



## **Thompson Nutrition Program Local Wellness Policy**

Thompson is committed to creating an environment that promotes and protects the overall well-being of all youth and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to our campus wellness needs.

### **Local School Wellness Policy Leadership**

The Chief facility Officer along with TCFF's Health and Safety committee shall ensure overall compliance with the local school wellness policy.

TCFF will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other campus/program based activities that promote wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

### **Nutrition Promotion**

At a minimum, TCFF will utilize USDA/NSLP/NSB educational tools and strategies provided on the DPI and USDA websites to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent and follow TCFF's SOP for Nutrition. TCFF will Increase youth awareness of useful nutrition information from brochures, worksheets, handouts, and digital content.

### **Nutrition Education**

Youth will receive nutrition education that is interactive and teaches skills they need to adopt age-appropriate healthy eating behaviors from classroom lectures, activities and youth participation in provided nutrition and health class activities and program activities.

### **Physical Activity**

All TCFF campus youth will have at least 20 minutes of daily physical activity. Each cottage will provide space, equipment and an environment conducive for safe and enjoyable play. Youth will have an increase in both the number and variety of physical activity opportunities offered to them daily. TCFF staff will be encouraged to participate along with the youth.

As applicable, TCFF will take advantage of nearby facilities to provide expanded physical activity opportunities for Youth and Staff.

### **Other RCCI-Based Activities**

TCFF will integrate wellness activities across the entire campus setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote well-being, optimal development and strong educational outcomes.

### **General Guidelines**

TCFF will consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other program-based activities that promote wellness.

TCFF will be in compliance with drug, alcohol and tobacco-free policies.

### **Eating Environment**

TCFF Youth will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food.

TCFF will provide convenient access to facilities for hand washing and oral hygiene prior/during/after meals.

### **Recycling**

TCFF will maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products whenever possible.

### **Employee Wellness**

TCFF Health and Safety Committee along with the staff wellness committee will provide activities that focus on staff wellness.

All program are encouraged to and staff will be provided with opportunities to participate in physical activities and healthy eating programs as part of program operations.

### **Health Services**

A coordinated program of accessible health services shall be provided to youth and staff at TCFF

### **Behavior Management**

TCFF is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages. Staff will not deny or require physical activity as a means of punishment.

### **Guidelines for All Foods and Beverages Available During the School Day**

TCFF will operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.

### **General Guidelines**

All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

Reimbursable meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.

Potable water will be made available to all youth during each meal service.

### **Competitive Foods**

No foods or beverages are currently sold to the youth outside of the reimbursable meals.

### **General**

TCFF will provide staff a list of ideas for healthy celebrations/parties, rewards and fundraising activities

Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

TCFF will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Evaluation and Measurement of the Implementation of the Wellness Policy**

TCFF's Health and Safety committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, program needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the

triennial assessment.

### **Triennial Progress Assessments**

TCFF will assess the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy and include:

The extent to which TCFF is in compliance with the local school wellness policy;

The extent to which the local school wellness policy compares to model local school wellness policies; and

A description of the progress made in attaining the goals of the local school wellness policy.

### **Informing the Public**

As applicable, TCFF will provide all Families/Guardians with a complete copy of the local school wellness policy at the beginning of the school year.

**Policy Assessment: Thompson Child & Family Focus Local Wellness policy**  
**review 2024/2025 (9/2025)**  
**District: Thompson Child & Family Focus**

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at [wellsat.org/resources](https://wellsat.org/resources).

**Section 1. Federal Requirements**

<b>FR1</b>	Includes goals for nutrition education that are designed to promote student wellness.	<b>2</b>
<b>FR2</b>	Assures compliance with USDA nutrition standards for reimbursable school meals.	<b>1</b>
<b>FR3</b>	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	<b>2</b>
<b>FR4</b>	Free drinking water is available during meals.	<b>2</b>
<b>FR5</b>	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	<b>2</b>
<b>FR6</b>	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	<b>NA</b>
<b>FR7</b>	Regulates food and beverages sold in a la carte.	<b>NA</b>
<b>FR8</b>	Regulates food and beverages sold in vending machines.	<b>NA</b>
<b>FR9</b>	Regulates food and beverages sold in school stores.	<b>NA</b>
<b>FR10</b>	Addresses fundraising with food to be consumed during the school day.	<b>NA</b>
<b>FR11</b>	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	<b>NA</b>
<b>FR12</b>	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	<b>NA</b>
<b>FR13</b>	Addresses how all relevant groups will participate.	<b>0</b>

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<b>FR14</b>	Identifies the officials responsible for compliance with all components of the local wellness policy in each school.	<b>2</b>
<b>FR15</b>	Addresses making the wellness policy available to the public.	<b>2</b>
<b>FR16</b>	Addresses the assessment of district implementation of the local wellness policy at least once every three years.	<b>1</b>
<b>FR17</b>	Addresses making triennial assessment results available to the public and specifies what will be included.	<b>1</b>
<b>FR18</b>	Addresses a plan for updating policy based on results of the triennial assessment.	<b>1</b>

**Section 2. Nutrition Environment and Services**

<b>NES1</b>	Addresses access to the USDA School Breakfast Program.	<b>2</b>
<b>NES2</b>	Addresses how to handle feeding children with unpaid meal balances without stigmatizing them.	<b>NA</b>
<b>NES3</b>	Specifies how families are provided information about determining eligibility for free/reduced price meals.	<b>NA</b>
<b>NES4</b>	Specifies strategies to increase participation in school meal programs.	<b>NA</b>
<b>NES5</b>	Specifies marketing to promote healthy food and beverage choices.	<b>NA</b>
<b>NES6</b>	Addresses the amount of “seat time” students have to eat school meals.	<b>NA</b>
<b>NES7</b>	Addresses purchasing local foods for the school meals program.	<b>NA</b>
<b>NES8</b>	USDA Smart Snack standards are easily accessed in the policy.	<b>NA</b>
<b>NES9</b>	Exemptions for infrequent school-sponsored fundraisers.	<b>NA</b>
<b>NES10</b>	Addresses foods and beverages containing caffeine at the high school level.	<b>2</b>

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**review 2024/2025 (6/2025)**

### **District: Thompson Child & Family Focus**

<b>NES11</b>	Addresses nutrition standards for all foods and beverages SERVED to students after the school day, including aftercare on school grounds, clubs, and after-school programming.	<b>NA</b>
<b>NES12</b>	Addresses nutrition standards for all foods and beverages SOLD to students after the school day, including aftercare on school grounds, clubs, and after-school programming.	<b>NA</b>
<b>NES13</b>	Addresses food not being used as a reward.	<b>1</b>
<b>NES14</b>	Addresses availability of free drinking water throughout the school day.	<b>2</b>

### **Section 3. Nutrition Education**

<b>NE1</b>	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	<b>2</b>
<b>NE2</b>	All elementary school students receive sequential and comprehensive nutrition education.	<b>NA</b>
<b>NE3</b>	All middle school students receive sequential and comprehensive nutrition education.	<b>1</b>
<b>NE4</b>	All high school students receive sequential and comprehensive nutrition education.	<b>1</b>
<b>NE5</b>	Nutrition education is integrated into other subjects beyond health education.	<b>1</b>
<b>NE6</b>	Links nutrition education with the food environment.	<b>1</b>
<b>NE7</b>	Nutrition education addresses agriculture and the food system.	<b>1</b>

### **Section 4. Physical Education and Physical Activity**

<b>PEPA1</b>	There is a written physical education curriculum for grades K-12.	<b>2</b>
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review 2024/2025 (6/2025)

### District: Thompson Child & Family Focus

<b>PEPA2</b>	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	<b>2</b>
<b>PEPA3</b>	Physical education promotes a physically active lifestyle.	<b>2</b>
<b>PEPA4</b>	Addresses time per week of physical education instruction for all elementary school students.	<b>NA</b>
<b>PEPA5</b>	Addresses time per week of physical education instruction for all middle school students.	<b>2</b>
<b>PEPA6</b>	Addresses time per week of physical education instruction for all high school students.	<b>2</b>
<b>PEPA7</b>	Addresses qualifications for physical education teachers for grades K-12.	<b>0</b>
<b>PEPA8</b>	Addresses providing physical education training for physical education teachers.	<b>0</b>
<b>PEPA9</b>	Addresses physical education exemption requirements for all students.	<b>NA</b>
<b>PEPA10</b>	Addresses physical education substitution for all students.	<b>NA</b>
<b>PEPA11</b>	Addresses family and community engagement in physical activity opportunities at all schools.	<b>NA</b>
<b>PEPA12</b>	Addresses before and after school physical activity for all students including clubs, intramural, interscholastic opportunities.	<b>NA</b>
<b>PEPA13</b>	Addresses recess for all elementary school students.	<b>NA</b>
<b>PEPA14</b>	Addresses physical activity breaks during school.	<b>2</b>
<b>PEPA15</b>	Joint or shared-use agreements for physical activity participation at all schools.	<b>NA</b>
<b>PEPA16</b>	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	<b>NA</b>



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<b>PEPA17</b>	Addresses using physical activity as a reward.	<b>0</b>
<b>PEPA18</b>	Addresses physical activity not being used as a punishment.	<b>0</b>
<b>PEPA19</b>	Addresses physical activity not being withheld as a punishment.	<b>0</b>

**Section 5. Employee Wellness**

<b>EW1</b>	Addresses strategies to support employee wellness.	<b>2</b>
<b>EW2</b>	Encourages staff to model healthy eating and physical activity behaviors.	<b>2</b>

**Section 6. Integration and Coordination**

<b>IC1</b>	Addresses the establishment of an ongoing district wellness committee.	<b>2</b>
<b>IC2</b>	Addresses the establishment of an ongoing school building-level wellness committee.	<b>2</b>

**Overall District Policy Score**

<b>Total Comprehensiveness</b>	<b>District Score 91</b>
<b>Total Strength</b>	<b>District Score 67</b>