

## Hebrew Academy Community School – Chabad Hebrew Academy

### Wellness Policy

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The Chabad Hebrew Academy promotes a healthy school by recognizing that supporting wellness, good nutrition, and regular physical activity affect the health and well-being of all students.

Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing and by promoting increased physical activity both in and out of school. In addition, and in accordance with the Jewish religious law, all foods served at the Chabad Hebrew Academy are kosher.

The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support of good nutrition, healthy food choices available at school physical activity and health practices, our school contributes to the basic health status of children.

The Hebrew Academy will assemble a representative Wellness and Learning Support Committee that will meet twice annually at the beginning of each semester to evaluate and set goals for the development, implementation and periodic review and update of its school wellness policy. The Wellness Committee will review and consider evidence based strategies when establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness.

The Executive Director (Shloime Denburg) shall ensure overall compliance with the school's wellness policy. Parents, students, Physical Education teachers, the Board of Trustees, school administrators and the general public shall be permitted to participate in the development, implementation and periodic review and updates of the school's wellness policy. The Administrator will determine and monitor all wellness initiatives of the school including obesity prevention. The Hebrew Academy Board of Trustees will recommend and monitor objectives for the wellness policy.

The Wellness and Learning Support Committee will be responsible for the school's compliance with all federal and state regulations as pertaining to the National School Lunch Program.

- Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
- Maintaining a school calendar identifying the dates when exempted food fundraisers will occur in accordance with the frequency specified in paragraph FAC 5P-1.003;
- And reporting its school's compliance of aforementioned regulations to the Administrator.

The Committee will delegate a sub-committee that will have full access to student nutrition information at the school and can visit and inspect the food program at any time. They will be provided every opportunity to participate in the development, implementation, review and updates of the wellness policy. They will be invited to every meeting on the subject of wellness at the Chabad Hebrew Academy.

Our Lunchroom Coordinator is responsible for creating menus, ordering and monitoring lunches and snacks in coordination with the Administration.

Rivka Denburg, Head of School, is responsible for compliance of the school's Wellness Policy.

Parent volunteers are members of the PTO.

### Guidelines for all foods and beverages available during the school day

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Chabad Hebrew Academy shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the State of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

#### **General Guidelines**

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- School meals will include a variety of nutrient dense foods, including whole grains and fiber rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible Chabad Hebrew Academy will participate in available federal school meal programs, including the SBP, NSLP AMP, ASSP, FFVP, and SFSP.
- Free, potable water will be made available to all children during each meal service. This is intended to encourage water consumption and maintain hydration. Adequate hydration improves cognitive function in children.
- Water fountains are available with cold potable water throughout the campus.
- All meals served will be of the highest standards of Kashrut. Milk and dairy products are Cholov Yisroel and baked goods are Pas Yisroel.

#### **Competitive Foods**

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
  - School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the day.

- School day means, for the purpose of competitive food standards implementation, the period from the midnight before to 30 minutes after the end of the official school day.
- Competitive foods include items sold a la carte in the cafeteria and for in school fundraisers.
- Unless being sold by Hebrew Academy’s food service program, it is permissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11 (FAC5P-1.003).
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements 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 ¼ 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**

<b>Nutrient Standards</b>	<b>Snack Items &amp; Side Dishes (incl accompaniments)</b>	<b>Entrée Items (incl accompaniments)</b>
Calories	200 or less	350 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/equal to 0.5g per portion	0 g of trans fat as served Less than/equal to 0.5g per portion
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

**Exemptions**

- Any entrée item offered as part of the lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the lunch program
- Fresh or frozen fruits and vegetables with no added ingredients, except water

- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup
- Low sodium/No salt added canned vegetables with no added fats
- Reduced fat cheese, nuts, seeds, and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*Refer to 7 CRF 210.11 competitive food service standards for additional exemptions*

### **Nutrition Standards for Beverages**

*Portion sizes listed are the maximum that can be offered*

<b>Beverages</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
Plain Water	Unlimited	Unlimited	Unlimited
Unflavored low fat milk	8 fl oz	12 fl oz	12 fl oz
(Un)flavored fat free milk	8 fl oz	12 fl oz	12 fl oz
100% fruit/veg juice	8 fl oz	12 fl oz	12 fl oz
100% fruit/veg juice diluted with water but no added sweeteners	8 fl oz	12 fl oz	12 fl oz
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl oz or 10 cal or less per 20 fl oz	Not allowed	Not allowed	20 fl oz
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl oz or 60 cal or less per 12 fl oz	Not allowed	Not allowed	12 fl oz

For elementary and middle school students: foods and beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

#### Standards for food and beverages available during the school day that are not sold to students

- The school will provide parents and teachers a list of ideas for healthy elevations/parties, rewards and fundraising activities
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served
- Hebrew academy will limit celebrations that involve food during the school day to no more than one party per class per month

## Fundraising

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- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items
- No fundraisers that include the sale of food items will occur until 30 minutes after the conclusion of the last designated meal service period
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary School	5 days
Middle School	5 days
High School	5 days

- Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur (FAC 5P-1.003)

## Policy for Food and Beverage Marketing

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School based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply

- Hebrew Academy will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards
- Hebrew Academy nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above

## Health and Nutrition Education and Promotion

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- School programs offer students in pre-Kindergarten through Grade 8 comprehensive sequential health and nutrition education curriculum providing the knowledge needed to adopt healthy lifestyles and reduce high risk behaviors for all students
- Nutrition education is a component in elementary through middle school
- Resources and training are available for employees responsible for providing nutrition and health education
- Food and beverages sold at events must be obtained from approved sources, per Chapter 64E-11 of the *Florida Administrative Code* and reinforce the importance of healthy choices

- Snacks and rewards provided in after care programs will reinforce the importance of healthy choices
- The school lunchroom serves as a learning lab to teach and practice good nutrition.
- The school provides nutrition education and encourages healthy eating for families both within the home and outside. Family members are engaged as a critical part of the team responsible for teaching children about health and nutrition

### Physical Activity and Other School Based Activities

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Our school works to provide the opportunity for every student to receive regular age appropriate physical education. In addition to Physical Education classes several times weekly for each grade and at age appropriate levels, the school offers after school competitive sports clubs and daily playground time for each class.

Our school recommends that students participate in physical activity before, during and after school in accordance with nationally recommended guidelines.

All physical education classes are taught by qualified teachers as defined in the State Statutes, and to the extent possible, by certified physical education teachers, and are designed to build interest and proficiency in skills, knowledge, and attitudes essential to a lifelong healthy lifestyle.

Elementary students will have 30 minutes per day of physical education.

Our school will not use participation or non-participation in physical activities that appeal to a variety of interests.

Our Parent Handbook provides information to help parents promote and incorporate physical activity and healthy eating into their children's lives.

**Hebrew Academy Community School will have an environment that supports the consumption of kosher, healthy foods by students, their families and staff with the intent of promoting student health and reducing childhood obesity.**

### Additional Wellness Goals

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The school continually coordinates a comprehensive outreach and promotion plan to ensure maximum participation in the school meal program.

The school ensures that students who receive free or reduced price meals are not treated differently from other students or identified by their peers.

The school will serve lunches as part of the National School Lunch Program.

The school shall employ a food service director to administer the school food service program.

All Food and Nutrition Services personnel have adequate pre-training and participate in on-going professional development in the areas of sanitation, school food allergies and CPR. Specific guidelines for managing students with life threatening hypersensitivity (Kelsey Ryan Act) can be found in the Teachers' Resource Center.

School menus meet the requirements of the USDA for school meals, and over the course of a week meet the nutritional standards recommended by the USDA for reimbursable meals.

Our staff practices healthy eating to reinforce the importance of good nutrition.

Food and Nutrition Services ensures that required and effective food safety practices are applied to all foods prepared, sold and served through the Food and Nutrition Services Department.

Meals are scheduled as close as possible to the middle of the day. Dining areas will be clean, safe and provide an environment for an enjoyable meal break.

The school will promote positive behavioral health and interventions to affect student well-being and achievement through prevention liaisons and utilization of community resources.

The school will provide a learning environment that promotes the consumption of healthy, kosher foods.

Learning Support Services are coordinated with the existing and community stakeholder groups to ensure Learning Support Services are culturally competent and provided through collaboration with community partnerships for the best utilization of resources.

*As assessment of the wellness policy will be conducted at a minimum of every three years. However, the Wellness Committee can choose to assess their policies more frequently to ensure goals and objectives are being met and to refine the policy as needed. The results of this assessment must be made available to the public.*

## **Evaluation and Measurement of the Implementation of the Wellness Policy**

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Hebrew Academy Wellness Committee will update and make modifications to the wellness policy based on the results of the triennial 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.

### **Triennial Progress Assessments**

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Hebrew Academy 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 Hebrew Academy is in compliance with the wellness policy

- The extent to which the local school wellness policy compares to model local school wellness policies
- A description of the progress made in attaining the goals of the school's wellness policy

The Director of Administration will oversee the implementation of all nutritional regulations as required by the Florida Department of Agricultural Consumer Services.

Wellness and Learning Supports Committee shall convene at least twice annually to assess whether policies are effective in improving student health.

The Wellness and Learning Supports Committee will annually determine wellness promotion objectives based on results of the annual Wellness Policy Evaluation and make recommendations for changes or revisions in the policy to the Board when appropriate. The results of the Annual Wellness Policy Evaluation along with the Wellness Policy will be posted on the school's website.

*The school will annually inform and update the public about the content and implementation of the local school wellness policy. This will include a summary of the school's events or activities relating to the implementation of the Wellness Policy, contact information of the designated committee members and officials and information on how the public can get involved with the wellness policy committee.*

### Informing the Public

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The Hebrew Academy will ensure that the Wellness Policy and most recent triennial assessment are available to the public at all times. The Hebrew Academy will also actively notify households on an annual basis about any updates made to the Wellness Policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- Hebrew Academy will ensure the most updated version of the Wellness Policy and triennial assessments are always available on the school website of the public to view.
- Hebrew Academy will present wellness policy updates, as applicable, during meetings with the Parent Teacher Organization, Board of Trustees, Health and Wellness Committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff as applicable in the form of emails, school website, articles to ensure that the community is informed and that public input is encouraged.



## Community Involvement

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Hebrew Academy is committed to being responsive to community input, which begins with awareness of the Wellness Policy. Hebrew Academy will actively communicate ways in which parents, students, teachers, school health professionals, the Board of Trustees, school administrators and the general public can participate in the development, implantation and annual review of the local school Wellness Policy through a variety of means, including:

Hebrew Academy will consider student needs in planning for a healthy nutrition environment. Student will be asked for input and feedback through the use of surveys and attention will be given to their comments

Hebrew Academy will use electronic mechanisms, such as email or displaying notices on our website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents to ensure that all families are actively notified of any updates to the Wellness Policy, as well as hoe to get involved and support the policy.