



Dr. D.D. Brown Christian Academy of Hope

907 SW 3rd Street, Ocala, Florida, 34471

Contact no. 352-433-2728 e-mail address: ddbcaoh@gmail.com

Local School Wellness Policy

1. Nutrition Education

Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level.

Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition.

Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.

Students will understand how food reaches the table and the implications that has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.

Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop a school learning lab. Students will harvest vegetables and work with the cafeteria staff to create wholesome snacks.

Nutrition education teaches skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.



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Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. Additionally, the school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

2. Physical Education and Activity

All students in grades K-5 receive 150 minutes per week of instructionally relevant physical education.

For middle school physical education in grades 6-8, all students are required to receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by the district with the approved state course codes. (Sunshine State Standards)

Students will receive education that promotes a physically active lifestyle. The students shall receive education that teaches them the skills needed for lifelong physical fitness.

All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

Students will have the opportunity to be involved in physical activity through physical education programs, before- and after-school activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.



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The physical education program shall meet the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation. Teachers will discourage bullying, restrict picking teams and promote confidence building.

Staff will be encouraged to participate in 90 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) every week. Staff will be informed of the opportunity to participate in physical activity in after-school programs and community events.

Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

School policy will prohibit the use of physical activity and the withholding of physical activity as an act of punishment.

3. Other School-Based Activities

School policy will prohibit the use of food as a reward or punishment.

Students will have access to free, quality drinking water in all areas of the school. Parents will be informed of other school-based activities such as spirit night, skate night, car washes, etc.

The school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to the school and have access to basketball courts, playgrounds and track facilities.



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Elementary schools will develop guidelines that support our wellness initiative, including serving healthy, nutritious snacks at birthday parties, field day, fundraisers, festivals and other school-related activities.

Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.

The school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.

4. Nutrition Promotion

The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

Food services will provide families with opportunities for input and monitoring of their children's food purchases at the K-8 level.

The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

5. Assurance

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



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6. Guidelines for All Foods Served and Sold

All foods served or sold at this school will meet the following nutrition guidelines. The guidelines also apply to fundraisers and class parties.

- No more than 35 percent of total calories from fat per serving size
- Calories from saturated fat must be below 10 percent
- Zero trans-fat per serving
- Total sugar must be at or below 35 percent by weight
- Sodium must be at or below 480 mg per side dish and at or below 600 mg per main dish
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

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

School wellness updates may be provided in the form of handouts, the school website, articles and information provided in the school newsletter, presentations and through other appropriate means to ensure that the school community is informed and that public input is encouraged.

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

The wellness team shall meet quarterly to review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements.

The school will develop a wellness assessment instrument to monitor compliance. On an annual basis, the school will use this instrument to assess the school's nutrition and physical activity environments and policies.



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School food service staff will ensure compliance with nutrition policies within school food service areas.

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

At the final public school board meeting of each year, the LSW will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered. Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.

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

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

The principal and administrative staff shall ensure compliance with established school-wide nutrition and physical activity policies

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.