DAS Wellness Policy
Updated: July 2023

Nutritional Standards:
At DAS, we encourage students to make healthy nutritional choices. The consumption of water is the only permitted beverage outside of the cafeteria. We strictly enforce this rule to ensure a healthy school environment. We also respect and accommodate all religious and cultural dietary needs and preferences.

Physical Activity:
As per the requirements outlined by the Florida Department of Education, DAS ensures students of all grade levels engage in adequate physical education.

Health Education:
Health education is provided to students by their classroom teachers at the elementary level and by the Physical Education teacher in the middle school. The School Counselor also conducts sessions covering various health-related topics, ensuring students are well versed in the principles of wellness and good nutrition.

Mental Health:
Promoting mental wellness among our students is a priority. The School Counselor delivers mental health education and is readily available for students in need of support.

Special Events:
In accordance with our commitment to student safety and minimal disruption to the instructional environment, food is not permitted for birthday or other celebrations. Birthday recognitions are carried out by classroom teachers and through school-wide morning announcements. Non-food related celebrations may be allowed at the discretion of the school administration for end of semester and end of school year events. Popsicle parties may also be organized by the administration as a form of recognition and celebration.

Food Allergies and Special Dietary Needs:
We strive to provide a safe and inclusive environment for all students. For those with food allergies or special dietary needs, we take every precaution necessary. A detailed list of student allergies is provided to staff each year to ensure awareness and appropriate action. Our school is dedicated to respect and accommodate all cultural and religious dietary needs.

Implementation and Monitoring:
This wellness policy will be reviewed annually and updates will be available on the school's website to ensure all stakeholders are kept informed.

This policy aims to align with federal guidelines and the specific needs of the DAS community. It will be monitored for effectiveness and adjusted as necessary to promote the best possible health and wellness outcomes for our students. Since DAS is a Charter School in the Pinellas County Public Schools System, any situation not specifically referred to in this policy shall fall under the guidelines set forth by Pinellas County Public Schools.