

**BEULAH ACADEMY OF SCIENCE**  
**8633 Beulah Rd. Pensacola, Florida 32526**  
**Phone 850-944-2822 Fax 850-944-2848**

- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Communication with Parents**

Beulah Academy of Science will support efforts to provide a healthy diet and physical activity for our students. Beulah Academy of Science will post nutrition tips on our school web site. (bas-ecsd-fl.schoolloop.com)

Beulah Academy of Science will encourage parents to pack healthy lunches. Students will not be allowed to bring sodas or energy drinks on campus.

Beulah Academy of Science will provide information about physical activities and other school-based activities before, during and after the school day and support parent's efforts to provide their children with opportunities to be active outside of school. Such support will include, but not limited to, promoting local sports teams and cheer teams through our website, newsletter or any other take home materials.

### **Staff Wellness**

Beulah Academy of Science highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle,

### **Daily Physical Education**

All Students will receive daily physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous activity.

### **Mandatory School Wide Testing**

Mandatory school wide testing, makes it necessary for students to remain indoors for long periods of time, teachers will be instructed by our Administrator to give breaks during which they are encourage to stand and be moderately active.

### **Use of School Facilities Outside of School Hours**

School facilities are available to students, staff and community members. (With the school administrator's approval) School policies concerning safety will apply at all times.

### **Monitoring and Policy Review**

Monitoring: Our Administrator will ensure compliance with nutrition and physical activity wellness policies.

Review: Beulah Academy of Science will review our nutrition and physical activity policies as needed to ensure policy compliance and assess progress to determine areas in need of improvement.

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- Increase whole grains offerings as recommended by the Guidelines for Americans
- Serve only low-fat and fat free milk as recommended by the USDA.
- Share information about the nutritional contents of meals with students, parents, and staff members.

**Fundraising Activities during 10:00 am-11:30 am (Lunch)**

To foster a healthier school environment and the integrity of the school meal program, BAS will not sell food of minimal nutritional value during meal services. (7 CFR 210.11)

**Snacks**

After school activities (Basketball practice, cheerleading practice or club meetings) will make a positive contribution to student's diet and health, with an emphasis on serving fruits and vegetables as the primary snack and water as the primary beverage.

**Celebrations**

Classes will limit celebrations that involve food during the school day to no more than two celebrations per school year. Each party should include non-sugar items in proportion to that of desserts.

**Nutrition Education and Promotion**

Beulah Academy of Science aims to teach, encourage and support healthy eating by students. Each grade level provides nutrition education and engages in nutrition promotion that:

- Are a part of a sequential, comprehensive standard-base program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is a part of not only health education classes, but also classroom instruction in subject such as math, science, language arts, social studies and elective subjects.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing, farm visits and school gardens.
- Promotes fruits, vegetables, whole grain products, low fat and fat free daily products, healthy food preparation method, and health- enhancing nutrition practices.
- Includes training for teachers and staff members.

**Integrating Physical Activity into the Classroom Setting:**

- For students to receive the nationally recommended amount of daily activity and for students to fully embrace regular activity as a personal behavior, students need opportunities for physical activity beyond education class. Toward that end:
- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons; and

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### **School Meals**

- Meals served at Beulah Academy of Science will:
- Be appealing and attractive to students and staff.
- Be served in a clean and pleasant setting.
- Offer a daily variety of fruits and vegetables.
- Serve 1 % and fat free milk as recommended.
- This policy will provide an assurance the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by USDA.

### **Meal Times and Scheduling**

- Will provide Students with at least 20 minutes for breakfast and 30 minutes for lunch.
- Breakfast is served 7:25 - 7:45 am, Lunch is served between 10:00 am – 11:30 am.
- Will not schedule any activities during meal time, except if lunch will be served during such activities.
- Will provide students access to hand washing or hand sanitizing before they have lunch.

### **Sharing of Food and Beverages**

Beulah Academy of Science will discourage students from sharing food and beverages with one another during breakfast and lunch, given the concerns about allergies and other restrictions on some student's diet.

### **Foods and Beverages sold individually (i.e. foods sold outside of reimbursable meals, such as fundraisers)**

#### **Beverages**

**Allowed:** Water without added caloric sweeteners; fruit and vegetable juices, and fruit based drinks that contain at least 50% fruit juice and do not contain additional sweeteners or flavored low fat or fat free milk or nutritionally nondairy beverages.

**Not Allowed:** Soft drinks, energy drinks, iced teas, fruit- based drinks with added sugar or any beverages containing caffeine.

**Exemption: PE:** during the year when the county is under a heat advisory, PE students will be allowed to purchase on sports drink apiece.

#### **Foods**

The food service manager will insure that the following guidelines are incorporated into our daily meals. School meals shall:

- Meet the minimum nutritional requirements established by our state and federal statutes and regulation.
- Offer a variety of fruits and vegetables.

## Wellness Policy

### Philosophy and Vision

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant cause of obesity.

Whereas, heart disease, cancer, stroke and diabetes are responsible for two thirds of the deaths in the United States, and a major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often established in childhood;

Whereas, only 2 % of children (2 to 9 years) eat a healthy diet consistent with the five main recommendations for the USDA.

- Beulah Academy of Science is committed to providing a school environment that promotes and protects children's health, wellbeing, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Beulah Academy of Science that:
- Beulah Academy of Science will engage students, parents, teachers, food service staff, Health professionals and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity polices.
- All students in grades 6, 7 and 8<sup>th</sup> will have the opportunities, support, and encouragement to be physically active on a regular basis.
- There will be foods and beverages sold and/or served at BAS that meet the nutritional recommendations of the USDA.
- BAS will provide education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs.

### Objectives

#### School Health Council

Beulah Academy of Science will create a school health council to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity polices. The council will be made up of our Administrator, the Director of Facilities, Physical Education Instructor, Dean of Students and a Food Service staff member.