

CORAL REEF MONTESSORI CHARTER SCHOOL WELLNESS POLICY

Nutrition Education:

Coral Reef Montessori Academy understands the importance of nutrition education, and we have a full time health and physical education teacher. This gives us the foundation to develop a comprehensive physical education and health plan.

We have a meeting with students every two weeks where we show them educational movies about physical activity and healthy eating habits. After this movie, the students have to write about the important facts they learned about in the movie and how this will better their health.

We also have the followings activities :

- Nutrition – all students have access to and take advantage of high-nutrient food options
- Physical Activity – all students engage in the daily recommended levels of physical activity
- Health Literacy – all students are educated on how to make 'health-enhancing' choices
- School-based Healthcare – all students have access to physical and mental healthcare

Together, these objectives set the foundation for a coordinated, comprehensive wellness program that enables students to succeed academically.

To promote wellness and address current health issues facing our students, including childhood overweight and obesity, Coral Reef Montessori Academy provides

1. Nutritious foods, available on campus during the school day, like sugar free and 100% juice, whole wheat bread, fat free milk, to promote student health;
2. Physical education and physical activity, to enable students to develop healthy lifetime habits conducive to cardiovascular conditioning, flexibility, coordination, balance and physical strength;

1.-The Wellness Committee is:

Martha Garcia (parent)
Nicole Bonelli (student)
Gabriela Mannella(student)
Erick Green (student)
Jose Cuervo(student)
Maria Bonelli (Food Manager)
Lucy Golden (principal)
Carol Hunniwell (Teacher)
Aaron Harvey (P.E. teacher)

Our wellness committee has been established to develop an effective monitoring and evaluation process.

Physical Activity

The teachers have activities in their classrooms like the followings:

Math: We Have students practice their measurement skills by measuring the distance covered when jumping, leaping and hopping.

Science : We encourage students to do reports on the benefits of physical activity.

Computer Lab: We send students to Web sites that provide information, tools and games that encourage physical activity..

Language Arts: We ask students to record in their journals the amount of time they spend watching TV and being physically active—and what activities they enjoyed most and why. We also encourage students to brainstorm with their family and classmates ways to be more active.

Spelling: We host a spelling bee with a physical activity theme.

Reading: We have prepare a book display and list of books about various physical activities and sports

We also promote healthy eating by displaying posters in visible locations. We only use whole wheat bread, low fat milk and foods that are high in fiber. We have two water fountain conveniently located at each side of the building and there are one girl and one boy bathroom every two classes, where they can readily wash their hands.

We also have a recess of 25 minutes every day, where the students play ball rope jumping or they have music and dance to it.

Coral Reef Montessori has PE classes every day for 45 minutes.

We have implemented a program that we call "The need to be fit", is a 8 week program, where we encourage the children to be more physically active and eat more healthy. This simple but effective plan help them develop habits that will lead to a long and healthy life. The students Body Mass Index was measured at the beginning of the program , and our goal is that by the end of the program our students loses 5% of the BMI.

Plan for Measuring

- Basic Purpose
 - To determine and report extent to which Local Wellness Policy has been implemented
 - To monitor the plan
- Identify
 - Who is responsible for compliance
 - How the plan will be measured
 - Frequency of measurement
 - How the measurement results will be reported

Nutrition Education

Coral Reef Montessori also have a plan for the teachers to promote physical activities like implement gardens, where we are growing tomatoes, lettuce carrots, etc. In these gardens the students learn the importance of consuming this kind of food on daily basis. They also are familiar with the Food Pyramid, and how many serving of each group they need in order to have a healthy life style.

School Activities

Coral Reef Montessori emphasizes healthy fund raisers. For example, on Thursdays the Parent Booster Club sells sugar free and 100% fruit icreams. This selling goes on after school hours, from 3:15pm to 4:15pm. We also have after-school programs, for the students . We have Karate 3 times a week and baseball on Tuesdays.

Nutrition Guidelines

Foods and Beverages Served During the School Day:

Coral Reef Montessori uses First Class Walker's Catering which is approved by School Lunch Program.

Each class has 20 minutes to eat and relax . Our lunch time start at 11:30am and end at 1pm. Beginning with Prek. Students and end with 8grade students. We also promote healthy eating by displaying posters in visible locations. We only use whole wheat bread, low fat milk and foods that are high in fiber. We have two water fountain conveniently located at each side of the building and there are one girl and one boy bathroom every two classes, where they can readily wash their hands. All teachers also have hand sanitizer in their classroom.

Evaluation and Monitoring

- We have one parent academy meeting (Family Night) related to health and wellness issues which is scheduled every last Friday in each month
- The wellness committee has a meeting every two weeks; The Co-Director, Ms. Lucy Golden is responsible for overseeing the policy and report the status of the policy to parents and the community.
- Teacher measure kids BMI every 3 months. The results are discussed in the meeting with the wellness committee.
- The food service staff has to report to the principal (Ms. Lucy Golden) that they are following all the nutrition policies.

Our parent academy meets every two weeks and makes revisions to the wellness policy, when necessary; they update it and send it to the school board for approval, annually. Next review process is scheduled on July 2008.

Our policy provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. The school wellness committee will review and report the effectiveness of the school wellness policy to the governing board on an annual basis, school board meetings are placed on the board agenda and open for public input.

Adoption Date: _____

Governing Board Signatures