



Living Word Academy

School Wellness Policy

I. Purpose

This School Wellness Policy (“Policy”) establishes goals and guidelines to promote student wellness, prevent and reduce childhood obesity, and support student health and academic success. This Policy is developed in compliance with: - The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 – Local School Wellness Policy Implementation Final Rule (7 CFR §210.30) - Florida K–20 Education Code §1003.453 - Florida Administrative Code Rule 5P-2.002

This Policy applies to all students, staff, and schools participating in the National School Lunch Program (NSLP).

II. School Wellness Committee

A. Composition

The School Wellness Committee (SWC) shall include, at a minimum: - Parents/guardians - Students (when age-appropriate) - School food service representative - School administrators - Teachers, including physical education teachers.

B. Responsibilities

The SWC shall ensure overall compliance with the local school wellness policy. They shall be permitted to participate in the development, implementation, and the periodic review and update of the Local School Wellness Policy - Recommend evidence-based strategies to improve student wellness - Conduct triennial assessments and annual progress reviews - Ensure stakeholder engagement and transparency

C. Evidence-Based Wellness Goals

Living Word Academy will establish goals for nutrition promotion, nutrition education, physical activity, and other school-based wellness activities using evidence-based strategies supported by USDA and CDC guidance, including age-appropriate instruction, consistent health messaging, opportunities for daily physical activity, and a supportive school environment.

III. Nutrition Education and Promotion

Living Word Academy shall provide nutrition education that: - Is integrated into Living Word Academy curriculum and aligned with Florida education standards - Is developmentally appropriate, culturally relevant, and sequential - Promotes lifelong healthy eating behaviors - Includes instruction on reading food labels, balanced meals, and portion sizes

Nutrition promotion shall: - Encourage healthy food choices through cafeteria signage, announcements, and school events - Use USDA Team Nutrition resources when feasible

IV. Physical Activity

A. Physical Education

Living Word Academy shall provide a standards-based physical education program that: - Meets Florida state PE requirements - Includes instruction in motor skills, fitness, and health-related activities.

B. Physical Activity Opportunities

Living Word Academy shall: - Provide opportunities for physical activity before, during, and after school - Encourage daily recess for elementary students - Promote physical activity through clubs, intramural sports, and school events - Avoid withholding physical activity as punishment

V. Nutrition Standards for School Meals

A. School Meals

Meals served through the NSLP shall: - Meet or exceed USDA nutrition standards - Be appealing, nutritious, and age-appropriate - Accommodate special dietary needs as required by law.

B. Access to Meals

Living Word Academy shall: - Provide adequate time for students to eat meals - Ensure a clean, safe, and respectful dining environment - Promote participation in school meal programs

VI. Nutrition Standards for Competitive Foods and Beverages

All foods and beverages sold or provided to students outside of the reimbursable school meal programs during Living Word Academy academic day shall: - Meet USDA Smart Snacks in School standards - Comply with Florida Administrative Code Rule 5P-2.002

This includes: - Vending machines - Fundraisers during Living Word Academy academic day.

VII. Fundraising, Celebrations, and Marketing

A. Fundraising

Living Word Academy is encouraged to use non-food or healthy food fundraising activities that meet Smart Snacks standards.

B. Celebrations and Rewards

Living Word Academy shall: - Encourage non-food rewards and celebrations - Limit the use of foods high in sugar, fat, or sodium

C. Marketing

Living Word Academy shall:

- Only market foods and beverages that meet Smart Snacks standards - Prohibit advertising of non-compliant foods on campus during Living Word Academy academic day.
 - Will foster a cafeteria environment that promotes healthy eating, including the incorporation of fresh, locally grown foods into students\ meals.
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VIII. Other School-Based Wellness Activities

Living Word Academy shall support student wellness by: - Providing access to clean drinking water throughout Living Word Academy day - Supporting school health services and counseling - Encouraging staff wellness programs.

Living Word Academy shall in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

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

- Living Word Academy will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest to the best of our ability.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Behavior Management

- Living Word Academy is committed to strongly encourage the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (Such as a guest chef or a field trip to a farm).
- Staff will not deny or require physical activity as a means of punishment.

IX. Implementation, Monitoring, and Assessment

A. Implementation

Living Word Academy Principal or designee shall be responsible for implementation of this Policy.

B. Monitoring

The SWC shall: - Monitor compliance with the Policy - Collect documentation for state and federal reviews

C. Assessment

At least once every three years, Living Word Academy shall: - Assess compliance with the Policy - Compare the Policy to model wellness policies.

X. Public Notification

Living Word Academy shall:

- Inform the parents about the content and implementation of this Policy - Make this Policy available on Living Word Academy website.
- Invite school community to participate on the Wellness Committee.

XI. Recordkeeping

Living Word Academy shall retain documentation demonstrating compliance with this Policy, including:

- Written Policy documents
 - Meeting agendas and minutes
 - Assessment reports
 - Evidence of public notification
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XII. Policy Review and Updates

This Policy shall be reviewed and updated as necessary to reflect changes in federal or state law and to improve student wellness outcomes.

School Name: Living Word Academy

Effective Date: _____

Review Date: _____