

Chabad Hebrew Academy Wellness Policy

Updated: January 15, 2025

I. Mission & Philosophy

Chabad Hebrew Academy (CHA) is committed to fostering a healthy school environment that supports student wellness, nutrition, and physical activity, recognizing their positive impact on student health, behavior, and academic achievement. CHA encourages lifelong healthy habits by providing nutritious meals, promoting physical activity, supporting mental well-being, and integrating health education throughout the school experience.

II. Leadership & Oversight

Wellness efforts are guided by the Wellness and Learning Support Committee, which meets at least annually to review goals, assess progress, and oversee implementation. The Director of Administration ensures compliance with wellness policies and USDA regulations, in collaboration with parents, students, staff, and the Board of Trustees. Rivka Denburg, Head of School, has ultimate responsibility for maintaining policy compliance and alignment with the school's mission.

In January 2025, the committee reviewed and updated the wellness policy to reflect revised school wellness goals, address emerging student needs, and ensure alignment with current USDA and Florida state guidelines.

III. Nutrition Standards

A. School Meals

Meals served through the National School Lunch Program (NSLP) meet USDA and Florida Department of Agriculture regulations.

Key features include:

- Nutrient-dense meals with whole grains, fruits, and vegetables
- Accommodations for special diets and cultural needs
- Free access to cold, potable water during meals

B.. Non-Sold Foods (e.g., Celebrations & Rewards)

- Only Smart Snack-compliant items are served during school hours
- One classroom celebration with food is allowed per month
- Fundraisers involving food must comply with Smart Snacks or be scheduled 30+ minutes after the last school meal
- Food fundraiser exemptions permitted:

- Elementary: 5 days per year
- Middle School: 10 days per year

IV. Health & Nutrition Education

Curriculum Integration

Health and nutrition education is provided from Pre-K through 8th grade, including:

- At least 10 hours of nutrition education per student annually
- Monthly health themes and a minimum of 4 promotional wellness events per year
- Engagement of families through newsletters, healthy recipes, and educational workshops

Compliance Monitoring

- Quarterly USDA compliance audits of school meals
- Aftercare program and staff involvement in healthy habits reinforcement
- Lunchroom utilized as a “learning lab” for nutrition education
- Faculty encouraged to model healthy behaviors

V. Physical Activity

Curricular and Extracurricular Opportunities

- All elementary students receive at least 150 minutes of physical education weekly
- Daily recess of 20+ minutes for grades K–5
- Minimum of three after-school physical activity clubs or sports each semester
- PE classes taught by certified instructors whenever possible
- At least two classroom activity breaks per day to reduce sedentary time

Engagement & Feedback

- Two parent-focused wellness education events are held annually
- Grades 3–8 participate in an annual wellness survey to inform planning

Mental Health & Social-Emotional Wellness

Chabad Hebrew Academy recognizes that emotional and mental well-being are integral to student health and academic success.

- The school employs a **Director of student counseling** to provide accessible, confidential support services
- Students may receive individual or group counseling with qualified professionals

- Staff receive training to recognize signs of mental health challenges and to make appropriate referrals
- Age-appropriate social-emotional learning (SEL) is incorporated across all grade levels

VI. Additional Wellness Commitments

- Clean, safe, and positive dining environments
- Confidential and non-discriminatory meal service for students eligible for free/reduced lunch
- Collaboration with community health partners and support services
- Ongoing staff training in areas such as food safety, allergen management, CPR, and student wellness

VII. Evaluation & Compliance

Review Schedule

- **Annual meeting** of the Wellness Committee to evaluate progress
- **Triennial assessment** of policy compliance, goal achievement, and comparison with model policies

Transparency & Communication

- Policy and assessments are publicly posted on the school website
- Annual updates shared through PTO meetings, school newsletters, and digital communication
- Families are invited to participate via surveys and committee opportunities

VIII. Community Involvement

Chabad Hebrew Academy encourages active involvement of families, students, staff, and the broader community. Regular communication and volunteer opportunities promote shared responsibility for wellness goals.

Measurable Goals

Nutrition Goals:

- All Pre-K–8 students receive 10+ hours of nutrition instruction annually
- Monthly lunchroom themes and at least 2 promotional events each year
- Annual meal compliance audits with a 100% compliance target
- 100% Smart Snacks compliance verified through biannual reviews
- Quarterly checks to ensure hydration access in all eating areas

Physical Activity Goals:

- 150+ minutes of PE per week for elementary students
- Daily 20+ minutes of recess for Grades K–5
- Minimum of 3 after-school physical activity programs offered each semester
- At least 2 activity breaks integrated into daily classroom routines
- Two wellness-themed events annually for parents focused on physical activity
- Annual student wellness survey (Grades 3–12) to evaluate and improve programs