



## **Stellar Leadership Academy School Wellness Policy 2025-2026**

### **Preamble**

The sections included in this school policy are designed to comply with provisions outlined in Section 204 of the Healthy, Hunger-Free Kids Act as well as the United States Department of Agriculture's final rule, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This policy also incorporates Chapter SP-2.002(2) (d) of the Florida Administrative Code (FAC).

### **Student Wellness**

Stellar Leadership Academy (the LEA) recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests a positive correlation between a student's health and well-being and his/her 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 schools' meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

Stellar Leadership Academy is committed to creating school environments that promote and protect 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.

### **Local School Wellness Policy Leadership**

Stellar Leadership Academy will maintain an established Healthy School Team that will meet five times each school year to ensure compliance and to facilitate the implementation of the School Wellness Policy. Moreover, one of which the school will meet biannually (no later than June 30th at the end of that designated school year) to monitor established school-specific goals for the development and implementation of its local school wellness policy as necessary.

- The school principal and Healthy School Team shall be responsible for complying with federal and state regulations as they relate to the school wellness policy.

- The school wellness coordinator and food service director/manager will be responsible for establishing the Healthy School Team that will ensure compliance with the policy. The Healthy School Team includes, but is not limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers, and the public.
- The Healthy School Team is responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and F AC SP-2.002);
  - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC SP-2.002; and
  - Reporting the school's compliance with the regulations to the school wellness coordinator and food service director/manager, the person is responsible for ensuring overall compliance with the school wellness policy.

## **Wellness Policy Goals**

The overall goal of the School Wellness Policy is to encourage a healthy lifestyle and to discourage behaviors that can harm students' well-being. The Healthy School Team shall adopt goals for nutrition education, physical activity, and other evidence-based activities designed to promote student wellness.

## **Nutrition Promotion**

Stellar 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, to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and participation in the school meal programs.

At a minimum, Stellar Leadership Academy will:

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- Increase student awareness of useful nutrition information from presentations, flyers, brochures, worksheets, handouts, and digital content by 20-25%.
- Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. This may include, but is not limited to, presentations, workshops, meetings, flyers, newsletters, social media posts, and printed materials that highlight a wellness topic of interest.

## **Nutrition Education**

The choice and availability of nutritious foods offered at Stellar Leadership Academy affect academic performance and quality of life issues. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability, and learning ability.

- 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 where there is a natural fit.
- 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.
- The Healthy School Team will be adequately prepared and participate regularly in professional development activities to deliver an effective, accurate nutrition education program as planned. Preparation and professional development activities will provide basic nutrition knowledge, skill practice in program-specific activities, and instructional techniques and strategies to promote healthy eating habits.

## **Physical Activity**

Stellar Leadership Academy shall ensure that physical activity is an essential element of instructional programming. The program shall allow all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades 9-12 shall receive at least one physical education credit in senior high school as required by the State of Florida. One semester must be personal fitness, while the second semester may be any physical education course, including health integration, as required to obtain a 24 Credit Standard Diploma in the State of Florida.

## **Other School-Based Activities**

Stellar 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.

- Consider the goals outlined by the school wellness policy when planning school-based activities.
- Expose students and staff to healthy snacking and physical activity.
- Actively develop and support the engagement of students, families, and staff in community health-enhancing activities and events at the school or throughout the community.
- Comply with the Drug-Free Schools and Communities Act Amendments of 1989 and Drug and Alcohol Abuse Prevention regulations of the Drug-Free Schools and

Communities Act Amendments of 1989, and the School Board of Miami-Dade County, Florida Drug-Free Workplace General Policy Statement (6Gx13-4-1.05), drug, alcohol, and tobacco-free policies.

## **Eating Environment**

- Students will be provided with an adequate amount of time to consume their meal, with a minimum of 20 minutes after receiving their food from the line.
- School food service will work with school departments, community partners, and the student health council to facilitate student understanding of fresh, local, sustainably grown food.
- Convenient access to hand washing and oral hygiene facilities will be available before, during, and after meal periods.
- Provide clean, safe, and pleasant settings and adequate time for students to eat.

## **Recycling**

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

## **Employee Wellness**

- The Healthy School Team will increase efforts that focus on staff wellness issues, identify and distribute wellness resources, and perform other functions that support staff wellness.
- Stellar Leadership Academy will provide 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 and resources shall be provided to students and staff. It shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills, and first aid/CPR training.

## **Behavior Management**

- Create a school environment where all students of all body sizes feel safe and welcome.
- Address healthy habits, not weight.
- Discuss media literacy and the use of enhanced images.
- Incorporate eating disorder education.
- Ensure nutrition education uses sensitive, non-stigmatizing language.
- Make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. There will be no identifying lines or other system to separate paying and non-paying students.

- Promote healthy food and beverage products at all school-sponsored events.
- School staff will be encouraged to avoid using non-nutritious foods to reward students' academic performance, accomplishments, or classroom behavior. The school staff will work towards these goals.

## **Guidelines for All Foods and Beverages Available During the School Day**

Stellar 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 school meals shall not be less restrictive than regulations and guidance issued by USDA.

### **General Guidelines**

- All reimbursable meals will meet USDA's nutrition standards and any additional state nutrition standards that go beyond USDA requirements.
- School 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, all schools in (the LEA) 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 children during each meal service.
- Closely work with the meal vendor to increase the amount of fresh fruits provided by 5% 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.

## **Evaluation and Measurement of the Implementation of the Wellness Policy**

The Healthy School Team 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 emerge, and new federal or state guidance or standards are issued. The wellness policy will be assessed at least every three years following the triennial assessment.

### **Positive and Safe School Environment**

The Stellar Leadership Academy Governing Board desires a learning community that welcomes, supports, and encourages its members to lead healthy, successful lives. The Governing Board recognizes that it is not always practicable or possible to have nurses, psychologists, and

counselors on site to address mental health issues. However, it is the school's goal to identify and access resources that are responsive to its members' needs.

1. Stellar Leadership Academy has established rules and procedures concerning safety for students and will communicate these to students regularly and parents in the quarterly newsletter.
2. Appropriate school personnel will be trained in emergency response procedures, basic first aid and CPR, and in administering medications that students are required to take during school hours.
3. School personnel will monitor and maintain equipment used for physical activities.
4. School personnel will monitor weather and air quality and use this data to decide student participation in outdoor physical activities.
5. The school will maintain a Comprehensive School Safety Plan to address multiple aspects of student safety and a safe school environment.

## **Staff Wellness**

Stellar Leadership Academy values the health and well-being of every staff member and encourages all staff to maintain a healthy lifestyle. Stellar Leadership Academy encourages all staff members to model a healthy lifestyle for its students.

- The 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.

## **Guidelines for All Foods and Beverages Available During the School Day**

Stellar 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 school meals shall not be less restrictive than regulations and guidance issued by USDA.

## **Communication with Parents**

Stellar Leadership Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children. Stellar Leadership Academy will support parents' efforts by sending home nutrition information, posting nutrition tips on websites and bulletins, and providing nutrient analyses of school menus. Stellar Leadership Academy will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The school will provide all parents with a complete copy of the LSWP at the beginning of the school year and make the policy available to the public by posting it on the school's website.

Stellar Leadership Academy will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; it will also support parents' efforts to provide their children with opportunities to be physically active outside of school. It will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials and special events.

## **Policy Review and Accountability**

The Governing Board Chair will ensure compliance with established school-wide nutrition and physical activity wellness policies.

The Governing Board Chair and the wellness policy committee members will annually evaluate the extent to which the school complies with the wellness policy, how the wellness policy compares to model policies, and the progress made in attaining the goals of the wellness policy. All stakeholders will be asked to provide feedback on the policy, and their comments and recommendations will be considered. Student needs will also be considered when planning for a healthy nutrition environment. Students will be asked for input and feedback with surveys, and attention will be given to their comments.

School food service staff will ensure compliance with nutrition policies within the school food service program and will report on this matter to the superintendent.

To ensure that nutrition goals are addressed and healthy nutrition is encouraged, the following data will be reviewed:

- Analysis of the nutritional content of meals served
- Student participation in the school meal program
- Snack and beverage sales outside of the meal program
- Food sales as fundraisers or activities outside of the school meal program

The school principal and local school staff shall be responsible for complying with federal and state regulations as they relate to Stellar Leadership Academy's wellness policy. At Stellar Leadership Academy, the principal will be responsible for establishing the Healthy School Team that will ensure compliance with the wellness policy. The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers, and the public.

- The Healthy School Team will be responsible for:
  - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and F AC 5Pl .003):
  - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC SP-1.003:

- Reporting its school's compliance with the aforementioned regulations to the Principal, who is responsible for ensuring overall compliance with the Stellar Academy wellness policy.

Fathiyah Doster

Governed Board Chair (Print)

Doster

Governed Board Chair (Signature)

8/1/25

Date

Dr. Angel Chaisson

School Principal (Print)

Angel Chaisson

School Principal (Signature)

8/1/25

Date