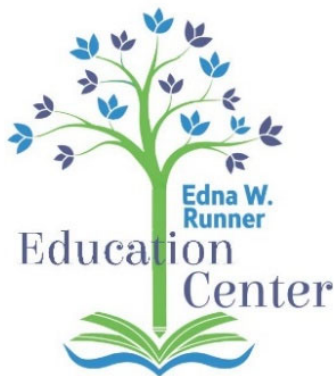




Edna W Runner Education Center
7187 Edna Runner Way, Jupiter FL 33458

School Wellness Policy

Edna W Runner Education Center (EWREC) 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/their 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 school meal programs, supporting the development of good eating habits and promoting increased physical activity.

EWREC is committed to creating an environment that promotes and protects the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

EWREC will review and consider [evidence-based strategies](#) and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness such as a review of Smarter Lunchroom tools and techniques.

1. Nutrition Promotion

- Increase student awareness of useful nutrition information from brochures, worksheets, handouts and digital content by **20-25%**

2. Nutrition Education

- Students receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors. (Example topics include mindful eating, balanced meals, how to read nutrition facts labels).

3. Physical Activity

- All elementary students will have at least 20 minutes of daily recess. The school will provide space, equipment and an environment conducive to safe and enjoyable play.

4. Other School-Based Activities

EWREC 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

- **EWREC** shall 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.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.

Behavior Management

- Staff will not deny or require physical activity as a means of punishment.

5. Guidelines for All Foods and Beverages Available During the School Day

EWREC 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 meals shall 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.
- Reimbursable 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, **EWREC** will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all students during each meal service.
- **EWREC** will source 5-10% of all fresh fruits and vegetables from local farmers when practicable.

Competitive Foods

- No food or beverages are currently sold to the students outside of the reimbursable meals. If competitive food/beverages are ever sold in the future, they will meet the competitive food (Smart Snacks in School) standards found at 7 CFR 210.11.

Standards for food and beverages available during the school day that are not sold to students:

- Class parties or celebrations shall be held after the lunch period.
 - **EWREC** will limit celebrations that involve food during the school day to no more than one party per class per month.
 - The school will provide parents/guardians and staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- OR
- Only foods that meet the Smart Snacks in School nutrition standards can be served.

Fundraising

- **EWREC** does not hold fundraising events that involve food or beverage items.

6. Policy for Food and Beverage Marketing

- No food or beverage marketing occurs in the program(s). If food/beverage marketing ever does occur, it will meet the competitive food (Smart Snack Standards).

7. Evaluation and Measurement of the Implementation of the Wellness Policy

EWREC wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments 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 Assessments

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

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

8. Informing the Public

EWREC will ensure that the wellness policy and most recent triennial assessment are always available to the public. **EWREC** will also actively notify households (as applicable/possible) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- As applicable, **EWREC** will provide all parents/guardians with a complete copy of the local school wellness policy at the beginning of the school year.

9. Community Involvement

EWREC is committed to being responsive to community input, which begins with awareness of the wellness policy. **EWREC** will actively communicate ways in which parents/guardians, students, representatives of the school food authority, school health professionals, staff, representatives from the local agriculture community, food and nutrition professionals and the public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- **EWREC** will use electronic mechanisms, such as email or displaying notices on **EWREC** website, as well as non-electronic mechanisms, such as newsletters to ensure that all parents/guardians are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

10. Record Keeping

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

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

This institution is an equal opportunity provider.