



**Wellness Policy for**  
**Reading Edge Academy Inc.**

#### Goals:

- 1.) Cafeteria will work with teachers and staff to work with the students to offer choices of healthy and nutritional meals and snacks while in school and outside of school.
- 2.) The school will give the students opportunities for physical education through a range of programs, such as recess, indoor play, athletic programs and physical education.
- 3.) Students will be given periodic breaks during excessive periods of inactivity.
- 4.) We will offer a variety of fresh fruits and vegetables plus whole grain breads.
- 5.) We will comply with all federal and state regulations to make sure each child receives the minimal amount of nutritional value.
- 6.) Will establish meal times according to federal regulations.

#### Implementation:

- 1.) Cafeteria will provide materials to the teachers to help with teaching the students proper choices for a healthier life style.
- 2.) Students will receive 150 minutes per week of instructionally relevant physical education (Sunshine State Standards)
- 3.) Students will be given breaks (bathroom, water and just to move.)
- 4.) This will be done at breakfast, lunch, snack time, after school and special functions.
- 5.) Done on a daily basis.
- 6.) Students receive a minimum of 15 minutes daily for breakfast and 25 minutes daily for lunch.

#### Evaluation:

- 1.) Will verify through class schedules and evaluations from students, teachers and parents.
- 2.) Review of class schedules, interview of school personnel and observing of the class.
- 3.) Observing of the class and the schedule of the testing or special project for time.
- 4.) Review menus, production records, nutrient analysis
- 5.) Review menus, production records, nutrient analysis
- 6.) Review the school schedule to confirm that each class is provided no less than 20 minutes to consume meals

**Nutrition Guidelines for All Foods Served or Sold:** All foods served or sold at this school will meet the following nutrition guidelines. These guidelines also apply to fund raisers and class parties.

- 200 calories or fewer per portioned package
- No more than 35% of total calories from fat per serving size
- Zero trans fat per serving
- Consistent with the Dietary Guidelines
- Contributes to developing healthy eating habits

**Designee:**

Peggy Comardo/Gail Conrad is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

**Procedure for Reporting to the 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 School Board/Governing Authority. This will allow for public input and revisions. If there are any recommended revisions, these will be presented to the School Board/Governing Authority for approval.

The evaluation tools to be used are: Posting of the Wellness Policy, Monitoring of the teacher lesson plans, and copies of the evaluations from teachers, students, parents along with copies of the menus that are in compliance with the USDA Standards.

**Assurance:**

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

**Website Address for the Wellness Policy (if Public or Charter School):**

[www.readingedgeacademy.org](http://www.readingedgeacademy.org)