. COMPLIANCE PROCEDURES AND REVIEW OF PLAN

- The Student Services Clerk, working with the School Principal, will monitor compliance with the adopted RLA Health & Wellness Plan.
- RLA will appoint a school wellness representative.
- The wellness representative will report twice each year to the Student Services and the School Principal; mid-year and at the end of the year. They will report on the status of the school in regard to the established wellness goals.
- The Wellness Committee will meet twice a year to review wellness initiatives and goals for the school.
- The school will complete an evaluative survey for self-reporting, developed by the Wellness Committee and submitted to the Student Services Clerk and School Principal, or designee. The school's evaluative report will be reviewed by the School Health Advisory Council and the Rising Leaders Academy Wellness Committee for progress toward meeting the school's wellness goals.
- Recommendations for revisions and improvement in the RLA Health & Wellness Plan will be reviewed each year by the School Health Advisory Council. The Rising Leaders Academy Board will be given, as an informational item, an annual report regarding the effectiveness of the RLA Health & Wellness Plan.

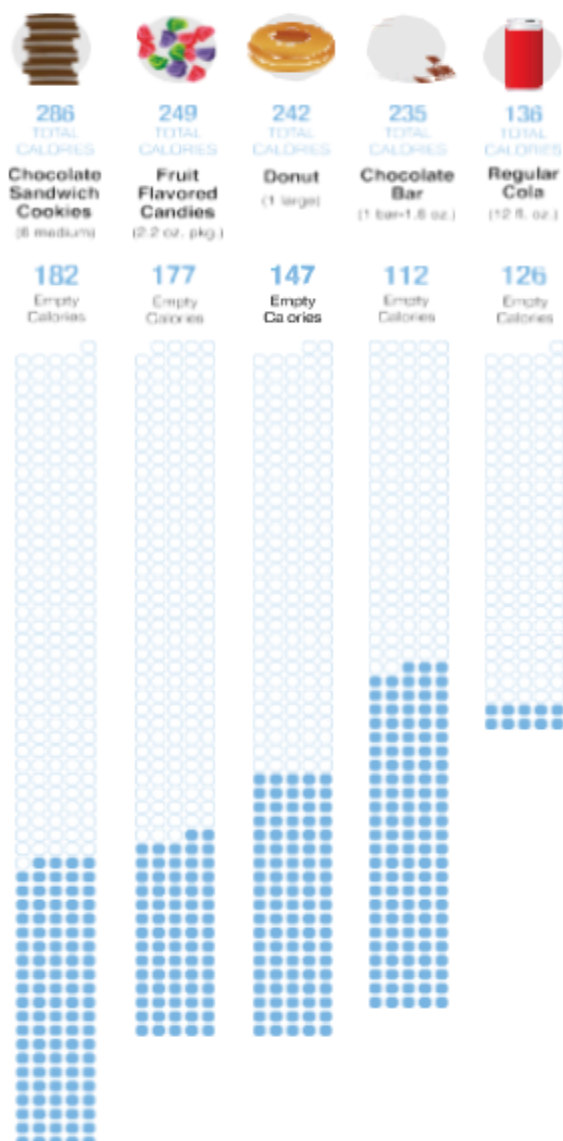
## APPENDIX: A

# SMART SNACKS IN SCHOOL

The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools — beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie    ○ Shows empty calories\*

### Before the New Standards



### After the New Standards



\*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.