



## CG Smith Academy – Local School Wellness Policy (LSWP)

Sponsor #1842

### 1. Wellness Leadership

CGSA designates the **Principal** and the **Food Services Coordinator** as the responsible officials for ensuring full implementation and compliance with this policy across all campuses.

#### Responsibilities:

- Monitor adherence to USDA and Florida wellness regulations.
- Coordinate with vendors to ensure all meals/snacks meet USDA meal pattern and Smart Snack standards.
- Lead the Wellness Committee in setting and evaluating measurable goals.
- Submit annual and triennial reports to the school board and make them publicly available.

### 2. Measurable Goals for Student Wellness

#### Nutrition Promotion

- Implement **Smarter Lunchroom techniques** by August 2025.
- Increase fruit and vegetable consumption by **10% annually**, measured via plate waste studies.
- Conduct **monthly nutrition-themed campaigns** (e.g., “Color Your Plate”) and track student engagement via surveys.

#### Nutrition Education

- Integrate USDA MyPlate curriculum into grades K–8 classes by September 2025.
- Require **two nutrition education lessons per semester** in grades K–8.
- Assess student understanding through **pre/post quizzes** and project-based learning.

#### Physical Activity

- Ensure students in grades K–5 receive at least **150 minutes/week** of physical activity, including PE and recess.
- Middle school students will have access to **daily physical activity breaks**.
- Track participation using **attendance logs**.
- **Other School-Based Activities**
- Quarterly cooking activities
- Field trip to grocery store.
- Include physical health in our social-emotional curriculum.



### 3. Evidence-Based Strategies

CGSA will use tools such as:

- **Smarter Lunchroom Movement**
- **MyPlate.gov**

These will guide goal-setting and program design.

### 4. Nutrition Guidelines

#### Foods and Beverages Sold

- All items sold during the school day must meet **Smart Snacks in School standards**.
- Meals must comply with USDA meal pattern requirements, including calorie, sodium, and fat limits.

#### Non-Sold Foods and Beverages

- Classroom celebrations must offer **only one item that does not meet Smart Snack standards**, with healthy options encouraged.
- Water must be available **at no cost** throughout the school day.

#### Competitive Foods and Fundraisers

- No food fundraisers until **30 minutes after the last meal service period**.
- Meat/grain entrees may only be sold by the school's food service program.
- Fundraiser exemptions:
  - **5 days/year** for elementary schools
  - **10 days/year** for middle/combination schools

### 5. Marketing Standards

All food and beverage marketing at CGSA must meet **Smart Snack standards**. CGSA prohibits advertising of non-compliant items in school publications, signage, and events.

### 6. Annual Review and Triennial Assessment

- Conduct **annual internal reviews** each June to evaluate implementation.
- Complete **triennial assessments** every three years, starting Spring 2026, to evaluate:
  - School-level compliance
  - Comparison to model policies
  - Progress toward goals

Results will be used to revise the policy and improve wellness efforts.



## **7. Public Access and Updates**

CGSA will:

- Post the current policy and assessment results on the school website.
- Share updates via newsletters, family communication platforms, and printed materials.
- Provide summaries of annual reviews and implementation status.

## **8. Stakeholder Involvement**

CGSA will ensure meaningful participation from:

- Parents, students, food service staff, PE teachers, health professionals, school board members, administrators, and the public.

### **Engagement Strategies:**

- Quarterly Wellness Committee meetings
- Annual public forums
- Open invitations for feedback via website and school communications

## **9. Documentation**

CGSA will maintain:

- A current, approved copy of the LSWP
- Records of Wellness Committee meetings
- Triennial assessment results and supporting data
- Documentation of stakeholder involvement
- Evidence of public access to wellness materials