



ACADEMY PREP CENTER OF TAMPA (APT)

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WELLNESS POLICY
Review/Assessment Documents

Agreement Number: 431

Review & Approval:

APT Board of Trustees: January 14, 2015



ACADEMY PREP CENTER OF TAMPA

WELLNESS POLICY Review/Assessment, January, 2015

- **Did the number of students participating in nutrition education change?**

No, in addition to the standard nutrition curriculum taught in our Science classes, Fit Families for Life (FFFL) continues to provide exemplary training/programming on a regular basis in nutrition and physical fitness. These activities are implemented at our school as both mandatory enrichment classes and "elective" enrichment classes.

During the academic year, FFFL provides APT one quarter - 9 class sessions - of (mandatory) cooking classes for 6th grade during the enrichment period. In addition, they provide one semester – approximately 20 class sessions - of (optional or "elective") cooking classes for all grades during the enrichment period. During the summer session, they provide our eighth graders one (mandatory) cooking class, which lasts a full week.

- **Did the students have a different number of minutes of physical activity?**

Students continue to participate in at least 20 minutes/day free play, their regularly scheduled physical education classes, and enrichment classes (see Appendix A: weekly class and enrichment schedules).

In addition, during the academic year, FFFL provides one quarter of (mandatory) fitness classes for all four grades - 5th grade, 6th grade, 7th grade, and 8th grade. During the summer session, they provide our 6th grade boys and 5th grade boys one (mandatory) Fitness class, which lasts a full week.

FFFL also hosts two 6th grade Saturday field trips during the year, typically in the spring. During the first trip, they take our 6th graders, in addition to many of their parents and family members, to the Museum of Science & Industry (MOSI). There, students tour the museum and learn about science, industry, and the world around them. Typically, they also get to experience the ropes course there, which aligns with the fitness side of the FFFL program.

During the second trip, our 6th graders, in addition to many of their parents and family members, go to the gym and participate in free structured physical fitness activity circuits. They are lead through a day of activities like yoga, Zumba, spin, boot camp, and racquetball - all lead and instructed by our partners free of charge. For the past few years, students have gone to the YMCA, and this year, we are experimenting at a new gym - Epic Boxing with our FFFL partner Ester Solano.

Personal hygiene is an important part of the curriculum in all physical education classes. Our Guidance Counselor and Science teachers discuss the importance of maintaining proper hygiene on a daily basis. Showering, using deodorant, proper hand washing procedures, brushing teeth daily, etc., are some of the topics covered. Proper disposal of female products are discussed as a group within

the individual girls' classrooms. These concepts noted above are reinforced daily in the physical education classes to ensure students are keeping up with proper hygiene.

Wellness Policy & Procedures

Yoga is offered on campus, after hours, one day a week. Classes are open to staff, parents, and family members over 14 years old.

- **Did the school change available food options?**

No, we extended our contract again this school year with Meals on Wheels of Tampa. Menus have been altered, as needed, to comply completely with all NSLP nutrition requirements.

- **Did participation in the National School Breakfast or Lunch Program change?**

No, we continue participating in the National School Breakfast and Lunch Program.

- **Did the policy and implementation address the issues identified in the needs assessment? For example:**

1. Is it making a difference? What's working?
 2. What's not working? How can the impact of the policy be increased to enhance its effect on student health and academic learning?
1. It is definitely working. Students are healthy and attending school on a regular basis. Academy Prep boasts of one of the highest average daily attendance percentages in Florida. After implementing the wellness policy, our annual ADA increased from 97% in 2006 to the current 98% (August 19, 2014 to present).
 2. We continue to work on increasing the number of students eating breakfast at school on a regular basis. To date, our average is 61 students out of a possible 120 electing to eat breakfast at APT. Although the breakfasts served are well-balanced and nutritious, about 50% of our students are opting to not take advantage. The primary reason given is that due to the time of morning convocation, students eat breakfast at home, or have no breakfast at all in order to get to school on time. A second reason offered is that due to the dietary restrictions placed upon us by NSLP and that our meals are vended, vs. freshly prepared on site, students become indifferent with the limited breakfast menu. Regardless of the cause, we are concerned that some children may choose to "go without" until lunchtime. We will continue making it a priority to educate the students on the importance of eating a healthy breakfast and working with our vendor to make the breakfast menu more varied while remaining compliant with NSLP nutritional requirements.

Appendix A provides a listing of all APT's activities and programs conducted to promote nutrition, wellness and physical activity.

Appendix B contains three checklists (nutrition education, physical activity, and other school-based activities) which assess APT's progress in reaching their 2014-15 goals.

Appendix A

SEMESTER 2 ACADEMIC SCHEDULE 2014 *rev 1.20*

Monday

	5B	5G	6B	6G	7B	7G	8B	8G
Convocation 7:30-7:45								
Period 1 7:50-8:50	Science ✓	Science ✓	History	History	English	English	Math	Math
Period 2 8:50-9:50	History	History	Math	Math	Science ✓	Science ✓	English	English
Period 3 9:50-11:05	Art	Eng 2	Eng 2	Music n	PE ✓	Tech/Span	PE✓	Discovering Me ✓
Period 4 11:05-12:05	Math	Math	English	English	History	History	Science ✓	Science ✓
Lunch 12:05-1:00	Recess ✓	Recess ✓	Recess ✓	Recess ✓	Recess ✓	Recess ✓	Recess ✓	Recess ✓
Period 5 1:00-2:00 <i>Matteson</i>	English	English	Science ✓	Science ✓	Math	Math	History	History
Period 6 2:00-3:15	Eng 2	Art	Music	Eng 2	1 Science✓ 2 Math 3 History 4 English	PE✓	Spanish	PE✓

3:15-3:35 Student Time-snack & Recess✓

3:40- 5:00 Enrichments

5:00-6:05 Study Hall

✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity

TUESDAY

	5B	5G	6B	6G	7B	7G	8B	8G
Convocation 7:30-7:45								
Period 1 7:50-8:50	Math	Math	Science ✓	Science ✓	History	History	English	English
Period 2 8:50-9:50	English	English	History	History	Math	Math	Science ✓	Science ✓
Period 3 9:50-11:05	PE✓	Music	PE✓	Art	Eng 2	1 Science✓ 2 Math 3 History 4 English	Spanish	Eng 2
Period 4 11:05-12:05	Science✓	Science✓	Math	Math	English	English	History	History✓
Lunch 12:05-1:00	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess
Period 5 1:00-2:00	History	History	English	English	Science✓	Science✓	Math	Math
Period 6 2:00-3:15	Music	PE✓	Chess	PE✓	Chess	Eng 2	Eng 2	Spanish

3:15-3:35 Student Time-Snack & Recess✓

3:40- 5:00 Enrichments

5:00-6:05 Study Hall

✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity

WEDNESDAY

	5B	5G	6B	6G	7B	7G	8B	8G
Convocation 7:30-7:45								
Period 1 7:50-8:50	Science✓	Science✓	History	History	Math	Math	English	English
Period 2 8:50-9:50	English	English	Science✓	Science✓	History	History	Math	Math
Period 3 9:50-11:05	Eng 2	English Extension		Eng 2	Tech/Spain	PE✓	Music	PE✓
Period 4 11:05-12:05	Math	Math	English	English	Science✓	Science✓	History	History
Lunch 12:05-1:00	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓
Period 5 1:00-2:00	History	History	Math	Math	English	English	Science✓	Science✓
Period 6 2:00-3:15	Tech Lab	Eng 2	Eng 2	Chess	PE✓	Chess	PE✓	Music

3:15-3:35 Student Time-Snack & recess✓

3:40- 5:00 Enrichments

5:00-6:05 Study Hall ✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity

THURSDAY

	5B	5G	6B	6G	7B	7G	8B	8G
Convocation 7:30-7:45								
Period 1 7:50-8:50	History	History	English	English	Math	Math	Science✓	Science✓
Period 2 8:50-9:50	Math	Math	Science✓	Science✓	English	English	History	History
Period 3 9:50-11:05	PE✓	Activities✓	Social Skills PE	Tech Lab	Art	FOS FOS Music Music	Higher Ground	Higher Ground
Period 4 11:05-12:05	English	English	History	History	Science	Science	Math	Math
Lunch 12:05-1:00	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓
Period 5 1:00-2:00	Science✓	Science✓	Math	Math	History	History	English	English
Period 6 2:00-3:15	Chess	PE✓	Math History English Science	PE✓	TGFD Music FOS FOS	Art	Chess	Spanish

3:15-3:35 Student Time-Snack & Recess✓ TGFD: Too Good For Drugs

3:40- 5:00 Enrichments ✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity

5:00-6:05 Study Hall

FRIDAY

	5B	5G	6B	6G	7B	7G	8B	8G
Convocation 7:30-7:45								
HOMEROOM CLEAN-UP 7:45-8:00								
Period 1 8:00-8:55	Science✓	✓ Science	History	History	English	English	Math	Math
Period 2 8:55-9:50 <i>Lufriu</i>	History	History	Math	Math	Science✓	Science✓	English	English
Period 3 9:50-11:05	PE✓	Tech Lab	PE ✓	1 Math 2 Social Skills✓ 3 English 4 History	Eng 2	1Music 2Music 3 TGFD✓ 4 Music	Art	Eng 2
Period 4 11:05-12:00	English	English	Science✓	Science✓	Math	Math	History	History
Lunch/Staff Mtg 12:00-1:10	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓	Recess✓
Period 5 1:10-2:05	Math	Math	English	English	History	History	Science✓	Science✓
Period 6 2:05-3:20	Character Education✓		Tech Lab	PE✓	Music	Eng 2	Eng 2	Art
Enrichment 3:20-4:30								

No snack/no study hall

✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity
TGFD: Too Good For Drugs

APT Enrichment Activities – Semester 2, 2015

MONDAY/THURS	TUESDAY		WEDNESDAYS	FRIDAYS
	QUARTER 3	QUARTER 4		
Golf w/ First Tee 1 ✓	5B BOY SCOUTS ✓		Stageworks Drumming 5G ✓	Drama Stageworks ✓
Athletics A ✓	5G Chess	Chess	Patel Techniques of Acting ✓	Beginner Band
Athletics B ✓	6B ✓ FFFL Cooking		Golf w/ First Tee ✓	Gardening ✓
Cheerleading(G) ✓	6G SW Team ✓ Challenge	FFFL Cooking ✓	Athletics WA ✓	Art Extension
Sewing	7B FFFL Epic Fitness ✓	Fitness ✓	Athletics WB ✓	Intramurals ✓
Gospel Choir	7G Art Etc.	FFFL Epic Fitness ✓	Chess Team	Baseball (B) ✓
Art Intensive	8B LSEE Mock Trial	Legacy Allen	Intermediate Band	Movie Production ✓
Dancing With the Stars ✓	8G LSEE Mock Trial	Legacy	Zumba 1 ✓	Zumba 2 ✓
News and Editing/ Yearbook				Culture Club

✓ Includes curriculum covering nutrition, wellness, and/or physical fitness/activity

Appendix B
Checklist
Nutrition Education

Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A

Date of Assessment: January 9, 2015

Section One: General Guidelines and Classroom Instruction		
	At least 5 hours of classroom nutrition education will be provided each year	A
	Nutrition education will be based on the most recent Dietary Guidelines for Americans.	A
	Teachers will be able to secure recommended nutrition education resources in adequate quantities for their students.	A
	All students, including those with disabilities, special health care needs will have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.	A
	Nutrition education instruction will be comprised of hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory learning.	A
	Hands-on activities as described above will comprise at least 25 percent of nutrition education instruction. (<i>Basic</i>)	A
Two: Displays in Serving and Eating Areas		
	Attractive, current nutrition education materials will be prominently displayed in serving area and changed on a quarterly basis.	G
	Teachers will discuss with students the nutrition education materials displayed in the dining areas.	G
Three: Events during the school day		
	Each year, some individual classrooms will participate in one or more events that are either centered on nutrition or include nutrition as a main component.	A
	A community or media partner will be involved in at least one school-wide event by helping with planning or actively participating in the event.	A
Four: Family and Community		
	Students will be encouraged to start each day with a healthful breakfast and to choose nutritious foods throughout the day.	P

	Community members will be encouraged to become actively involved in school programs that provide nutrition education.	A
Five: Staff Wellness		
	The school will encourage each member of the staff to serve as a healthy role model for students.	A

**Academy Prep Center of Tampa
Checklist
Physical Activity**

Not Applicable = NA, New Goal = G, In Progress = P, Achieved = A

Date of Assessment: January 9, 2015

General Guidelines and Physical Education		
	All students, including those with disabilities, special health care needs and in alternative education settings, will have the opportunity to participate in moderate to vigorous physical activity on a regularly scheduled basis each school week during the entire school year.	A
	Students will receive a minimum of 100 minutes of physical education per week.	A
	During physical education classes, students will engage in moderate to vigorous physical activity: At least 15 minutes per day and/or 75 minutes per week.	A
	The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted. Students will have the opportunity to participate in lifetime physical activities (e.g. walking, dance swimming, golf, etc.) Reference: Weekly Enrichment Schedule	A
	The physical education curriculum will be sequential.	A
	Physical education classes will have a student/teacher ratio that is the same as other classes in the school.	A
	Adequate age-appropriate equipment will be available for all students to participate in physical activity.	A
	Physical activity facilities on school grounds are safe.	A

	Throughout the Day	
	Classroom health education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.	G
	When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.	A
	Recess	
	Students will have at least 20 minutes a day of supervised recess, preferably outdoors.	A
	Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.	A
	Recess will be offered during lunch period.	A
	Before School & Enrichment	
	Daily periods of moderate to vigorous physical activity for all students will be encouraged by providing adequate space, equipment and opportunities.	A
	Extracurricular physical activity programs, such as physical activity clubs or intramural programs will be offered.	A
	A range of physical activities will be offered that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.	A
	All students will be provided the opportunity to be moderately to vigorously physically active each day.	A
	Family & Community	
	Information will be provided to help families incorporate physical activity into the lives of all household members.	P