



# School Wellness Policy

## **Wellness Committee Members:**

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

### **Sunflowers Academy, Inc. Board Members:**

Ms. Barbara Maragoto, Board President

Mr. Juan Rivera, Board Vice President

Ms. Ana Rodriguez, Board Secretary

### **School Administrators:**

Ms. Yaneli Adan-Gonzalez, General Director

Ms. Cristina Martinez, Elementary School Dean

Ms. Yordanka Mezawi, Middle School Dean

Ms. Mavin Perdomo, K-8 Curriculum Specialist

### **School Food Service**

Ms. Marlene Suarez-Cruz, Executive Management

Ms. Monica Blanco, NSLP Program Director

Ms. Maria Perez, Admin. Assistant/ Cafeteria Manager

## I. Vision & Mission

Sunflowers Academy is committed to the health and well-being of its students, families, and staff. We believe that establishing a healthy school environment is essential for student success and achievement. This policy outlines our commitment to providing a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity in compliance with the USDA and Florida Department of Agriculture's nutrition and physical activity standards. Furthermore, Sunflowers Academy recognizes the importance of promoting wellness among school staff, as healthy employees can reinforce the health messages promoted to students.

## II. Policy Goals

Sunflowers Academy's School Wellness Policy aims to:

1. Support lifelong healthy eating and physical activity practices.
2. Ensure all foods and beverages served on campus comply with the USDA and Florida nutrition standards.
3. Promote nutrition and health education.
4. Create opportunities for physical activity and promote physical wellness for students and staff.
5. Establish a school environment that encourages healthy behaviors and limits the availability of unhealthy options.
6. Promote staff wellness and provide programs, resources, and opportunities for school staff to improve their health and well-being.

## III. Nutrition Guidelines and Standards

Sunflowers Academy shall adhere to the following nutrition standards:

### School Meals Program

- All meals provided through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will comply with USDA standards and guidelines.
- Meals served will:
  - Be appealing and attractive to children.
  - Be served in a clean and pleasant setting.

- Include a variety of fruits and vegetables.
- Provide low-fat and fat-free milk options.
- Offer whole grain-rich products.
- Follow calorie, sodium, and portion control guidelines established by the USDA.

#### Water Availability

- Free, potable water will be available to students throughout the school day and during meal times.

#### Nutrition Education

- Nutrition education shall be integrated into the curriculum to promote and encourage healthy eating habits.
- Sunflowers Academy will utilize evidence-based strategies, such as nutrition workshops and educational materials, to engage students and families in health promotion.

## IV. Physical Activity Guidelines

Sunflowers Academy will provide opportunities for students to be physically active through the following:

#### Physical Education (PE)

- All students in grades K-8 shall have the opportunity to participate in physical education classes that comply with state standards.
- The PE program shall promote student physical fitness through skill development, fitness assessments, and cognitive understanding of movement concepts.

#### Physical Activity During the School Day

- Students will be given opportunities for moderate to vigorous physical activity during recess, PE, and integration into classroom lessons where appropriate.
- All students shall receive at least 30 minutes of physical activity daily, including physical education classes, recess, and classroom-based movement.

#### Physical Activity for Staff

- Sunflowers Academy encourages staff to participate in physical activities and will create opportunities for group activities, such as walking clubs, yoga and Zumba classes, and fitness challenges.

### Staff Involvement

- Sunflowers Academy will encourage staff participation in physical activities and wellness initiatives to promote a healthy school environment. Staff will be encouraged to model healthy behaviors by participating in recess, classroom movement activities, and PE classes.

## V. School Wellness Promotion and Practices

### School Environment

Sunflowers Academy will provide a supportive environment that encourages healthy habits by ensuring:

- Hosting activities promote health and meet the USDA Smart Snacks standards.
- Celebrations and rewards during the school day promote healthy eating and physical activity (e.g., using non-food items or healthy alternatives).
- The marketing of only foods and beverages that meet USDA Smart Snacks standards on campus.

### School Wellness Committee

- Sunflowers Academy will establish a School Wellness Committee to develop, implement, and review the local school wellness policy annually.
- The committee will consist of representatives from administration, food service staff, PE teachers, parents, and students.
- The committee will conduct an assessment of the wellness policy every three years to ensure compliance and measure the effectiveness of the policy implementation.

### Promotion of Staff Wellness

- Sunflowers Academy will develop and implement staff wellness initiatives to promote healthy eating, physical activity, and overall wellness among school employees.
- Initiatives may include providing healthy snacks during staff meetings, offering wellness workshops (e.g., stress management, nutrition counseling, and fitness classes), and establishing a staff wellness resource center.

### Family and Community Engagement

- The school will engage families and the community through regular communication of wellness initiatives and events such as health fairs, newsletters, and parent workshops.

## VI. Promotion of Staff Wellness

### Staff Wellness Program

Sunflowers Academy recognizes that the well-being of school staff is essential for

maintaining a healthy learning environment for students. Therefore, a staff wellness program will be developed and supported with the following objectives:

- Encourage and Provide Opportunities for Physical Activity: Staff will have access to on-campus fitness opportunities, such as walking clubs, after-school exercise classes, and fitness challenges.
- Healthy Eating Initiatives: The school will promote healthy eating for staff by offering nutritious options during meetings and events and encouraging participation in healthy eating challenges or nutrition counseling.
- Mental Health and Stress Management Resources: Workshops and professional development opportunities will be offered on stress management, mindfulness practices, and work-life balance.
- Recognition and Rewards: Staff members who actively participate in wellness activities will be recognized and rewarded to encourage ongoing participation.

#### Resources and Support for Staff

- The school will provide access to wellness resources, including literature, health risk assessments, and referrals to community health services as needed.

## VII. Monitoring and Evaluation

### Implementation and Monitoring

- The Executive Director and designated staff will ensure compliance with this wellness policy by conducting periodic reviews.
- Staff members responsible for meal programs will ensure compliance with the USDA's nutrition standards and submit necessary reports.

### Policy Review and Updates

- The School Wellness Committee will review the policy annually and update as necessary based on the school's needs, USDA requirements, and Florida standards.

## VIII. Policy Communication

The School Wellness Policy will be shared with the school community through the Sunflowers Academy website, newsletters, and staff meetings. Parents, students, and community members will have opportunities to provide feedback on the policy to ensure that it meets the needs of the school population.

*For more information on this policy or to participate in the School Wellness Committee, please contact Sunflowers Academy at 305.631.1284.*

**The school will ensure the most updated version of the policy is always available on the school website for the public to view.**

<https://www.SunflowersAcademyPrep.com>

---

Governing Board Approval

Approval Date: 07/25/2024

**Board Chair Signature**



A handwritten signature in black ink, appearing to read 'J. Rivera', is written over a horizontal line.

Juan Rivera