

**River City Science
Academy
Wellness Committee
MEETING**

**08/29/2023
3:30 PM
RCSA Media Center
7565 Beach Blv
Jacksonville, FL 32216**

Attendance: Elif Tozoglu(Student Government Club); Fatih Kurt (Board Member), Dr. Dogan Tozoglu (Administrator), Yasin Kurt (Business Manager), Selcuk Buyuksarac (PR Director, and fitness manager), Alisher Kuvatov (Principal), Angeline Buyuksarac (Food Service Director), Mesut Erdogan (Principal).

Agenda

Assessment of Wellness Policy

Review of Wellness policy

Closure

Assessment of Wellness Policy: The wellness committee met at 3:30pm at RCSA Media Center. First they go through policy and discuss the implementation at the school. Mr. Yasin Kurt and Dr. Tozoglu informed the committee about the school lunch program and how it aligns with the wellness policy as RCSA is part of National School Lunch Program. The committee went through each section on the policy. Based on the Policy:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in

meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practicable, River City Science Academy will participate in available federal school meal programs (including the National School Lunch Program).
- River City Science Academy assures that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.
- River City Science Academy will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

It was evident through student schedule, curriculum, extracurricular activities, school lunch program, and other programs offered at school that all these goals were met.

It was evident through School's lunch program that all of the items under School Meal were met.

It was evident through school schedule that all of the criteria under meal times and scheduling were met. There were not any requests for the tooth-brushing regimens of students with special oral health needs during the year.

It was evident through School's lunch program that all of the items under Nutrition Education and Promotion were met.

It was evident through School's school schedules that all of the items under Integrating Physical Activity into the Classroom Setting were met.

It was evident through School's school schedules that all of the items under Physical Activity Opportunities and Physical Education were met.

As a result the committee was pleased results of the program.

Review of Wellness Policy:

The committee reviewed the policy and updated the members as Mrs. Buyuksarac assumed the role of NSLP and school lunches, There were no significant changes other than meeting once annually, preferable at the beginning or end of each school year.

The meeting was adjourned at 4:30pm.