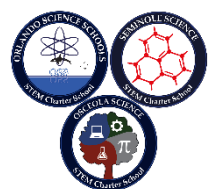




ORLANDO SCIENCE CHARTER SCHOOL K- 8
Last Updated: 7/3/2024



OVERVIEW

The Orlando Science Charter School K-8 (School) 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 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.

The School is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines below encourage a comprehensive wellness approach.

SCHOOL-LEVEL

The School will assemble a representative wellness committee that will meet triennially to monitor and set goals for the development and implementation of the school wellness policy. As required by K-20 Education Code 1003.453, the policy shall be reviewed annually and an updated copy sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

Healthy School Team

- Principal – ensures overall compliance with local school wellness policy
- Parent 1/ Parent Liaison
- Student 1
- Cafeteria Team Member 1
- Clinic Coordinator 1
- School Food Authority Representative 1
- PE Teacher 1

Healthy School Team Responsibilities

- Ensure compliance with federal and state regulations for competitive food and beverage items sold on campus ([7 CFR 210.11](#) and [FAC 5P 2.002](#))
- Maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of [FAC 5P 2.002](#)
- Report school's compliance of the regulations to the School's Wellness Committee designee.

NUTRITION

PROMOTION GOALS

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

- Complete the [Smarter Lunchroom Scorecard](#) triennially. (Pages 7-9)
- Complete the [Smarter Lunchroom Action Plan](#) triennially. (Pages 47-48)

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- Increase student awareness of useful nutrition information from posters and handouts by 10%.
 - Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents. Examples include newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

EDUCATION GOALS

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

- 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 integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students will understand how food reaches the table and the implications that has for their health and future.
- Staff responsible for nutrition education will be adequately prepared and participate regularly in professional learning activities to effectively deliver an accurate nutrition education program as planned.

PHYSICAL ACTIVITY

GOALS

The School will ensure that physical activity is an essential element of each school’s instructional program. The program will provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades K-5 shall receive the state-mandated 150 weekly minutes of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive the minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school, as required.
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment, and an environment conducive to safe and enjoyable play.
- Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, at least twice a week, as appropriate.

OTHER SCHOOL-BASED ACTIVITIES

The School 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

- The School will 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.
- After School programs will encourage healthy snacking and physical activity.
- School will 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.
- Each school will provide nutritious, fresh food.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

RECYCLING

- Each school will maximize the reduction of waste by recycling, reusing, and purchasing recycled products.

EMPLOYEE WELLNESS

- Each school will provide staff with opportunities to participate in physical activities at least once per semester.

HEALTH SERVICES

- Accessible health services will be provided to students and will include, but not be limited to, basic first aid, health screening, including body mass index, and Action Plan creation.
- Staff will be provided with the opportunity to obtain first aid/CPR training.

BEHAVIOR MANAGEMENT

- The School is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (e.g., guest chef, field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

FOOD & BEVERAGE GUIDELINES

The School 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 may 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.
- 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 System will participate in available federal school meal programs gradually.
- Free, potable water will be made available to all children during each meal service.

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 foods as defined and required in [7 CFR 210.11](#).
- Competitive foods include items sold a la carte in the school cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers.
- Unless being sold by the School'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 [7 CFR 210.11 \(FAC 5P 2.002\)](#)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General Nutrition Requirements for Competitive Foods

- Be a grain product that contains 50% or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains ¼ cup of fruit and/or vegetable
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient Standards for Competitive Foods

Nutrient Standard	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup, or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds, and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*Refer to [7 CFR 210.11](#) competitive food service standards for additional exemptions.

Nutrition Standards for Beverages

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.

100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students, foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

STANDARDS FOR NON-STUDENT OFFERINGS

- The school will provide parents and teachers with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Class parties or celebrations will be held after the lunch period.
- Nutrition information must be provided for all food and beverages available on the school campus during the school day that are not sold (e.g., foods provided for classroom parties and school celebrations).
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

FUNDRAISING

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of non-food items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.

FOOD AND BEVERAGE MARKETING

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

- Schools 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 promoting healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

POLICY MANAGEMENT

The School's Wellness Committee will update and make modifications to the wellness policy based on the results of the triennial reviews 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 ASSESSMENT

The School will assess the school wellness policy to measure compliance at least once every three years. This assessment will measure the implementation of the school wellness policy, and include:

- The extent to which the School is in compliance with the wellness policy;
- The extent to which the school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the school wellness policy.

PUBLIC NOTIFICATION

The school will ensure that the wellness policy and most recent triennial assessment are always available to the public and will also notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results.

- The school will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website and linked in the Parent Resources section of the school newsletter.
- Wellness updates will be provided to stakeholders, as applicable, via the school newsletter to ensure the community is informed and that public input is encouraged.

COMMUNITY INVOLVEMENT

The School is committed to being responsive to community input, which begins with awareness of the wellness policy. The School will actively communicate ways in which stakeholders and community members may participate in the development, implementation, and triennial review of the school wellness policy through a variety of means, including:

- The School 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.
- The School will use email, newsletters, and the school website to ensure all stakeholders are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- As part of the triennial review process, all stakeholder groups will be asked to provide feedback on the wellness policy. All comments and recommendations will be reviewed and considered.

RECORD KEEPING

Records to document compliance with the requirements of the school wellness policy will include, but is not limited to the following:

- Written school wellness policy;
 - This document
- Documentation demonstrating compliance with [community involvement](#) requirements, including requirements to make the school wellness policy and triennial assessments available to the public as consistent with the section on [public notification](#); and
 - Copy of student focus group meeting minutes, student feedback survey, etc., as applicable
 - Copy of notification to stakeholders regarding wellness policy and opportunities to support and become involved
 - Copy of stakeholder feedback regarding wellness policy for triennial review
 - Link to wellness policy on school website
 - Link to triennial assessment on school website
 - Screenshot of link to wellness policy in Parent Resources section of school newsletter
 - Screenshot of link to triennial assessment in Parent Resources section of school newsletter
- Documentation of the triennial assessment of the school wellness policy.

It is recommended that the referenced items above be included in the Appendix of this document for easy access during an Administrative Review of the National School Lunch Program by the Florida Department of Agriculture and Consumer Services.

RESOURCES

[Local School Wellness Policy Implementation: Summary of the Final Rule](#)

[Local School Wellness Policy Implementation Tools and Resources](#)

- [Triennial Assessment Resources](#)
- [Model Wellness Policies](#)
- [Wellness Committee Resources](#)

[Local School Wellness Policy Outreach Toolkit](#)

[Let's Eat Healthy: Smarter Lunchrooms Resources](#)

District Wellness Policies

- [OCPS Wellness Policy](#)
- [OCPS Eat Smart Standards](#)
- [OCPS Record of Outside Food Form](#)
- [SCPS po8520 Student Wellness](#)
- [SCPS po8540 Vending Machines](#)
- [SCPS po8550 Competitive Food Sales](#)
- [SDOC Wellness Program](#)

APPENDIX

2026-2027 TRIENNIAL REVIEW

- Link to PDF of Wellness Policy (this document)
- As applicable
 - Link to Student Focus Group Meeting Minutes
 - Link to Student Feedback Survey Results (ad hoc surveys)
 - Link to Stakeholder Feedback Survey Results (triennial review)
 - Students
 - Staff
 - Families
 - Community
 - Link to Wellness Policy on school website
 - Link to triennial assessment on school website
 - Screenshot of link to wellness policy in Parent Resources section of school newsletter
 - Screenshot of link to triennial assessment in Parent Resources section of school newsletter

2024-2025 INITIAL IMPLEMENTATION

- Link to PDF of Wellness Policy (this document)
- As applicable
 - Link to Student Focus Group Meeting Minutes
 - Link to Student Feedback Survey Results (ad hoc surveys)
 - Link to Stakeholder Feedback Survey Results (triennial review)
 - Students
 - Staff
 - Families
 - “Survey on Exploring a New Foodservice Program for Orlando Science Schools System” - <https://forms.office.com/r/f98ski0pp1>
 - Community
 - Link to Wellness Policy on school website
 - Link to triennial assessment on school website
 - Screenshot of link to wellness policy in Parent Resources section of school newsletter
 - Screenshot of link to triennial assessment in Parent Resources section of school newsletter