



Harbour Pointe
Preparatory Academy

Tuition-Free Public Charter
14839 N Main Street Jacksonville FL, 32218

Harbour Pointe Preparatory Academy
904-890-6387

**Tuition-Free Public Charter School Jacksonville,
Harbour Pointe Preparatory Academy**

14839 N Main St Jacksonville FL 32218

Wellness Policy For Harbour Pointe Preparatory Academy

The Board subscribes to the following:

- Nutrition programs will be compliant with federal, state and local requirements, including the provisions of the Healthy Hunger-Free Kids Act, and will be accessible to all students. An economically sustainable meal program is available to every student at every school. Students are encouraged to eat healthy and participate in school meal programs, so they are prepared to learn and reach their fullest potential.
- All foods and beverages made available for sale on school campuses during the school day will meet nutrition requirements, including vending, concessions, student stores, and fundraising.
- Schools will provide a safe, comfortable, pleasing environment, and allow ample time and space for eating meals.
- There will be no withholding of food and/or physical activity as a punishment, nor shall either be used as an incentive or reward.

Wellness Policy Committee - This committee is responsible for assessing and determining Harbour Pointe Preparatory Academy Student **Nutrition Education** and Physical Education needs. This policy has been developed and implemented based on the needs assessment, promoting student **Health and Wellness**

The committee is composed of the following representatives

1. Principal
2. Food Service Director
3. Parents and/or Students
4. Elementary and/or Secondary Schools
5. Charter School Board

The mission of Harbour Pointe Preparatory Academy is to provide students with a rigorous education built on academic excellence and global competence to develop curious, knowledgeable, and caring young people capable of creating a more prosperous and peaceful world.



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6. Physical Education
7. Health Education
8. School Nurse
9. District Official

Wellness Policy Committee Teams are established at each school and will meet a minimum of two times annually for the purpose of monitoring compliance with this Wellness Policy. Parents, students, school staff, food service staff, and community members are encouraged to participate in the development, implementation, review, and update of the Local School Wellness Policy.

Harbour Pointe Preparatory Academy recognizes the important role wellness plays in achieving high levels of student achievement and employee success in the workplace.

Overall Wellness Goals. Harbour Pointe Preparatory Academy is committed to providing a school and work environment that enhances the learning and development of lifelong wellness practices of each student and staff member and providing guidance in the areas of nutrition, health, physical activity and food service.

Harbour Pointe Preparatory Academy is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Harbour Pointe Preparatory Academy that:

- The school faculty and staff will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis through Physical Education classes, school sponsored after school activities, and designated recess time.

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- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Harbour Pointe Preparatory Academy will participate in available federal school meal programs.
- Harbour Pointe Preparatory Academy will provide Nutrition Education and Physical Education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education with school meal programs and related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the charter school board, school administrators, teachers, health professionals, and members of the public. Harbour Pointe Preparatory Academy Health Council committee participants will have meetings at least twice a year to create and strengthen, develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus.

School Meals

Meals served through the National School Lunch and Breakfast Programs will: ▪ be appealing and attractive to children; ▪ be served in clean and pleasant settings; ▪ meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; ▪ offer a variety of fruits and vegetables;

The school should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In

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addition, the school should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other points-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Harbour Pointe Preparatory Academy will, to the extent possible, operate the School Breakfast Program.
- Harbour Pointe Preparatory Academy will notify parents and students of the availability of the School Breakfast Program.
- Harbour Pointe Preparatory Academy will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Lunch

Harbour Pointe Preparatory Academy will, to the extent possible, participate in and promote the National School Lunch Program.

- Harbour Pointe Preparatory Academy will encourage students to select balanced meals that align with current USDA nutrition standards and dietary guidelines.

Harbour Pointe Preparatory Academy will make drinking water available to students during meal service.

- Harbour Pointe Preparatory Academy will notify parents and students of the availability and benefits of the National School Lunch Program.

Meal Times and Scheduling

- Harbour Pointe Preparatory Academy will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Harbour Pointe Preparatory Academy should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:00 a.m. and 12:30 p.m.;

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Harbour Pointe Preparatory Academy should not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

Harbour Pointe Preparatory Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

Qualifications of School Food Service Staff.

The Food Service Management Company company that provides services for Harbour Pointe Preparatory Academy has certified professionals, who have completed appropriate training programs. Harbour Pointe Preparatory Academy staff also participate in federal training, whenever it becomes available.

Sharing of Foods and Beverages. School officials discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

C Nutrition Education: Nutrition education is provided in a classroom setting.

Goal Implementation

1. Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities, and student participation provided in a nutrition/health class
Classroom written tests (such as multiple choice, essay, fill in the blank) in the areas of nutrition.
2. Students will have access to useful nutrition information. Use of posters, worksheets, brochures in various areas of classrooms and school campus; access to interactive online resources like MyPlate.gov and Realfood.gov Maintain a checklist of the nutrition information available to the students. Students will mark off the items on the checklist as they take the items.
3. Students will have the opportunity to practice behaviors that enhance good nutrition and healthy choices. Provide a variety of healthy meal choices during meal service Review menus, production records, nutrient analysis

Physical Activity: Harbour Pointe Preparatory Academy has adopted the Florida State Academic Standards for Physical Education

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The Standards are organized into four content standards:

Movement Competency (M)

Cognitive Abilities (C)

Lifetime Fitness (L)

Responsible Behaviors and Values ®

Physical activities occur in different learning environments such as, but not limited to, outdoor play, indoor activities, and community-sponsored events. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students.

Health Education Standards Organization

Goal Implementation

Students will receive 150 minutes of physical education each week for students in grades K-5. A minimum of 30 consecutive minutes is required on any day that physical education instruction is provided. Middle School students will receive one class per day for one semester of physical education each year.

All students will participate in a physical education class to meet state standards and program outcomes.

Physical education teachers will work with guidance counselors and administrators to ensure state guidelines are met.

Fitness Test Students in grades 6-8 will receive 2 semesters of physical education (18 weeks) All students will participate in a physical education class to meet state standards and program outcomes.

All students will participate in a physical education class to meet state standards and program outcomes.

Physical education teachers will work with guidance counselors and administrators to ensure state guidelines are met Fitness Test

Other School-Based Activities:

Goal Implementation Evaluation

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1. Students will be provided an adequate amount of time to consume a meal. Schedule a minimum of 20 minutes for each class to consume their meals. Review the school schedule to confirm that each class is provided no less than 20 minutes to consume meals.

2. Food will not be used as a reward or punishment. Rules in the Code of Student Conduct that food cannot be used for rewards or punishment. Review the Code of Student Conduct and School Employee Handbook to verify the rule has been established. Interview teachers by asking them if they use food as a reward or punishment.

3. Students will be provided access to school facilities for physical activity after school hours. The school gym/basketball court and team equipment specifically purchased for extra-curricular activities will be available for students' use after school hours. Interview the students and school faculty to inquire about the availability and use of the school's gym or extra-curricular equipment.

Nutrition Guidelines for All Foods Served or Sold: All foods and beverages sold to students during the school day will meet USDA Smart Snacks in School standards.

Miss Lydia Helmly and Mr. Chad Bacon works with the Principal and oversees the operational responsibility for ensuring that the school meets the Local School Wellness Policy requirements.

Procedure for Reporting to the Charter School Board/Governing Authority: On an annual basis, the results of the Wellness Policy evaluation and recommended revisions (if any) will be presented to the Charter School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the Charter School Board/Governing Authority for approval.

Public Notification: Harbour Pointe Preparatory Academy will make the Local School Wellness Policy, assessment results, and opportunities to participate in the Wellness Committee available to the public. Information will be posted on the school's website and communicated through other appropriate methods to parents, students, and the community

Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes