

Wellness Policy. 2025-26 School Year

Tamiami Christian School Center / Tamiami United Methodist Elementary.

The policies outlined within this document are intended to create a school environment that protects and promotes the health and wellness of our students. This policy applies to all our schools. Our commitments to providing nutrition education and regular and systematic physical activity, as well as access to nutritious foods habits for all students, are described here.



I. Nutrition education and promotion.

Students will receive consistent nutrition messages throughout schools, classrooms, cafeteria, and school media:

- Teachers will integrate nutrition education into core curricula.
- Nutrition promotion will include participatory activities such as contests, promotions, farm and food healthy store visits, and experience working in school garden.

- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs.
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- Students will have opportunities to taste foods that are low in sodium and added sugar.
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited in all areas in the school.
- Nutrition education will be provided to families via handouts, newsletters, postings on the website, presentations, and workshops. The school menu will be posted online.
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos).
- Families will be requested to pack lunches and snacks that meet school nutrition standards and will be provided with written guidance on how to accomplish this.

Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.



II. Nutrition Standards for All Food and Beverages

Served on School Grounds

A. USDA School Meals:

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by a team that will include a dietician, business manager and qualified food preparation staff. If the school does not employ staff with all three areas of expertise, consultants will be used. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety.
- All menus will be reviewed by a dietician when is possible. When this is not feasible, sample USDA menus or USDA software for menu review may be used.
- Students will be provided at least 15 minutes to eat breakfast and 30 minutes to eat lunch after being seated.
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
- Elementary school campuses will be “closed” meaning that students are not permitted to leave the school grounds during the school day.
- Lunch will follow recess period and will be scheduled between 11:30a.m. and 1p.m.;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities.
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them.
- Information on the nutritional content and ingredients of meals will be found on menus, in school newsletters and on the school website. Parents and students will be informed that information is available and information shall be kept up-to-date.

- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals. Schools will use nontraditional breakfast service to increase participation, such as breakfast served in the classroom.
- Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program. Otherwise they must meet the district's nutrition standards for competitive foods (see Part B). Foods served as part of the Before and Aftercare (child care) programs run by an outside organization (e.g., YMCA) must meet the district's nutrition standards for competitive foods.



B. Competitive Foods and Beverages

All foods and beverages served on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the school nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Before and Aftercare (child care) programs must also comply with the school nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

Tamiami United Methodist Elementary Nutrition Standards:

The Institute of Medicine's nutrition standards for competitive foods/beverages in schools has been adopted by the district. A summary of the standards is below.

Foods:

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30 grams of total sugars per 8 oz serving;
- Items shall contain less than or equal to 200mg of sodium per packaged portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion).

A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480mg of sodium.

Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

Beverages:

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz);
- 100% fruit/vegetable juice in 4 oz portions for elementary and middle school, and 8 oz portions for high school;
- Plain water.

C. Additional Foods Available to Students

Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption. When out-of-school fundraising events involve food, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.
- Fundraising activities that promote physical activity are encouraged.
- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

Celebrations

- Celebrations that involve food will be limited to one per month. Only foods that meet district's nutrition standards will be allowed at school celebrations;
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained

III. Other

Marketing₍₁₎:

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.



Examples of marketing techniques include the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;
- Displays, such as on vending machine exterior.
- Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms.
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;
- Broadcasts on school radio stations or in-school television, such as Channel One;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products.
- Free samples or coupons displaying advertising of a product.

Food used as reward or punishment:

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

(1) National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN). District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds. Available: <http://nplan.rhine.rockriverstar.com/childhood-obesity/products/district-policy-restricting-advertising-food-beverages>



IV. Physical Activity

Physical Education

All K-12 students will receive daily physical education (150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Physical Education will be standards- based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA.
- Teacher to student ratio will be no greater than 1:25.
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity.



- Physical education staff will receive professional development on a yearly basis.
- The school will conduct annual Fitnessgram and dietary intake assessments and will send confidential reports directly to parents, along with additional resources.

Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school, for example, programs such as Take 10! And ABC for Fitness will be used to incorporate short activity breaks into the day.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

Recess

All elementary school students will have at least 20 minutes a day of supervised recess before the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district (this may vary regionally). In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school’s Wellness Committee, to ensure adequate physical activity for students.

Physical Activity Programs

Elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High school and middle school will offer interscholastic sports programs to all students.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The school will work together with local public works, public safety, and/or police departments in those efforts.

V. **Evaluation and Enforcement**⁽²⁾

This wellness policy was developed by the Tamiami United Methodist Elementary Wellness Committee, a group comprising individuals from the following groups: parents, teachers, students, school administration, food service director and staff, nutritionist, Board of Education, Health Services, and Health and Physical Education staff. The committee is active—meetings are held four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting for the director evaluating the implementation of the policy and regulations and include recommended changes or revisions. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the school website and meetings will be open to the public.

The principal of each school will ensure compliance within the school and will report on compliance to the Director, who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report: (1) the extent to which each school is in compliance with the wellness policy, (2) a comparison of the district policy to model local school wellness policies; (3) the progress made in attaining the goals of the policy; (4) any recommend changes to the policy; (5) a detailed action plan for the following school year to achieve annual goals and objectives; and (6) any additional information required by the USDA. The annual report shall be posted on the school district website and mailed to all district families before the start of the following school year.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

(2) Information on wellness policy enforcement was provided by Karla Hampton, attorney/healthy policy consultant with Enigami Consulting Services, LLC. Ms. Hampton provides legal technical assistance on federal and state laws and local policies that shape the built environment and school food environment. She can be reached at karla@enigamiconsulting.com.



ADAM H. PUTNAM
COMMISSIONER

Florida Department of Agriculture and Consumer Services
Division of Food, Nutrition and Wellness

**LOCAL SCHOOL WELLNESS POLICY
WEBSITE LINK CONTACT INFORMATION**

Florida State Statutes, Section 1003.453(2), states that the Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness shall post links to each school district's local school wellness policy and physical education policy on its website so that the policies can be accessed and reviewed by the public. Each school district shall provide the most current versions of its local school wellness policy and physical education policy on the district's website.

Website links can be broken for several reasons and one of the most common happens when the school district changes their website or moves their local school wellness policy. If your school's local school wellness policy website link is broken on the Florida Department of Agriculture and Consumer Services website, you will be the contact person notified.

Thank you.

Contact Information:

Name: Dalila Diaz

E-mail: tamiamischool@gmail.com

Phone #: (305) 400-8524

Sponsor Name: Tamiami United Methodist Church Inc

Sponsor Agreement #: 22025

Website Link: www.tamiamischool.com

Return this form to:

Division of Food, Nutrition and Wellness
Florida Department of Agriculture and Consumer Services
600 S. Calhoun St., Suite 120
Tallahassee, Florida 32399
Fax Number: (850) 617-7402

Wellness Policy Committee

The committee is composed of the following representatives:

Area Represented	Committee Member Name
Parent	Zoarit Luis
Student	Constanza Torres
School Food Service Personnel	Yudeily Estrada
School Board	Dalila Diaz
School Administrator	Camilo Torres Villamil
Local Health Professional	Margaret Rodriguez
¹ Health Education Staff	
¹ Teachers of Physical Education	Diego Ruiz Prado
¹ School Health Professionals	

¹Recommended but not required to have on local school wellness policy committee.

A local school wellness policy cannot be developed and written by one or two individuals in the school. The school community must be involved.

The committee met on the following date(s) to assess the school's nutrition and physical activity environment needs (Step 2). **Date(s): April 25th of 2019**


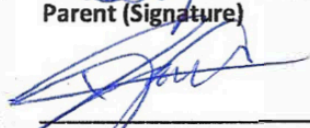








Date: 04/25/2019 Administrator: Camilo Torres Villamil.

Submit to: Lisa.Church@FreshFromFlorida.com
Florida Department of Agriculture and Consumer Services
Division of Food, Nutrition and Wellness
600 S. Calhoun St., Suite 120
Tallahassee, FL 32399 Fax: 850-617-7403

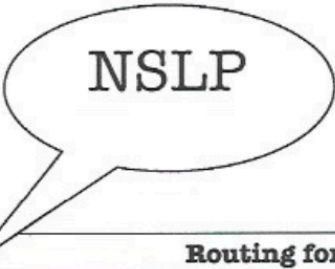
TAMIAMI UNITED METHODIST CHURCH / TAMIAMI UNITED METHODIST ELEMENTARY

Policy Adoption and Approval Signatures

The following signatures represent the approval of this LSWP. When a change or revision is made to this policy, an updated board-approved, signed copy will be provided to the Office of Food, Nutrition and Wellness along with a copy of the board agenda and board minutes.

_____ Zoarit Luis	_____ 	_____ 04/25/2019
Parent (Print)	Parent (Signature)	Date
_____ Constanza Torres	_____ 	_____ 04/25/2019
Student (Print)	Student (Signature)	Date
_____ Yudeily Estrada	_____ 	_____ 04/25/2019
School Food Service Personnel (Print)	School Food Service Personnel (Signature)	Date
_____ Dalila Diaz	_____ 	_____ 04/25/2019
School Board (Print)	School Board (Signature)	Date
_____ Camilo Torres Villamil	_____ 	_____ 04/25/2019
School Administrator (Print)	School Administrator (Signature)	Date
_____ Margaret Rodriguez	_____ 	_____ 04/25/2019
Local Health Professional (Print)	Local Health Professional (Signature)	Date
_____ Barbarita Martin	_____ 	_____ 04/25/2019
Additional Member (Print)	Additional Member (Signature)	Date
_____ Elizabeth Diaz	_____ 	_____ 04/25/2019
Additional Member (Print)	Additional Member (Signature)	Date
_____ Miguel Ortiz	_____ 	_____ 04/25/2019
Additional Member (Print)	Additional Member (Signature)	Date
_____ Diego Ruiz Prado	_____ 	_____ 04/25/2019
School Wellness Policy Director (Print)	LSWP Director (Signature)	Date

Policy Adoption Date: 08/11/2014



Routing for NSLP Wellness Policy

For: Brittany Lord
Date Forwarded: August 15, 2014
Return to: Brenda Dekle
Program Implementation Specialist

Prospective Sponsor Name: Tamiami United Methodist Church

Contact Information:

Name: Dalila Diaz
Telephone Number: 305-400-8524
Email address: tamiamischool@gmail.com

8/29/14 (BL)

Date of Wellness Policy approval and initials: _____

Comments: _____

