

**Local School Wellness Policy for
St. Rita Academy of Hope, Tampa Florida**

1. Wellness Policy Team

Area Represented	Wellness Policy Team Member
Parent	Mr. Johnny Dupree
School Food Service Personnel	Mrs. Rosette Dupree / Johanna Torres
School Board Member	Joseph Havelka
School Administrator	Sr. Maria Babatunde

Ensure all stakeholders listed above were permitted to participate in the development, implementation and periodic review and update of the LSWP.

At the final school board meeting of each year, the LSWP will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

- Students will be given the opportunity to provide input on local, cultural and favorite ethnic foods.
- The school will consider the nutritional needs of the students in its development of a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- The director of food services will attend and speak with parents during parents nights and encourage suggestions and open communication with parents and students.

2. Designate one or more LEA/school official to ensure that each school complies with the LSWP

St. Rita Academy of Hope is committed to providing school environments that promote healthy living for all students. The school shall protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

The parent representative on the Wellness policy committee will ensure that the school complies with the school wellness policy.

3. Goals for Nutrition Promotion

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
 - i. Parents and students will have access to nutrition information via presentations.
 - ii. Posters and brochures will be available in classrooms and throughout the school campus.
 - iii. The school will provide parents with healthy snack ideas, lists of foods for healthy celebrations.

4. Goals for Nutrition Education

The goals of nutrition education is to:

- To promote nutrition guidelines through periodic wellness education classes
- Develop a healthy eating environment through classroom lesson and especially during Physical Education classes.
- Nutrition education will be incorporated into the school community through periodic health and wellness seminars. .
- Develop Child Nutrition Programs and share with the school community.

5. Goals for Physical Activity

Every student in the school will participate in Physical Education classes and activities.

Students will receive instructions on the importance of active lifestyle and its effects on their life and growth.

Students will be provided with opportunity to participate in sports activities, recess, and structured play.

Students will receive education on fair-play, bullying, and responsible participation.

6. Goals for Other School-Based Activities

St. Rita Academy of Hope will not use food as reward or punishment for students.

Information will be provided via emails, phone calls, and/or text messages to parents about school activities, such as spirit day, sports days, fundraisers and every school related activities.

Students will be provided enough time to finish their meals at least 20 minutes after being served.

St. Rita Academy of Hope will promote a “no junk food” policy throughout school community.

7. Nutrition Guidelines for All Food Available on the School Campus

Allowed nutrition standards for food and beverage: non-fried fruits or vegetables; seeds, like sunflower seeds; nuts; nut butter, like peanut butter; eggs; and individually packed cheese like string cheese to be served as a snack without meeting additional nutrition standards.

The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA. All competitive food and beverages sold to students on the school campus during the school day will meet the nutrition standards established by Federal and State regulations.

Nutrient standards for all food sold in school:

Nutrient standards	Snack Item	Entrée Item
Calories	200 calories or less	350 calories or less
Sodium Limits	230 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	10% or less of total calories	10% or less of total calories
Sugar Limits	35% or less of weight from total sugars	35% or less of weight from total sugars

8. Include a plan for evaluating and measuring the implementation of the LSWP

St. Rita Academy of Hope Wellness team will meet **annually** to review school nutrition and physical activities policies.

School will develop survey to monitor compliance. Survey result will be reviewed and analyzed and used to improve overall wellness policy.

9. Describe how the public will be informed/updated about the content/implementation of the LSWP

The school will upload a revised wellness policy on the school website to be available to parents and the community at the beginning and throughout the school year.