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*Our Mission: Mt. Calvary Junior Academy is committed to Christ-centered education. Developing minds to learn, hearts to love and hands to serve.*

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## **WELLNESS POLICY 2023-2024**

Health is a large word. It embraces not just the body, but the mind and spirit as well. We cannot seek or attain health, wealth, learning, justice or kindness in general. Action is always specific, concrete, individualized and unique. Mt. Calvary is interested in not only our students mind and spirit, but also their physical wellbeing. We have set these goals to accomplish this:

### **1. THE POLICY INCLUDES INVOLVEMENT FROM:**

- a. Francine Brown (Principal)
- b. Betty Harper (School Board Chair)
- c. Darron Lewis (Cook)
- d. Kim Skinner (3rd & 4th Grade Teacher)
- e. Keturah Williamson (Kindergarten Teacher)
- f. Craig Lloyd (Parent)
- g. Tanya Logan (Dietician & Parent)
- h. Erica Parks/ Food Service/Administrative Assistant
- i. Louise David (Preschool Director)
- j. Jayden Jones-Bradley (Student)
- k. Craig Lloyd (Parent)
- l. Robert Farrell (Physical Education Teacher)
- m. Gregory Currington (Nurse)
- n. Dexter Fredrick (Doctor)
- o. Shanae James (Home & School Leader)

### **2. NUTRITION PROMOTION**

Increase the number of on campus locations that students can access useful nutrition information by 0-15%. Discover effective ways to communicate school wellness messages and identify healthy eating and active living messages that resonate with parents via newsletters, social media posts, and printed materials which highlight a wellness topic of interest.

### **3. NUTRITION EDUCATION GOALS:**

The teachers, staff, and students are exposed to proper nutrition information in various ways:

- a. Each teacher will teach nutritional education once per quarter.
- b. Nutritional education integrated into different subjects such as social studies and science.

- c. The staff is adequately prepared to teach nutrition by having proper knowledge to teach this subject.
- d. The school's cafeteria is a model for health nutrition.
- e. The staff exemplifies good nutrition.
- f. Only vegetarian meals are served to students. All meals have been approved by USDA.
- g. Cooking is done to meet the requirements for math, science and social studies.
- h. The staff has been involved in workshops that provide adequate nutritional information.
- i. Students are involved in hands on opportunities and experiments of nutritional education through different projects.
- j. The Home & School gives students and parents' examples on how to prepare nutritional meals and snacks.
- k. Our students and parents are given information on the importance of proper diet and nutrition at our Home & School meetings.
- l. Bulletin boards with nutritional themes.
- m. Posters that promote good nutrition will be displayed throughout the school and will be changed regularly throughout the school year.

#### 4. SETTING PHYSICAL ACTIVITY GOALS

- a. Teachers attend workshops to enable them to integrate physical activity throughout the day and across the curriculum.
- b. The physical activities have been allotted the tone that follows the conference guideline.
- c. The students have recess daily.
- d. All students have recess or physical activities after lunch.
- e. The amount of consumption is balanced out with physical activities
- f. P.E. is Monday through Thursday for thirty per day.
- g. Students are taught the importance of being physically fit and dangers associated with being sedentary.

#### 5. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- a. Fundraisers include healthy food.
- b. No vending machines are located on campus.
- c. No candy fundraisers are allowed.

#### 6. NUTRITION STANDARD FOR FOOD AVAILABLE ON CAMPUS

The foods available on campus follow the guidelines for proper nutrition and aim to help prevent obesity in children. The policy provides assurance that the guidelines for reimbursable school meals "will not be less restrictive" regulations and guidelines issued by USDA.

This includes:

A healthy food snack list will be provided upon request. Snacks consist of, (nuts, cheese, crackers, granola bars, Capri suns, whole crackers, and fruit snacks), school parties (parents are encouraged to choose healthy snacks). School picnics and classroom snacks follow the RDA and USA guidelines. We

serve meals that are lower in saturated fat. We serve vegetarian meat substitutes that are high in protein, have less fat and are lower in sugar. The portion that the children are served is age appropriate and is served according to the RDA. Vegetarian meats lower the chances of childhood obesity and are healthier for them.

#### 7. FOOD AND BEVERAGE MARKETING

The only foods and beverages sold on campus are those that meet or exceed USDA's Smart Snacks in School nutrition standards.

#### 8. SETTING GOALS FOR MEASUREMENT AND EVALUATION

The principal and school board chair will check on a regular basis throughout the year to make sure there is progress in the wellness policy.

- a. The teachers and committee will update the curriculum periodically to make sure the health and wellness needs of the students are met.
- b. At each School Board meeting a report will be given every quarter on the wellness policy.
- c. The committee will review the lunch menus to make sure the meals that are served are healthy and nutritious.
- d. A survey will be done in the fall, and in the spring to monitor the implementation of the wellness policy.

#### 9. INFORMING THE PUBLIC

These two people will ensure that the wellness policy is adhered to.

1. Francine Brown, Principal
2. Betty Harper, School Board Chair

Mt. Calvary Jr. Academy and Preschool will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.

Wellness policy updates, as applicable, will be available at Home and School Association, and school board meetings.

Wellness policy updates, as applicable, will be available for review by district superintendent, board of education and other interested groups or stakeholders.

Parents will receive a complete copy of the local school wellness policy at the beginning of the school year.

#### 10. COMMUNITY INVOLVEMENT

Mt. Calvary Jr. Academy and Preschool will:

- a. consider student needs in planning for a healthy nutrition environment.
- b. ask students, parents and the community for input and feedback using surveys and attention will be given to their comments.
- c. use electronic means, such as email or notices on our website, as well as non-electronic means, such as newsletters, presentations to parents or distributing printed information, to ensure that all

families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.

#### 11. Record Keeping

Document of compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- a. The written local school wellness policy;
- b. 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
- c. Documentation of the triennial assessment of the local school wellness policy.

#### 12. Reporting on the Wellness Plan

The wellness policy will be brought to the school board on an annual basis to review the effectiveness of the policy and recommend revisions or changes if necessary.

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Francine Brown, Principal & Food Service Director

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Betty Harper, School Board Chairperson

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Louise David, Preschool Director

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Erica Parks, Administrative Assistant

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Geneive Heyliger, Assistant Food Service Director