



# Tallahassee Classical School

June 7, 2023

For the 22-23 academic year, we were in compliance overall with our own policy and federal and state regulations, as follows:

1. In cooperation with Linton's/Whitson's, we complied with competitive food and beverage items sold on the school campus.
2. We established and met goals for nutrition promotion and education in our Physical Education program and in the cafeteria.
3. We allowed the following exemptions for fundraisers this year (we are allowed five per year in Lower School and ten per year in Upper School):
  - Upper School Candygrams (February 1-10, 2023)
  - Upper School Emporium (May 5, 2023)
  - Kona Ice (May 19, 2023)
4. The Wellness Policy was published on our website along with our Family Handbook.
5. We provided opportunities for all scholars to have student health screening (Scoliosis, BMI, Vision and Hearing).

Below are some items for revision in the 23-24 academic year:

1. Class parties must be held after the lunch period and only foods that meet the School Nutrition Standards may be served. We need to add healthy snack ideas to our family handbook and insist that class parties follow this.
2. Golden Spoon awards should not include ice cream unless it is individually packaged and meets the School Nutrition Standards.

According to our charter, the Physical Education teacher must chair the Wellness Committee. Mr. Pitts did this last year, and I will continue to assist with the Committee for the upcoming academic year. We are planning to meet during Teacher Inservice in July/August to plan wellness activities and exemptions for the new year. We will include the other PE teachers,

and Rachel Mohler as a TCS parent representative (since she also provides experience with FDACS and is a registered dietician).