JLA Wellness Policy 2026/2027

Jewish Leadership Academy recognizes that 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/their 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 nutritious meals and snacks through the school meal programs, supporting the development of good eating habits, and promoting increased physical activity.

Jewish Leadership Academy is committed to creating an environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1. **Local School Wellness Policy Leadership**

   Jewish Leadership Academy will assemble a representative wellness committee that will meet bi-annually to monitor and set goals for the development and implementation of its local school wellness policy. The policy shall be reviewed annually, and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a fundamental change or overhaul is made.
   - The Director of Operations shall ensure overall compliance with the local school wellness policy.
   - Parents/guardians, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.

Jewish Leadership Academy will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

2. **Nutrition Promotion**

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase the number of on-campus locations where students can access useful nutrition information by 10%
- Increase student awareness of useful nutrition information from brochures, worksheets, handouts, and digital content by 20%

3. Nutrition Education

- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate 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. (Example topics include mindful eating, balanced meals, and how to read nutrition facts labels).
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. 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.
- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.

4. Physical Activity

- All students will have at least 20 minutes of physical conditioning per day
- Students will have an increase in both the number and variety of physical activity opportunities offered to them.

- Staff will be encouraged to participate in 150 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 afterschool programs and community events.
- Staff will be encouraged to provide short physical activity breaks between lessons or classes, at least biweekly as appropriate.

5. Other School-Based Activities

Jewish Leadership Academy will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development, and strong educational outcomes.

General Guidelines

- Jewish Leadership Academy shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- Jewish Leadership Academy shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

- 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.
- Jewish Leadership Academy will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Recycling

- Jewish Leadership Academy shall maximize the reduction of waste by recycling, reusing, composting, and purchasing recycled products.

Employee Wellness

- Jewish Leadership Academy wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Behavior Management

- Jewish Leadership Academy is committed to prohibiting the use of food as a reward unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Staff will not deny or require physical activity as a means of punishment.

6. Guidelines for All Foods and Beverages Available During the School Day

Jewish Leadership 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 meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- Reimbursable 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, the Jewish Leadership Academy will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all students during each meal service.
- Jewish Leadership Academy will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.

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. Products will be assessed for compliance and approval using the Smart Snacks Product Calculator at https://foodplanner.healthiergeneration.org/calculator/.
    - *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 school 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 cafe, from vending machines, school stores, snack bars, and for in-school fundraisers.
- Unless being sold by Jewish Leadership Academy's food service program, it is impermissible 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. (FAC 5P-2.002)

Standards for food and beverages available during the school day that are <u>not</u> sold to students:

- Class parties or celebrations shall be held after the lunch period.
- Jewish Leadership Academy will limit celebrations that involve food during the school day to no more than one party per class per month.
- The school does not permit parents to bring in outside food for parties.
- Only foods that meet the Smart Snacks in School nutrition standards can be served.

Fundraising

- Jewish Leadership Academy does not hold fundraising events that involve food or beverage items.

7. Policy for Food and Beverage Marketing

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

- The school will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- Jewish Leadership Academy will foster a dining hall environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into student meals.
- Jewish Leadership Academy's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

8. Evaluation and Measurement of the Implementation of the Wellness Policy

Jewish Leadership Academy;s wellness committee will update and make modifications to the wellness policy based on the results of the annual 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

Jewish Leadership Academy will assess the local school wellness policy to measure 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 Jewish Leadership Academy is in compliance with the local school wellness policy.
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

9. Informing the Public

Jewish Leadership Academy will ensure that the wellness policy and most recent triennial assessment are always available to the public. Jewish Leadership Academy will also actively notify households (as applicable/possible) 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.

- Jewish Leadership Academy will ensure the most updated version of the wellness policy and triennial assessments are always available on its website for the public to view.
- Wellness updates will be provided to students, parents/guardians, and staff, as applicable, in the form of handouts Jewish Leadership Academy website, articles and/or newsletters, to ensure that the community is informed, and that public input is encouraged.
- As applicable, Jewish Leadership Academy will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

10. Community Involvement

Jewish Leadership Academy is committed to being responsive to community input, which begins with awareness of the wellness policy. Jewish Leadership Academy will actively communicate ways in which parents/guardians, students, representatives of the school food authority, school health professionals, staff, representatives from the local agriculture community, food and nutrition professionals, can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- Jewish Leadership Academy will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys and attention will be given to their comments.
- Jewish Leadership Academy will use electronic mechanisms, such as email or displaying notices on Jewish Leadership Academy's website, as well as non-electronic mechanisms, such as newsletters to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.