



Miami Community Charter School

"Transform Obstacles into Opportunities"

Jila Rezaie, Ed.D
Executive Director

Mildred Rieumont
Elementary School Principal

Stephany Papili, M.Ed.
Middle & High School Principal

2026-2027 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.