

FLORIDA INTERNATIONAL ACADEMY EVALUATION LOCAL WELLNESS POLICY

Established 2006

Florida International Academy and Florida International Elementary is committed to providing a school environment that enhances the learning of skills and the acquisition of information for all of its students. It is also committed to providing for the development of lifelong wellness practices for its students.

Wellness Committee:

School Administration:

Sonia Mitchell, Principal

Joe Jackson, Assistant Principal

Rose-Ann Kelly, Office Manager/ Data Specialist

Perlette Gray, Cafeteria Manager

Physical Education Teacher

Physician / Board Member

Dr. Anthony Hall, NeuroSurgeon

After School Directors:

Ms. Yvonne Morris

Students:

FIA- *Two (2) 7th grade students and Two (2) 8th grade students*

FIE- *Two (2) 5th Grade*

Physician:

Dr. Anthony Hall, Neurosurgeon

Parent:

Mrs. Fenoune Sainvil, PTA President

In this implementation year, 2006-2007, FIA has assessed the current policy as including the following:

Nutrition Education:

The goal of nutrition education is to motivate participants to eat a healthy diet. Children are a very important audience for nutrition education because a healthy diet is essential for their normal growth and development, and because children are establishing food patterns that carry into adulthood. Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. Left to their own devices, children will not automatically select healthy foods. Their innate preference for sweet foods makes them particularly vulnerable to the highly sugared cereals, soda, and candy that are marketed to them virtually from birth. In order to develop lifelong healthy eating patterns, children need to be introduced to a variety of nutritious foods in a positive manner.

Nutrition Education Evaluation:

As discussed in our proposal, the Science and Physical Education curriculum addresses programs for the students' health for grades K through 8. The program's design has been helping the students focus on good health and healthy eating habits. Healthy habits are further promoted through our Cafeteria, which still provides both breakfast and lunch for participating students. Our Cafeteria facilities still does not facilitate food preparation, but hot meals are available. Preferred Meals, Inc. caters these meals. This vendor was recommended and approved by the National School Lunch Program (NSLP). Approximately, ninety percent of students are eligible for free and reduced meals and participate in the National School Lunch and Breakfast Program.

The newsletter, "The Preferred Word" is still distributed and goes home with students once a month. The newsletter includes suggested fitness activities, "fruit of the month", Parents Corner, Activity Corner, recipes and cartoons that are all developed to promote "wellness" for both the student and family. It should be advised that most students and their families are very receptive to this newsletter. The activities and recipes tend to be the most appealing aspect of the newsletter.

This school continues to be an excellent setting for nutritional education. Virtually all children attend school every weekday and consume at least one or two meals daily on school grounds. The school's environment strongly influences children's eating behaviors, whether through the examples provided by teachers and other adults, the food served in the cafeteria and classroom, or through exposure to peer habits. Effective nutrition education helps shape these environmental factors and assists students in developing the skills needed to select healthy diets. We are indeed pleased at the receptiveness by our families to this component.

Physical Activity:

Over the last two decades, the rates for overweight children have doubled, so that today one-third of children in the United States are overweight. One important way to prevent obesity is to increase physical activity. Schools can play a critical role in increasing physical activity by offering quality daily physical education and other opportunities to recreate a healthy life-style for each student. Physical education not only gives children an opportunity to be active but it teaches them the skills they need to be active throughout their lifetime. Thus, investing in a quality physical education in our school for all grades offered is a logical and important step toward improving the health of the next generation.

Physical Activity Evaluation:

Previously, we stated that all students would have participated in a minimum of 25 minutes per week of a Physical Fitness Activity. However, we are proud to advise that all students were able to participate for a minimum of 57 minutes per week in a Physical Education Program supervised by a Certified Physical Education Instructor. Additionally, students that were enrolled in both the day and after-school programs participated in a

minimum of three hours per week in a Physical Fitness Activity. Physical Education Activities include outdoor exercises and sports (**Volleyball, Basketball, Softball, Four Squares, etc.**), as well as indoor activities such as **Dance, Aerobics and Yoga**. All students participate in the President's Physical Fitness Challenge.

The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what a child's activity and fitness level, the President's Challenge can help motivate a student to improve. This program recognizes children and youth on their level of physical fitness by testing the student on a battery of tests measuring physical fitness components. The events include: **curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach**.

During our After-School Program, which is proudly sponsored by 21st Century Community Learning Center, students in grades 2 through 8 participate in our FREE After-School Program from 3:00PM – 6:00PM on Mondays through Fridays. This program promotes all of the above-mentioned President's Fitness Challenge activities and all students enrolled in the After-School Program indulge in Physical Education Activities/ President's Challenge Activities for at least four days a week, for thirty-five minutes per day. These activities are performed on our play field.

Additionally, healthy snacks are also provided to After-School participants. Ample water is still provided before, during, and after exercises, especially if the exercise occurs outside. Our instructors oversee all physical activities, supervising and encouraging students to work hard, play safe, play fair, and appreciate the importance of eating nutritional food and drinking water rather than sugary snacks and carbonated beverages.

We deem it an honor to also advise that all After-School instructors have been CPR/AED and First Aide certified, therefore, making this a highly health conscious and safe atmosphere for our students.

Food Available on School Campus:

Debates have ensued regarding soda and food vending machines in elementary, middle/junior and high schools. Some states have introduced and enacted legislation to replace existing food and drinks of minimal nutritional value for healthier options or to restrict student access to the machines. Namely, the state of Florida enacted the Childhood Obesity Prevention Act that regulates food sold on school campuses and for fundraising purposes. Additionally, prohibited foods that are sold a la carte or in vending machines are to be sold from one-half hour before school begins until one-half hour after the end of the school day.

Vegetable juice, fruit juice, fruit-based drinks that contain at least 30 percent fruit juice, water, and milk are the only beverages that are allowed to be sold. Foods that meet federal regulations; snacks that contain whole grain, enriched or fortified grains, or grain products; and any food that derives less than 35 percent of its total calories from added sugars, except naturally occurring sugars, are also allowed. Foods and beverages sold as a fundraising tool would also have to meet these requirements.

Food Available on Campus Evaluation:

It is for the above-mentioned reasons why we proposed and implemented that FIA's vending snacks are all nutritious choices. The school's breakfast and lunches are still provided through the National School Lunch Program. Additionally, during our After-School Program students receive USDA approved snacks supplied by a state approved licensed contracted vendor and FIA/FIE will be reimbursed up to eighty cents per snack per child per day. All menus of both the day and after-school programs meet the federal nutritional guidelines – providing a balanced nutritious meal. Furthermore, it should be advised that 90% of the students at Florida International Academy qualify for free and reduced meals.

Accountability:

It is our belief that Florida International Academy's implementation of the Wellness Policy during the 2006-2007 deemed very successful. Even though, the Wellness Policy Committee was never called upon to report to the Board of Governors during the last tenure, we can proudly state that at all times we held the policy with the utmost highest regards and maintained values at all times.

Additionally, Coach Gregory Moss and Coach Dennard Parks, our Physical Education instructor monitors closely each child's fitness progress by assessing the Body Mass Index (height, weight, and age). Throughout this process he has found that students who were enrolled in both the day and after-school programs made improvements in their fitness levels.

YES	NO	ESTABLISHED REQUIREMENTS
X		<p>1. Does the include involvement in the development of wellness policy?</p> <ul style="list-style-type: none"> <i>a. Parents: Mrs Dotinga Armand, PTA President</i> <i>b. Students: 2 7th Grade, 2 8th Grade Students & 2 5th Grade Students</i> <i>c. School Food Service: Ms. Perlette Gray</i> <i>d. After School Director: Dr. Peter Lavinier & Ms. Yvonne Morris</i> <i>e. School Administrator: Ms. Sonia Mitchell, Principal</i> <i>f. Office Manager: Rose-Ann Kelly</i> <i>g. Physical Education: Coach Gregory Moss & Dennard Parks</i> <i>h. Health Education: Ms. Esther Edouard</i> <i>i. Physician: Dr. Anthony Hall, Board of Governors' Chairman</i>
X		<p>2. Does the policy indicate goals for nutrition education?</p>
X		<p>3. Does the policy indicate goals for physical activity?</p>
X		<p>4. Does the policy indicate goals for other school-based activities?</p>
X		<p>5. Does the policy outline nutrition guidelines for all foods served or sold on the school campus during the school day with the objectives of promoting student health and reducing childhood obesity?</p>
X		<p>6. Does the policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by USDA?</p>
X		<p>7. Does the policy outline a plan for evaluating and measuring the implementation of the wellness policy?</p>
X		<p>8. Does the policy designate 1 or more persons within the school charged with operational responsibility for ensuring that the school is meeting the local wellness policy?</p>
X		<p>9. Does the policy outline a plan for reporting the effectiveness of the wellness policy</p>
X		<p>10. Is the policy approved by the Board of Governors with the date of the Board adoption indicated?</p>