



WELLNESS

po8510

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Highlighting 8510

8510 - WELLNESS

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs by supporting the development of good eating habits in a healthy school meal environment and by promoting increased physical activity in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals to enable students to establish lifelong skills and attitudes that promote good health, healthy nutrition, and physical activity habits:

A. Regarding nutrition education, the District shall:

1. Include in the health curriculum instruction that is sequential and standards-based and provides students in all grades with the knowledge, mind-set, and skills necessary to lead healthy lives;
2. include nutrition education in enjoyable and developmentally appropriate activities integrated throughout the school year at least once year;
3. extend nutrition education opportunities beyond the classroom by engaging and involving the District's and/or school's food service professionals and by using the school cafeteria as a "learning lab" allowing students to apply the knowledge, mind-set, and skills taught in the classroom when making choices during mealtime by providing nutrition information such as nutrition facts via nutrition posters and/or TV monitors in and around the school cafeterias and/or classrooms;
4. extend nutrition and wellness education, and physical activity beyond the school by engaging and involving families and the community;

5. promote nutrition education standards and benchmarks through a variety of media throughout the school year at least once a year at each school; as well as ensuring that in-school marketing meets Smart Snack standards;
6. inform all staff and provide appropriate training to selected staff in the best practices of nutrition education by posting on the District's Food and Nutrition Services (FNS) website and/or providing nutrition webinar, nutrition presentations, nutrition education resource information by e-mails to selected staff at schools.

B. With regard to physical activity, the District shall:

1. provide a physical education curriculum that is aligned with the State and National standards (NASPE), inclusive, and sequentially planned in order to teach the knowledge, skills, and attitudes necessary to live an active, healthy life; the term "physical education" is defined in Florida statutes;
2. provide 150 minutes of physical education per week for kindergarten through grade 5 and encourage 225 minutes each week for grades 6 through 8;
3. provide physical activity in elementary schools for fifteen (15) - thirty (30) minutes on the days when physical education is not scheduled;
4. offer opportunities in grades 6-12 for extra-curricular activities and intramural programs that emphasize physical activities;
5. encourage moderate to vigorous daily physical activity in grades K-12 beyond the school day;
6. provide families with information to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives;
7. encourage the establishment of community and business partnerships to institute programs that support physical activity programs.

C. With regard to other school-based activities, the District shall:

1. establish a healthy school team, at each school, that will help coordinate physical activity, nutrition, and other aspects of student/staff wellness with suggested members to include, but not be limited to: parents; students; teachers; school food service representatives; school administrators; school health professionals; physical education teachers; and a support staff representative (F.A.C. 5P-1.003);

Each healthy school team shall be responsible for:

- a. ensuring compliance with F.A.C. 5P-1.003 and 7 C.F.R. 210.11 as it relates to competitive food and beverage items sold on the school campus;
- b. maintaining a school calendar which identifies the dates when exempted competitive food fund-raisers will occur in accordance with F.A.C. 5P-1.003 and 7 C.F.R. 210.11;

- c. reporting the school's compliance with F.A.C. 5P-1.003 to the Superintendent; and
 - d. reviewing and considering evidence-based strategies in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness including a review of smarter lunchroom techniques.
- 2. encourage staff to improve their own personal health and wellness and to help them to promote student wellness;
 - 3. communicate information to parents on nutrition education and the benefits of physical activity by posting the information on the FNS website, in the parent section, which will be linked to each school's website throughout the year and updated at least annually;

Specific information on children's health including Body Mass Index (BMI) will be sent home to the parents.

- 4. offer healthy options for food or beverages meeting the USDA Smart Snack Guidelines at school fund raisers, school-sponsored events, and field trips;
- 5. encourage parents and students to use food or beverages that meet the recommended nutrition standards per USDA Smart Snack Guidelines for snacks, celebrations, and rewards by sharing the information by the FNS website as well as the District PTA president who will be requested to share with all school PTA presidents;
- 6. encourage teachers to use non-food incentives as rewards;

When food is used, candy should not be included in the food choices.

- 7. encourage schools to look for alternatives to discipline practices that deny student participation in recess or other physical activities or for classroom make-up time;
 - 8. provide and encourage daily periods of moderate to vigorous physical activity for all participants in the after-school enrichment program;
 - 9. achieve the school goal of at least ten (10) minutes for breakfast and at least twenty (20) minutes for lunch from the time the students receive their food.
- D. With regard to nutrition promotion, the District shall for any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

- 1. encourage students to increase their consumption of healthful foods during the school day;
- 2. create an environment that reinforces the development of healthy eating habits, including offering and encouraging consumption of the following healthy foods that align with the USDA Nutrition Standards for School Meals and comply with the USDA Smart Snacks in School nutrition

standards:

- a. a variety of fresh produce to include those prepared without added fats, sugars, and/or sodium;
 - b. a variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other);
 - c. whole-grain, whole and whole-grain rice products – that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;
 - d. choice of fluid milks from fat-free or low-fat (unflavored and flavored) at program lunch and breaks meals with one (1) choice being unflavored;
 - e. meals planned to meet specific calorie ranges for the age/grade groups served;
 - f. eliminate foods offered in program meals and those offered as part of Smart Snacks in Schools are free of added trans-fat;
 - g. promote and encourage a variety of choices from the fruit component and vegetable component daily within the school lunch program;
 - h. require students to select a fruit or vegetable portion meeting the minimum portion requirements as part of a complete reimbursable meal;
 - i. designate healthy school teams at each school that will promote wellness resources through the District's and/or school's website for students, families, and the community;
 - j. provide opportunities for students to develop the knowledge and skills for consuming healthful foods.
3. The District Food and Nutrition Services department will promote and encourage Farm to School efforts in order to provide part of the healthy foods identified above.
 4. All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Smart Snacks in School nutrition standards. (See Policy 8500 - *Competitive Food Sales*)
 5. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health by reinforcing unhealthy eating habits. A wide variety of alternative non-food rewards can be used to provide positive reinforcement for children's behavior and academic performance.
- E. With regard to nutrition guidelines for all foods available on campus during the school day, the District shall:
1. provide through the food service program an affordable access for all students to the varied and nutritious foods they need to be healthy and to learn well;

2. sell or serve food and beverages to students that will meet the nutritional recommendation of 7 C.F.R. 210.11;
3. serve to students all available foods that take into consideration the promotion of student health and well-being;
4. prepare and distribute through the food service division to staff, parents, and after-school program personnel a list of snack items that comply with the requirements in 7 C.F.R. 210.11;
5. follow the USDA Smart Snacks in School Nutrition Standards for "All Foods Sold in Schools" in 7 C.F.R. 210.11.

The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.

All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA *Nutrition Standards for School Meals* and USDA *Smart Snacks in Schools Nutrition Standards* regulations and applicable State law and Florida Administrative Code rule, including, but not limited to, competitive foods that are available to students a la carte in the dining area, as well as food items and beverages from vending machines, from school stores, or as fund-raisers by student clubs and organizations, parent groups, or boosters clubs.

Any food items sold for consumption on campus from thirty (30) minutes after the end of the last lunch period until thirty (30) minutes after the school day ends as a fund-raiser by student clubs and organizations, parent groups, or booster clubs shall meet the current USDA Nutrition Standards for School Meals and USDA *Smart Snacks in Schools* Nutrition Standards regulations and applicable State law and Florida Administrative Code rule. (See Policy 8500, *Competitive Food Sales*)

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative procedures necessary to implement this policy. The Superintendent shall ensure that the triennial progress assessments and appropriate updates or modifications to the policy are based on the following, which will be conducted at least annually:

- A. The extent to which each school under the jurisdiction on the school district is in compliance with the local school wellness policy.
- B. The extent to which the sponsor's local wellness policy compares to model local school wellness policies.
- C. A description of the progress made in attaining the goals of the local school wellness policy.

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA. The Superintendent will report to the Board the effectiveness of the wellness policy upon the completion and compilation of the results of the annual ACPS Evaluation and Measurement Tool, triennial assessments by each healthy school team of the School District and/or as local priorities change, community needs change, wellness goals are met, new health information and technology

emerges and new federal or state guidance or standards are issued and the recommended revisions if necessary and the progress toward achieving the goals set forth herein when requested to do so by the Board.

The Superintendent will report to the Board the effectiveness of the wellness policy and the recommended revisions if necessary and the progress toward achieving the goals set forth herein when requested to do so by the Board.

All stakeholders (i.e., parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the Board, school administrators and the general public) are provided an opportunity to participate in the development, implementation, periodic review and update of the District's wellness policy when the policy is annually reviewed by the Board.

The annual and triennial assessment results will be made available to the public on the District's Food and Nutrition website.

The Board shall review this policy every year.

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Legal

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 595.405

F.S. 595.406

F.S. 595.407

F.S. 1001.41

F.S. 1001.42

F.S. 1001.43

F.S. 1003.453

F.A.C. 5P-1.003