



Father's H.a.r.b.o.r. Academy- *Wellness Policy*

SCHOOL LUNCH INFORMATION:

Every school day all students receive free breakfast and lunch through Canteen Catering. Father's H.a.r.b.o.r. Academy is a CEP school and provides free meals for all its students.

PROGRAM PURPOSE: The purpose of this program is to comply with the Florida Department of Education and the National School Lunch Act of 1966 by continuing the establishment of a school wide wellness program throughout the 2022-2023 school year. [SEP]

PREAMBLE: Promoting awareness of proper nutrition, regular physical activities, and practicing good health and hygiene habits are the important components of the Father's H.a.r.b.o.r. Academy school wide Wellness Program.

POLICY:

The School is to ensure that all programs participating in the School Lunch Program are in compliance with the wellness program.

SCOPE:

Section 204 of Public Law 108-265

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RESPONSIBILITY:

1. The program director shall ensure program compliance with its administrative procedure. 2. The program director shall ensure that the program will fulfill the tasks under the procedure. 3. The food service manager is designated as the lead for operational responsibility and shall make known and monitor compliance of the wellness policy.

DEFINITION:

“Programs” This policy applies to Father’s H.a.r.b.o.r. Academy and any affiliated programs including a future extended school program.

PERFORMANCE AND DOCUMENTATION STANDARDS:

Food & Beverages In accordance with the United States Department of Agriculture (USDA) nutrition standards, as specified by federal regulations, meals served under the National School Lunch and Breakfast programs shall offer varied and nutritious food choices. By offering nutrient-dense foods and beverages such as whole grains, vegetables, fruits, and low fat/sugar food and beverages, the school menus will support and reinforce the Dietary Guidelines for Americans. By following such policy and serving age appropriate and reasonable portions, the school is to limit the levels of cholesterol, fat, saturated and trans fat, sodium, and added sugar.

NUTRITION LUNCH PROGRAM:

Father's H.a.r.b.o.r. Academy is committed to providing a full lunch program for all students in grades K through 12. The food served is carefully selected to be low sodium, low fat, low sugar, and one or more grams of fiber per serving. The food servings are appropriate portion size, and follow the recommended Daily Allowance (RDA) and the USDA guidelines. Father's H.a.r.b.o.r. Academy shall continue serving the food provided by the catering company, Canteen Catering, which is approved by FANS. The quality and the quantity of the food agreed upon between the school and the catering company is based on the guidelines and recommendations set forth by USDA. Father's H.a.r.b.o.r. Academy shall not be less restrictive in following the aforementioned guidelines.

MEAL TIMES:

The breakfast program is open to students from 7:30 A.M. to 8:30 A.M. The latest arrival, 8:20 A.M., will have 15 minutes to eat the breakfast after sitting down. The lunch program is open from 11:30 A.M. to 12:00 P.M. The lunch period is 30 minutes after the students have used the washroom prior to going to the lunch room. Students have 30 minutes after sitting down to eat lunch. School activities must be scheduled without interrupting the lunch schedule. Serving Food Procedure is as follows: Students line up and the teacher/Para professional walks them to the hallway leading to the multipurpose room. Students then line up in the hallway and enter through the line one at a time. Upon arrival, each student walks to the serving point by the server counting the meals. The lunch staff then marks off the student on the count sheet. Each student then picks up complete food items, everything inclusive, and exits the line to the lunchroom area. Depending the age of the students, they may have assigned seats. The older students may choose their own seat. Lunch supervision is provided for all age

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groups. Assistance in opening the milk/juice containers is available for younger students. After finishing lunch, the teacher or paraprofessional guides the students to pick up their own trash, dispose the trash, line up and leave the room.

NUTRITIONAL EDUCATION/PHYSICAL ACTIVITY:

Effective 2022-2023, the School continues a “Wellness and Health Program” to all students in grades K thru 12. This program, which is offered everyday, Monday through Friday, is in accordance with all the standards set forth on the state and national level. Degreed and full time teachers are designated to teach the program. This is a comprehensive program and designated to serve both physical wellbeing as well as emotional/social wellbeing.

PHYSICAL WELLNESS:

This section of the program includes a daily recess and P.E. program. Among other physical activities, students will be able to strengthen their coordination skills, introduced to age appropriate physical activities including but not limited to dance choreography, guided cardio activities, solitary, and team organized sports.