



Wellness Policies 2010-2011

Physical Activity and Nutrition

Committee Members:

The following committee members are involved in the development of this Policy and its implementation throughout the school year.

- Parents: Grace Zaldivar
- School Food Services: Margorie Feliciano
- Administrator: Maria Saunders
- Community Leader: Juan Carlos Quintana
- School Board: Lidia Steel
- Student: Alexandra Quintana
- Physical Education: William Garcia

Nutrition Goal:

All students will have access to and take advantage of high-nutrient food options. Academic performance and quality of life issues are affected by the choice and availability of healthy food in our schools. Healthy foods will help support students physical growth, brain development, resistance to disease, emotional stability and increase their ability to learn.

Bridgepoint Academy will provide nutritious foods, available on campus during the school day to promote student health.

The contracted catering company will have to be an approved vendor of the NSLP in which they will serve food that is high in fiber, free of added trans fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards with adequate time allotted for meal consumption and in an environment conducive to making nutritional choices.



Physical Education and Physical Activity Goal:

Bridgepoint Academy will provide physical education and physical activity, to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance and physical strength.

1. Elementary Physical Education, grades KG-1: 150 minutes of weekly instruction of physical education provided by the homeroom teacher is required.
2. Elementary Physical Education, grades 2-5: 150 minutes of weekly instruction of physical education provided by the physical education teacher is required.
3. Physical education will be taught by a certified specialist and be an essential part of our school's instructional program, subject to differing abilities of students. The program will stress the importance of physical fitness and encourage healthy lifestyles.
4. Physical education will include training in skills needed for enhancing health, such as:
 - a. Comprehension of concepts related to health promotion, disease prevention, and reduction of health risk.
 - b. Recognition of bullying and implementation of effective anti-bullying techniques
 - c. Comprehension of the detrimental health concerns related to drugs, alcohol, and smoking.
 - d. Understand the importance of proper hydration.
 - e. Comprehension of the relationship between the environment (e.g. UV rays, air pollution) and personal health.
 - f. Ability to access valid health information.
 - g. Effective interpersonal communication skills.
 - h. Advocacy skills for personal, family and community health.

Health Literacy Policy:

In addition to health and fitness taught in physical education programs, all students will be taught comprehensive principles of nutrition and health implications, media literacy, and appreciation of healthy food and other competencies essential to making health-enhancing choices. Strategies employed will include, but not be limited to:

1. Provide nutrition education at all grade levels which includes lessons and experiential learning opportunities learning opportunities that enhance health:
 - a. Emphasize the importance of goal setting and positive decision-making strategies that enhance health including those related to food intake and energy expenditures.
 - b. Analyze the influence of culture, media and other factors on food choices and preferences in personal health including food preparation methods that enrich and challenge healthy living.



2. Promoting healthy food choices on school premises by making relevant nutrition information available as close as possible to the point of choice.

Nutrition Standards for All Foods Available on School Campus during the School Day:

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

School Meals: Meals served through the National School Lunch and Breakfast Program will:

- a) Be appealing and attractive to children
- b) Be served in clean and pleasant setting
- c) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- d) Serve only Low-Fat white, chocolate, or strawberry milk.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

Vending Machines / Concessions:

- a) All snack vending machines / concession shall add a healthier option.
- b) All snack vending machines / concession where meals are served or eaten shall include a healthier option, such as 100% fruit juice, water, granola bars, and fruit snacks.

School-based Activities Designed to Promote Student Wellness

All students will be offered the option of participating in extra curricular activity programs, such as organized team or individual sports through enrichment programs.

Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The physical education curriculum should demonstrate progression and sequence and be consistent with Florida State Sunshine State Standards.

Staff Wellness: The school and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety, and well being of site staff.

- a) Each school site shall be in compliance with drug, alcohol and tobacco free policies.



- b) Each school site shall provide and accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- c) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs.

Setting Goals for Measurement and Evaluation

Bridgepoint Academy's Wellness Plan Committee is responsible for reviewing and monitoring the school's policy in accordance with the goals and initiatives to ensure high academic achievement through enhanced wellness curriculum and programs to improve the health of all students.

The designee will ensure compliance with established nutrition and physical activity wellness policies and will report on the schools compliance to the school principal. School food service staff, at the school, will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the school principal. In accordance with the Department of Education, Food and Nutrition Dept., a review will be done once every five years and will report all findings and resulting changes to the school.

To help with the initial development of the school's wellness policies, the school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies, and revise the policies and develop work plans to facilitate their implementation every three years.

All records and activity log will be collected for each physical and nutritional activity and stored at the school site in order to ensure that all activities are documented and complied with, using the current wellness policy.

Designated Person/s

The designated person/s assigned to oversee the implementation of the Wellness Policy at our school will be the administrator mentioned below:

Bridgepoint Academy Charter School: Dr. Maria Saunders

All activity reports will be submitted to Nury Rodriguez – Bridgepoint Academy, Inc. Lunch Program Director, two weeks before pre-scheduled board meetings (4 times a year). She will present it at the scheduled board meetings for its effectiveness and/or any necessary recommendation the board may have to revise the plan.



Procedures for public input and revisions:

Bridgepoint Academy will hold a minimum of four school board meetings throughout each academic year. These meetings are posted on the Miami Dade County Public Schools public meetings web portal. All school board meetings are open to parents, students, staff, community members and the public. The public has the right to be added to the consent agenda prior to the board meeting being held. At which point the school's board will welcome any concerns, input or revisions being presented.

To view Bridgepoint Academy's Wellness Policy please visit us at:

www.bridgepointacademy.com



BRIDGEPOINT
A Bilingual Academy for Learning
"Where your child shines bright!"

Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

School Officials' Signatures:

Signature	Principal	Date
------------------	------------------	-------------

School Board/Governing Agency's Signatures:

Signature	Board Chair	Date
------------------	--------------------	-------------

Policy Adoption Date: _____

