

City of Cape Coral Charter Authority

2024-2025

Wellness Policy

One of the requirements of the NSLP is annually review and implement the wellness policy.

What is the wellness policy?

The wellness policy is a tool to help promote student wellness, prevent, and reduce childhood obesity, and provide assurances that school meals meet the minimum nutrition guidelines established by the federal requirements.

This establishes goals and policies in three key areas: Nutrition, nutrition education and promote physical education, and school-based activities.

ACCOMPLISHMENTS – 2024-2025

The Charter School continues to be strong in areas that meet federal requirements, such as providing meals that meet NSLP nutrition guidelines. This is our third year offering OVS at the elementary level, which gives students the opportunity to get what they want to eat from the menu served. Staff have mastered how to ensure students receive three of the five components on the tray to follow the NSLP guidance.

The charter school follows all Snack Smart requirements, including nutrition standards, fundraising, and school store sales.

The Charter School also follows written physical education curriculum that meets state and national standards with certified teachers.

The Charter School is also strong in the areas of promoting a healthy lifestyle for its staff and students. It is also strong in promoting NSLP marketing rather than promoting a particular brand.

The Charter School has also done a great job of including stakeholders in evaluating the wellness policy and presenting it each year at a public board meeting.

We continue to strive to provide NSLP meals that meet feeding requirements, which remains a challenge due to staff shortages and supply chain issues, but we have always done our best to comply.

Another goal achieved this year has been to get students more involved in what we serve, at least at the high school level, we have listened to what they like and offer taste tests to make sure we include the items they like best.

Nutrition

- Breakfast is offered at all our schools (**only required at elementary**)
- Despite challenges with our food suppliers and deliveries, we ensure to provide food that meets program requirements.
- Emphasize qualifications of food service staff with annual food safety training. Covered kitchens often with limited staff.
- Competitive Foods –in compliance with statute 7CFR 210.11 with nutrition requirements and standards and any exemptions. Competitive food must not be sold during meal period unless sold by the cafeteria staff and must meet Smart Snacks in School regulations – the sale of competitive food that does not meet Smart Snacks in school regulations may be sold 30 minutes after school until midnight with principal approval.
- Fundraising Activities – if want to use a food fundraiser during school that does not meet Smart Snacks then any exemptions must be school board approved and limited in days depending on school age.
- Nutrition standards for beverages – which includes portions and allowable drinks by school. We complied in all schools.
- Focus on Fruit – offer fresh fruit bowls or additional fruit in addition to the fruit provided on the lunch.
- Highlight the salad – offer salads at all 4 schools.

Nutrition and promote physical education.

- Met all health department requirements regarding physical activity education and student evaluations Kindergarten, 1st, 3rd, and 6th.
- Physical education meets the written physical education curriculum for all state and federal standards with certified teachers.
- Promote nutritional education communication on menus & websites.
- Food and Beverage marketing – states that we market and advertise only foods and beverages that meet or exceed USDA Smart Snacks standards.
- OES does a Turkey Trot, Jingle Jog, and Bunny Hop.
- OES & OEN sponsored successful booster-thon and color run fundraiser.
- OES & OEN had Run club and field day.
- OES had a Quarterly Fastest Class Challenge – which class can run most laps and provided double recess for students in K-3.
- OEN Sponsors a Boot Camp annually.
- Middle school maintains a school garden with an afterschool program with parents.
- OMS sponsors the Color Run annually.
- OMS and OHS offer a variety of sports.
- OHS has JROTC.

Other school-based activities

- Provide health screenings and gym membership for staff.
- Provide a free health clinic for staff that has benefits through Charter School.
- Online meal system – available to families to see what their students are eating.
- Other school-based activities –includes general guidelines, convenient and safe drinking water, eating environment, employee wellness and recycling.
- Informing the Public- presented every year at the board meeting, post on our website and provide copies upon request.

Goal for next year

Continue with Student Involvement – Conduct more taste test where the students can let us know what they like best, which could help us continue to improve our menu and avoid food waste.

Limiting sodium and added sugar - we must start making adjustment with the intake of sodium and added sugars which by Fall of 2025 we must limit the added sugar in items such as cereals, yogurts, and milk to no more than 10% of the weekly calories and 10 % reduction in sodium at breakfast and 15% at lunch, which must be implemented in full force by year 2027.

Opportunities For Growth

Continue to train our Food Service Staff including some of the substitutes so they can work in all required areas, such as Line Operator, so in case the Food Service Lead is out or any other staff member for some period of time, the rest of the team including the subs can keep the kitchen running smoothly in all areas.

Our unpaid meal policy has improved greatly, and we continue to look for alternatives we can implement to reduce outstanding balances.