

School Wellness/Healthy School Team Leader:

School:

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5791 – West Homestead K-8 Center

Principal: Dr. Earl Burth

BOARD RULE 8510, WELLNESS POLICY

In November, 2005, the District, as a result of the 2004 Child Nutrition and WIC Reauthorization Act, was tasked with developing a District Wellness Policy. On May 10, 2006, by School Board action, the Wellness Policy for the District was established. The *Healthy, Hunger-Free Kids Act of 2010* continues to require that the District Wellness Policy be reviewed by the District Wellness Advisory Committee, and if necessary, be revised annually. Its focus is to promote wellness and address current health issues facing our students and staff.

As per Board Rule 8510, *Wellness Policy*, school sites are required to convene a School Wellness/Healthy School Team to implement the Wellness Policy and other related activities at each school to address the wellness needs of the school.

The School Wellness/Healthy School Team should include the following, stakeholders to target the school's wellness needs.

- Students
- School administrators
- School food service manager/supervisor
- Parent(s)
- School health professionals
- Physical education teacher(s)
- School volunteer

Goals of the Wellness Policy include Nutrition, Physical Education, Physical Activity, Health and Nutrition Literacy, and Preventive Healthcare. The School Wellness/Healthy School Team should meet with stakeholders to implement the following steps.

1. Conduct a needs assessment to identify the school's wellness needs.
2. Set a Goal for the School Year for nutrition education, healthy eating, and physical activity.
3. Create an Action Plan with at least four (4) meeting dates during the fiscal year.
4. Track progress to monitor and analyze progress toward wellness goals.
5. Make meeting minutes and other information available to the public.

To support the District's Wellness Policy, the Department of Food and Nutrition complies by:

- Offering fresh fruits, vegetables, whole grain products and healthy eating options in all school meal programs.
- Meeting USDA guidelines for the Child Nutrition Program

Appendix A of the Wellness Policy – Food and Beverages Sold on Campus and in Vending Machines District-Wide is implemented at all sites, for **all** food sales beginning one (1) hour before the start of the school day and up until one (1) hour after dismissal of the final class of the day.

