



Lincoln-Marti

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WELLNESS POLICY

Lincoln-Marti believes that children and youth who begin each day as healthy individuals are better prepared to participate in their education. Lincoln-Marti also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs. To ensure that an effective policy was created, the document was drafted with input from two parents, two students, one food service person, a member of the board of directors, two faculty members, one administrator, and a community health professional.

Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by Lincoln-Marti. Menu and product selection shall incorporate student, parent, staff input whenever possible.

Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.

Vending Machines

All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; six grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

Vending machines where student meals are served or eaten shall not include carbonated beverages.

All beverage vending machines shall include:

- a. water
- b. 100% fruit juice
- c. non-carbonated drinks with less than 150 calories per container
- d. no more than 1/3rd of the choices will be carbonated drinks

The beverage vending machines may also include:

- a. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
- b. other non-carbonated drinks

There shall be classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

Health Education and Life Skills

Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

Students shall have access to valid and useful health information and health promotion products and services.

Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

Physical Education and Activity

Physical education shall be taught by a qualified staff member. Physical education and physical activity shall be an essential element of the instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Program

The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

Lincoln-Marti buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.

Lincoln-Marti offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

Each school shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.

Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Family, student and community partners shall be included on an ongoing basis in school wellness planning processes.

The equality and diversity of the school community shall be valued in planning and implementing wellness activities.

Community partnerships shall be developed and maintained as a resource for school programs, projects, activities and events.

Schools shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

Staff Wellness

Lincoln-Marti shall provide information about wellness resources and services.

Each school shall comply with drug, alcohol and tobacco free policies.

Each school shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupational and health laws, policies and rules.

Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

Monitoring

Each school principal will ensure compliance with established school-wide nutrition and physical activity wellness policies.

In each school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the Operations Coordinator; and,
- Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the Operations Coordinator.

At the main office:

- The food and nutrition supervisor will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If Lincoln-Marti has not received a SMI review from the state agency within the past five years, Lincoln-Marti will request from the state agency that a SMI review be scheduled as soon as possible;
- The Operations Coordinator will develop a summary report every three years on school-wide compliance with Lincoln-Marti's established nutrition and physical activity wellness policies, based on input from individual schools; and,
- The report will be provided to the board of directors and distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel at Lincoln-Marti.

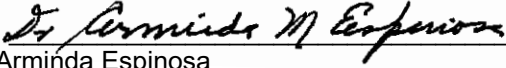
Policy Review

To help with the initial development of Lincoln-Marti's wellness policies, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the main office to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the main office will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy

eating and physical activity. Lincoln-Martí and individual schools will revise the wellness policies and develop work plans to facilitate their implementation. The principal at each school, along with two faculty members will conduct the assessments and follow-ups.

Approved by the Board of Directors of Lincoln-Martí Community Agency on February 7, 2010.


Arminda Espinosa
President


Dominica Alcantara
Secretary