

BURNS SCIENCE AND TECHNOLOGY CHARTER SCHOOL

LOCAL SCHOOL WELLNESS POLICY

School Year 2026–2027

Oak Hill, Florida

www.burnsscitech.org

Adopted By: Burns Science and Technology Charter School Governing Board

Responsible Official: Dr. Daniel Hargrave, Secondary Principal

Contact: 386-210-4915

Chartering Authority: Volusia County Schools (Burns Sci-Tech operates its own independent school food service program)

Food Service Director / Nutrition Manager: Crystal Faulkner

Cafeteria Manager: Shonda Johnston

Adoption / First Meeting Date: *September 22, 2026*

Policy Review Cycle: Annually, with a Triennial Assessment due no later than end of SY 2028–2029

Philosophy and Purpose

Burns Science and Technology Charter School (“Burns Sci-Tech” or “the School”) recognizes that student wellness and proper nutrition are directly linked to physical, social, and emotional well-being and academic achievement. This Local School Wellness Policy (“LSWP” or “Policy”) establishes goals and standards for nutrition promotion, nutrition education, physical activity, and other school-based activities designed to promote student wellness, consistent with the requirements of the Healthy, Hunger-Free Kids Act of 2010, 7 CFR § 210.31, and applicable Florida law.

Burns Sci-Tech operates its own independent school food service program and does not utilize Volusia County Schools' School Way Café. This Policy therefore establishes Burns Sci-Tech's own goals, standards, and monitoring structure, informed by Volusia County Schools Policy 521 as a reference framework, but implemented and enforced by the Burns Sci-Tech Governing Board, administration, and Wellness Committee.

In shaping this Policy, Burns Sci-Tech also draws on the broader Whole School, Whole Community, Whole Child (WSCC) approach to student health promoted by the CDC, recognizing that nutrition, physical activity, and a supportive school environment work together, alongside staff wellness and family and community engagement, to support student learning and well-being.

1. Governance, Adoption, and Designated Official

The Burns Science and Technology Charter School Governing Board adopts this Policy and holds ultimate authority and responsibility for its content and implementation.

Dr. Daniel Hargrave, Secondary Principal, is designated as the Responsible Official who will ensure that the School complies with this Local School Wellness Policy. Dr. Hargrave (or his designee) will oversee day-to-day implementation, chair and coordinate the Wellness Committee described in Section 2, and serve as the point of contact for the Governing Board, the Florida Department of Agriculture and Consumer Services (FDACS), and USDA regarding wellness policy compliance.

The Wellness Committee serves in an advisory and monitoring role: it recommends goals, monitors implementation, reviews data, and brings recommended updates or revisions to the Responsible Official and the Governing Board for consideration and formal adoption.

2. Wellness Committee Membership and Stakeholder Participation

Burns Sci-Tech provides an ongoing opportunity for stakeholders to participate in the development, implementation, periodic review, and update of this LSWP through the Burns Sci-Tech Wellness Committee (also referred to as the Healthy School Team). The Committee includes representatives from each of the following roles:

Role	Representative
Principal / Responsible Official (Committee Chair)	Dr. Daniel Hargrave
School Food Service Manager	Crystal Faulkner, Food Service Director & Nutrition Manager (and/or Shonda Johnston, Cafeteria Manager)
Physical Education Teacher	Chris Harlow

Parent Representative	Ms. Segebarth
Student Representative	Franchesca Emerson
Governing Board Representative	April Coyle
Community Representative(s)	Walter Allen (Oak Hill Community Garden)

As Committee Chair, the Principal (or designee) coordinates Committee activities and is responsible for reporting implementation status and any compliance findings to the Governing Board. The Wellness Committee is responsible for:

- Establishing standards for all foods and beverages available to students on campus during the school day;
- Establishing measurable goals for nutrition promotion, nutrition education, physical activity, and other wellness activities;
- Developing guidance and serving as a resource for school-wide implementation of this Policy;
- Establishing a plan for monitoring, measuring, and evaluating implementation of this Policy;
- Reviewing and evaluating this Policy's standards and outcomes at least annually; and
- Recommending policy updates and reporting implementation findings and evaluation results to the Governing Board.

The Wellness Committee will meet a minimum of three (3) times per school year. The Committee will maintain written records of each meeting, including attendance, topics discussed, and any recommendations, which will be retained at the school site and made available for audit. Participation is solicited on an ongoing basis through open invitations distributed via the school website, parent newsletters, email, and social media, and through a standing agenda item at a public Governing Board meeting each year, at which all stakeholders are invited to review the Policy and submit feedback. All comments and recommendations received will be recorded, reviewed, and considered by the Wellness Committee and the Governing Board.

3. Evidence-Based Strategies

In establishing the goals described in this Policy, the Wellness Committee reviews and considers evidence-based strategies and techniques, including but not limited to USDA Team Nutrition resources, the Dietary Guidelines for Americans, SHAPE America physical education standards, and guidance published by the Florida Department of Agriculture and Consumer Services (FDACS) Wellness Policy resource library (<https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Wellness-Policies>). At a minimum, the Committee will review Smarter Lunchroom Movement tools and techniques, such as favorable placement and labeling of fruits, vegetables, and other healthy options in the cafeteria, as part of its annual goal-setting process.

4. Nutrition Promotion, Measurable Goals

Burns Sci-Tech promotes healthy eating and beverage choices for all students, staff, and families through consistent, multi-channel messaging.

Goal	Measure / Target	Responsible Party	Timeline
Share nutrition-related information with families	Nutrition-related information (Such as healthy food choices, seasonal food choices)) shared with families at least 4 times annually (e.g., quarterly newsletters)	Food Service Director (Crystal Faulkner) and Tiffany Hunt (Newsletter)	Quarterly
Display nutrition promotion materials	Nutrition promotion materials (posters, bulletin boards, e.g., "Fruit/Vegetable of the Month") displayed in the cafeteria/cafe and common areas throughout the school year	Food Service Director (Crystal Faulkner)	Ongoing, verified each semester
Increase breakfast participation	Increase breakfast Average Daily Participation (ADP) by 10% over the SY2025-26 baseline, tracked via Burns Sci-Tech Food Service Department participation records	Food Service Director (Crystal Faulkner)	Reviewed at the mid-year meeting; reported at year-end
Maintain fresh salad bar access	Salad bar available to students, faculty, and staff on 100% of school days meals are served	Shonda Johnston, Cafeteria Manager	Ongoing, verified each semester
Expand on-campus nutrition messaging, especially on hydration.	Increase the number of on-campus locations displaying nutrition information (posters, boards, digital signage) by at least 10% over the current count. The increase will be at water fountains and the gym, especially for hydration.	Student Government and Marketing Class (Mr. Green, Ms. Grove, and Franchesca Emerson)	By end of school year

5. Nutrition Education, Measurable Goals

Nutrition education at Burns Sci-Tech is integrated across science, health, PE, and core academic curricula.

Goal	Measure / Target	Responsible Party	Timeline
Grade-level nutrition education activities	Grade levels K-12 participate in at least two nutrition education activities per year. High school students in Biology will learn about macromolecules and calories.	Physical Education Department (Mr. Harlow), Biology Teachers	Two per year
Garden-based learning	Garden-based nutrition learning opportunities provided to students in grades 3 rd , 4 th , 6 th and secondary students in the agricultural program annually; these grade levels maintain an active vegetable garden with at least one planting and harvest cycle per year	3 rd , 4 th , 6 th Grade-Level Teachers and agriscience teacher	Annually
Hydration Tabulation Station	100% of K-12 classrooms complete at least one educational session on proper hydration and its importance, especially in Florida.	Classroom Teachers / Student Government (Mr. Green)	Verified at year-end

Nutrition education content will be interactive where possible, incorporating activities, discussion, and skill-building rather than lecture alone, and staff delivering nutrition instruction are encouraged to participate in relevant professional development to keep content accurate and current.

6. Physical Activity and Physical Education, Measurable Goals

Burns Sci-Tech provides physical education and activity opportunities consistent with Florida statutory minimums: 150 minutes/week of PE for grades K-5 (minimum 30 consecutive minutes per session), a minimum equivalent of one class period per day for one semester per year for grades 6-8, and one full year of High School Physical Education (including Personal Fitness) required for graduation.

Goal	Measure / Target	Responsible Party	Timeline
Physical activity opportunities throughout the day	100% of the students will have opportunities for physical activity before, during, and after school (e.g., morning activities such as open gym & Morning Mile, recess/PE, lunch activities, after-school programs and clubs)	PE Department / Administration	Ongoing
Physical activity events	The Wellness Committee will promote at least 3 physical activity events for all grade levels annually (e.g., walk-a-thon, physical fitness challenge, student Olympics, Color Bash, Field Day)	Wellness Committee	3 times per year
Movement Activities during instruction	Classroom teachers will incorporate movement activities at least once per day, and more frequently during extended instructional periods (2+ hours)	Classroom Teachers	Ongoing
Meet/exceed statutory PE minutes	100% of K-5 classes receive 150 min/week of PE; 100% of grade 6-8 students receive the required equivalent of daily PE for one semester	PE Department / Master Schedule	Verified each semester
Fitness tracking	100% of students in grades 3-9 complete a physical fitness assessment at the beginning and end of the school year, with individual progress data maintained	PE Department	Fall baseline / Spring follow-up
No punitive withholding of activity	0 documented incidents of activity sessions (such as PE and recess) being replaced with a sedentary activity.	Principal / Wellness Committee	Ongoing

7. Other School-Based Wellness Activities, Measurable Goals

In addition to nutrition promotion, nutrition education, and physical activity, Burns Sci-Tech establishes measurable goals for other school-based activities that support student and staff wellness, consistent with 7 CFR § 210.31(c)(1).

Goal	Measure / Target	Responsible Party	Timeline
Non-food classroom rewards	At least 50% of classrooms use non-food rewards/incentives by end of year. (possible choices stickers, points, treasure box)	Classroom Teachers / Wellness Committee	Verified each semester
Eating environment	100% of meal periods provide students a minimum of 20 minutes of seated eating time	Food Service Department / Administration	Verified each semester
Staff wellness participation	Offer at least 2 optional staff wellness activities or challenges per year (Walkie/Talkie Group, Kickball, Field Day, Pep Rallies)	Wellness Committee	Verified twice per year

Eating Environment: meal periods will be scheduled as near the middle of the school day as reasonably possible, with adequate seating, serving space, and supervision provided in the cafeteria, and convenient access to handwashing facilities during meal periods.

Staff Wellness: while not a federal LWP requirement, Burns Sci-Tech values the wellness of its faculty and staff as a complement to student wellness efforts. The Wellness Committee will identify and share opportunities for staff to participate in physical activity and healthy eating programs, such as staff wellness challenges, shared wellness resources, or optional fitness activities.

8. Nutrition Guidelines for All Foods and Beverages Sold on Campus During the School Day

All foods and beverages sold to students on the Burns Sci-Tech campus during the school day must meet or exceed the USDA Smart Snacks in School nutrition standards (7 CFR § 210.11) and the Florida Competitive Food Rule (Florida Administrative Code 5P-1.003 / 5P-2.002). This applies to all reimbursable school meals and a la carte cafeteria items prepared and served by the Burns Sci-Tech Food Service Department, as well as any items sold as part of culinary or other in-school programs.

Definitions

For purposes of this section, “school campus” means all areas of the property under the jurisdiction of Burns Sci-Tech that are accessible to students during the school day, and “school day” means the period from midnight before, to 30 minutes after, the end of the official school day.

General Nutrition Requirements

To be sold to students, a competitive food item must:

- Be a grain product containing 51% or more whole grains by weight, or list a whole grain as the first ingredient; or

- Have as its first ingredient a fruit, vegetable, dairy, or protein food; or
- Be a combination food containing at least 1/4 cup of fruit and/or vegetable.

Nutrient Standards

Nutrient	Snack Item	Entrée Item
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% or less of total calories	35% or less of total calories
Saturated Fat	10% or less of total calories	10% or less of total calories
Total Sugars	35% or less of weight from total sugars	35% or less of weight from total sugars

Beverage Standards (maximum portion sizes)

Beverage	Elementary	Middle	High
Plain water	Unlimited	Unlimited	Unlimited
Whole or fat-free milk (flavored/unflavored)	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit/vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
Calorie-free flavored water / other flavored drinks	Not allowed	Not allowed	20 fl. oz.
Low-calorie beverages (≤ 40 cal/8 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

Exemptions: entrée items served as part of NSLP/SBP on the day of service and the following school day; fresh, frozen, or canned fruits and vegetables with no added ingredients other than water (or packed in 100% juice, extra light, or light syrup).

The Burns Sci-Tech Food Service Department, led by Crystal Faulkner (Food Service Director/Nutrition Manager) and Shonda Johnston (Cafeteria Manager), assures that all reimbursable meal guidelines are not less restrictive than USDA regulations issued under the Richard B. Russell National School Lunch Act and Child Nutrition Act. Nutrition information for any a la carte items offered will be made available to students, parents, and the school community upon request.

Food and Beverage Marketing

Only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be marketed or advertised to students on the Burns Sci-Tech campus during the school day, including on menu boards, signage, cups, or any future vending equipment. The School encourages marketing choices that reinforce healthy eating, such as favorable placement and appealing presentation of nutritious options.

Food Safety

The Burns Sci-Tech Food Service Department will ensure that all food preparation and service areas meet applicable state and local food safety and sanitation standards, and that key food service staff maintain current food safety certification.

Vending Machines

Burns Sci-Tech does not currently operate vending machines on campus. Should vending machines be installed in the future, all foods and beverages offered for sale to students during the school day through those machines shall comply with USDA Smart Snacks standards (7 CFR § 210.11) and applicable Florida competitive food requirements (FAC 5P-1.003 / 5P-2.002) prior to installation and on an ongoing basis thereafter. In addition, any vending machines installed shall not be operated in a manner that competes with the School Nutrition Program's meal service. Vending sales to students shall not be permitted during designated breakfast and lunch meal service periods, consistent with the Sponsor's obligation to control the sale of competitive foods.

9. Standards for Non-Sold Foods and Beverages Available on Campus

Foods and beverages provided (but not sold) to students during the school day, including classroom celebrations, parties, and teacher-provided snacks, are addressed as follows:

Classroom Celebrations

Classroom celebrations are permitted at Burns Sci-Tech; the Policy does not prohibit them. However, teachers and families are encouraged to provide healthier food options and non-food celebration alternatives whenever possible. Foods provided during classroom celebrations will not undermine nutrition education and wellness goals.

Rewards, Water Access, and Meal Integrity

- Teachers are encouraged to use non-food or healthier food items as classroom rewards and incentives rather than candy or junk food.
- Students have access to free, clean drinking water throughout the school day via filtered water fountains/stations in all areas of the school, at no cost.
- Food or water will not be withheld from any student, and no student will be denied their designated meal pattern as a form of punishment.

See Section 7 for the measurable target and monitoring schedule for non-food classroom rewards.

10. Limits on Competitive Foods and Fundraisers

Competitive foods are all foods and beverages sold to students on school grounds outside of reimbursable school meals, including items sold a la carte, from vending machines (if installed per Section 8), school stores, and in-school fundraisers. All competitive food items must comply with the nutrition standards described in Section 8.

Fundraising efforts during the school day will emphasize the sale of non-food items and comply with applicable nutrition standards. No fundraiser involving the sale of food items will begin until thirty (30) minutes after the conclusion of the last designated school meal service period. For purposes of this section, "school day" means the period from midnight before to 30 minutes after the end of the official school day.

As a combination school (K-12), Burns Sci-Tech is permitted a maximum of ten (10) school days per year to conduct exempted fundraisers involving food items that do not meet Smart Snacks standards, per Florida Administrative Code 5P-2.002. The Wellness Committee will maintain a school calendar identifying the dates of all exempted fundraisers, and each instance will be documented to demonstrate compliance. The following are the identified dates for this school year.

September 25, 2026
October 30, 2026
November 20, 2026
December 18, 2026
January 29, 2027
February 12, 2027
February 26, 2027
March 26, 2027
April 16, 2027
May 26, 2027

Eating Environment

Students will be provided adequate time to eat, with a minimum of 20 minutes to consume a meal after being served, and meal periods will be scheduled as near the middle of the school day as reasonably possible. The School will provide adequate seating, serving space, and supervision in the cafeteria, and convenient access to handwashing facilities during meal periods.

Employee and Staff Wellness

While not a federal LWP requirement, Burns Sci-Tech values the wellness of its faculty and staff as a complement to student wellness efforts. The Wellness Committee will identify opportunities for staff to participate in physical activity and healthy eating programs, such as staff wellness challenges, shared wellness resources, or optional fitness activities, and will share this information with employees throughout the year.

11. Triennial Progress Assessment Plan

At least once every three (3) years, the Burns Sci-Tech Wellness Committee, led by Dr. Daniel Hargrave (Principal/Responsible Official), will conduct a formal Triennial Progress Assessment of this LSWP. The assessment will evaluate:

- The extent to which the School is in compliance with this Policy;
- The extent to which this Policy compares to a model local school wellness policy; and
- Progress made in attaining the goals set forth in this Policy.

The assessment will draw on available benchmarking tools, such as the WellSAT (Wellness School Assessment Tool) and the CDC School Health Index, to help the Committee compare this Policy against model local school wellness policies and identify areas for improvement.

Since this is Burns Sci-Tech's first formal LSWP under this structure, the first Triennial Progress Assessment is due no later than the end of School Year 2028–2029. Subsequent assessments will follow on a three-year cycle thereafter. The assessment will be documented using a written report retained on file at the school site and presented to the Governing Board.

12. Public Availability of Triennial Assessment Results

The results of the most recent Triennial Progress Assessment will be made available to the public via:

- Posting on the Burns Sci-Tech website (www.burnsscitech.org);
- Presentation at a public Governing Board meeting; and
- Availability upon request at the school's front office.

13. Annual Public Notification

Burns Sci-Tech will annually inform and update the public, including parents, students, staff, and community members, about the content and implementation of this LSWP through the following channels:

- The school website (www.burnsscitech.org), which hosts this Policy;
- Parent/guardian newsletters, distributed quarterly or as needed;
- School social media accounts, for policy updates and wellness activity highlights;
- Direct email notification to all stakeholders (parents, students, staff, Governing Board members, and community partners); and
- A complete copy of this Policy is provided to each family at the beginning of the school year.

This notification will occur no later than September 30th of each school year and will include a summary of wellness goals, any policy revisions, and how stakeholders may participate in the Wellness Committee. The Committee will also periodically solicit stakeholder feedback through surveys of students, staff, and parents to inform future updates.

Recordkeeping

Burns Sci-Tech will retain documentation to demonstrate compliance with this Policy, including:

- The written LSWP and any subsequent revisions, as adopted by the Governing Board;
- Wellness Committee meeting records (attendance, topics, and recommendations) for all meetings, held a minimum of 3 times per school year;
- Documentation of the annual public notification described in Section 13, including distribution of the Policy to families;
- Documentation demonstrating that the School has periodically reviewed and updated the LSWP, including who was involved and the methods used to notify the public of their ability to participate;
- Documentation of the most recent Triennial Progress Assessment (Section 11); and
- The school calendar of exempted competitive food fundraisers (Section 10).

Records will be maintained at the school site and made available to the Governing Board, the Florida Department of Agriculture and Consumer Services, and USDA upon request or audit.

Written Statement of Ongoing Compliance

Burns Science and Technology Charter School provides this written statement outlining the specific measures it will implement to ensure ongoing compliance with this Local School Wellness Policy:

- The Wellness Committee will meet a minimum of three (3) times per year to monitor progress toward the measurable goals in Sections 4–7 and will maintain written meeting records.
- The Principal (or designee) will review master schedules each semester to confirm compliance with physical education minute requirements.
- The Food Service Department (Crystal Faulkner, Food Service Director/Nutrition Manager; Shonda Johnston, Cafeteria Manager) will verify that all sold food and beverage items meet Smart Snacks and Florida Competitive Food Rule standards on an ongoing basis, including for any vending machines installed in the future.
- The Wellness Committee will maintain the fundraiser exemption calendar described in Section 10 and document each exempted event.
- The Principal will ensure annual public notification occurs no later than September 30th of each school year, including distribution of this Policy to families.
- The Wellness Committee will conduct the Triennial Progress Assessment described in Section 11 and publish results as described in Section 12.
- This Policy will be reviewed at least annually by the Wellness Committee, with recommended revisions presented to the Governing Board for adoption.

This statement is acknowledged by the Responsible Official and the Wellness Committee designee, and adopted by the Governing Board, prior to submission.

Governing Board Chair / Representative, Burns Science and Technology Charter School



Signature


Printed Name
Date: 9/15/2026

Dr. Daniel Hargrave, Principal, Responsible Official



Signature
Date: 9/15/2026

Wellness Committee Designee (Crystal Faulkner, Food Service Director/Nutrition Manager)



Signature
Date: 9/15/2026

