

Miami Community Charter School

*“Transform Obstacles into Opportunities”*

***Elementary Campus***

*101*

 *SW REDLAND ROAD*

*FLORIDA CITY, FLORIDA 33034*

*TEL: 305.245.2552 FAX: 305.245.2527*

***Middle/High Main Campus***

*18720*

 *SW 352nd ST.*

*FLORIDA CITY, FLORIDA 33034*

*TEL: 786.243.9981 FAX: 786.217.6804*

*Est. 2004*

*mccsedu.org*

*Jila Rezaie, Ed.D*

*Executive Director*

*Stephany Papili, M.Ed.*

*Middle & High School Principal*

*Mildred Rieumont*

*Elementary School Principal*

**2023-2023 Wellness Policy**

* Elementary, middle, and high school students will be introduced to age-appropriate physical activities including but not limited to guided cardio activities and solitary and team organized sports
* Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part or before or after school care programs.
* Participation in several physical activities throughout the school year for all students at different grade levels. Program activities include, but are not limited to: Jump Rope for Heart, Field Day, School Sports Programs and Red Ribbon/Drug free activities.
* Students shall be taught communication, goal setting, and decision-making skills that enhance personal, family, and community health.
* School personnel will not use physical activity as a punishment or withhold participation in recess and/or physical education as punishment.

**Other School-based activities Goals**

* The school will support parents’ and staff efforts to provide healthy eating and physical activity for students.
* School meals will be served in a clean and safe setting. Adequate time will be provided for students to eat their meals.
* Students, parents and school staff bringing food and beverages to school for meeting and/or celebrations will be encouraged to provide healthy options.
* School practices a closed campus for lunch policy and therefore, the parents are not allowed to send/deliver any version of fast food to the student while in school.
* For safety and security, access to any is involved in storage, preparation or service of food on the school campus will be limited to authorized personnel

**Guidelines for Reimbursable Schools Meals**

* School will make every effort to prevent the overt identification of students who receive free and reduced-price school meals

Guidelines for nutrition standards for all food served and/or sold on campus

School Meals

* School meals must be appealing and attractive to students
* School meals will be served in a clean and safe setting.
* Meet a minimum nutrition requirement established by local, state, and federal statutes and regulations
* Serve low-fat or fat-free milk, 100% fruit juices and water.