

## THE SCHOOL DISTRICT OF PALM BEACH COUNTY

**Mission:** The Wellness Promotion Policy (2.035) creates a forum to educate the District and community partners to successfully collaborate in promoting healthier lives. With the District's ultimate goal of improving student performance, the direction of the Wellness Promotion Task Force is to encourage a proactive approach to holistically address the health, wellness, and safety for all school children and staff, parents, and the community.

### Wellness Promotion Goals and Objectives

May 2012

To achieve the goals of **Policy 2.035**, the following goals and objectives are to be used by the Wellness Promotion Task Force to evaluate the strengths, weaknesses, and resources of the School District. The District is encouraging a positive and proactive approach to this exciting opportunity to impact students' health and their school environment. In all aspects of wellness promotion, district personnel should act as role models by adopting personal health habits that reinforce positive wellness messages.

#### 1. NUTRITION EDUCATION

- a. Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.
- b. Objectives:
  - i. Nutrition education is a component of comprehensive health education and can be integrated through classroom teachers, and school nurses in schools that do not have a certified health education teacher.
  - ii. Nutrition education information should be reviewed by a qualified and credentialed professional (e.g. School Food and Nutrition Specialist (SFNS), a Registered and/or Licensed Dietitian (R.D., and/or L.D. /N), who is specialized in school-based childhood nutrition).
  - iii. The school cafeteria should serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
  - iv. Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
  - v. The District should provide wellness information, including nutrition education, to students, staff and the community through such means as the District's website.
  - vi. Students should be encouraged to start each day with a healthy breakfast, be encouraged to eat a healthy lunch to include fruits and vegetables, and a healthy after school snack to increase learning and sustain energy throughout the day.

## 2. PHYSICAL ACTIVITY

- a. Goal: To promote physical activity with the objective of improving students' health, academic achievement, and reducing childhood obesity.
- b. Objectives:
  - i. To the degree that funding is provided, daily physical activity should be integrated across the curriculum and throughout the school day for Pre-K – 12th grades.
  - ii. The District will follow statutory requirements for providing to students physical education, as defined within Florida Statutes Sections 1003.01(16) and 1003.455 and as provided within School Board Policy 8.025.
  - iii. It is the recommendation of the Wellness Promotion Task Force that State-certificated physical education instructors shall teach all physical education classes.
  - iv. Recess periods for elementary grades should be encouraged and not be counted toward the 150 minutes of weekly physical education. Schools are encouraged to schedule recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake, decrease discipline referrals, and have an increase in classroom time on-task.

The District and schools should abide by the National Association for Sport and Physical Education (NASPE) recommendations below, whenever feasible:

- All children in elementary schools should engage in at least 20 minutes of daily recess.
  - Adequate and safe spaces and facilities are provided for all students to be physically active at the same time. Outdoor spaces are used whenever the weather allows.
  - Adequate, safe, and developmentally appropriate equipment is provided for students to engage in enjoyable physical activity.
  - Recess is properly supervised by qualified adults.
  - Bullying or aggressive behavior is not tolerated.
  - Recess is not viewed as a reward but as a necessary educational support component for all children. Therefore, students should not be denied recess so they can complete class work or as a means of punishment.
- v. Physical activity participation should take into consideration the "balancing equation" of food intake and physical activity.
  - vi. Information should be provided to staff and families to help them incorporate physical activity into their students' lives.
  - vii. Principals should be encouraged to provide students, staff, and communities the use of school physical activity facilities outside of the normal school day. Such activities shall be limited to those that

do not negatively impact the instruction of students, are conducted in a safe and supervised manner, and have minimal negative impact on the school buildings, grounds, equipment, or school budget.

- viii. Schools should offer extracurricular physical activity programs such as physical activity clubs or intramural programs. Schools should offer a wide range of activities that meet the needs of all students.
- ix. Schools should encourage staff, families, and community members to institute programs that support physical activity.
- x. The District shall encourage the expansion of selected programs and initiatives that enhance the nutrition education and physical fitness for students, staff and families.
- xi. Schools and departments are encouraged to participate in selected community-based physical activity events.

### 3. OTHER SCHOOL AND DEPARTMENT-BASED ACTIVITIES

a. Goal: To promote the health, wellness, and safety of students and staff.

b. Objectives:

- i. The District values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.
- ii. Employees are encouraged to engage in daily physical activity before and after work hours in site sponsored programs or, through the District's health insurance carrier, as part of discounted membership in facilities where available. Prior to participating in a District wellness program, the employee shall complete sign, and provide to the District a Voluntary Employee Exercise Program Participant's Release/Waiver of Liability and Hold Harmless Agreement —PBSD 2319.
- iii. The District has established and maintained a staff wellness committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- iv. Afterschool programs should encourage physical activity and promote the development of healthy lifestyles and healthy decision-making.
- v. Wellness Promotion Policy goals should be considered in planning all school and department-based activities (such as school events, field trips, dances, assemblies, and workshops).
- vi. Support for the physical, social, and emotional health of all students and staff should be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid, local, and/or state children's health insurance programs.
- vii. Schools should organize school wellness councils comprised of families, teachers, administrators, school health staff, and students to plan, implement health and wellness in the school environment.

- Each school should designate one employee as the Wellness Champion to oversee the organized school wellness council and may serve as the Wellness Promotion Policy designee.
- viii. School health services, school counselors and school psychological/social services should promote the Wellness Promotion Policy goals as demonstrated by health screenings, and as an example, support groups for eating disorders, stress-reduction, and other activities. District staff and school administrators are encouraged to take advantage of approved services (through the Safe & Drug Free Schools Advisory Committee) which support student social, emotional and behavioral needs.
  - ix. The District should cooperate and collaborate with certain community agencies to promote health and wellness for its students, families, and staff.
  - x. The District and each worksite should provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of all students and staff.
  - xi. The District will work with the local Health Department and the Health Care District who will provide many students with basic health screenings.
  - xii. The District will engage in partnerships with local agencies that may address social, emotional, and/or behavioral health issues that create barriers to learning. These partnerships should provide opportunities for the agency, the school and the family to work together. Schools will have an active School Based Team to address social, emotional, and academic barriers to learning. Teams must have a multi-disciplinary approach and include relevant outside agencies.
  - xiii. The District will implement the school counselors' Student Development Plan for all schools to attempt to meet the academic, personal, and/or social/emotional needs of students. Furthermore, in an effort to realize a comprehensive school counseling program, schools and the District should encourage School Counselors to follow the National Standards endorsed by The American School Counselor Association, including the following student development areas: Academic Development, Career Development, and Personal Social Development.
  - xiv. The school counselors' Student Development Plan will be shared with the school's faculty (including the School Based Team) to provide information about the array of available resources that can be offered to assist students.
  - xv. The District has developed policies addressing the prohibition of bullying and unlawful harassment including cyber stalking, as defined within Florida Statutes Section. 784.048(1) (d), with a paramount goal to ensure a safe, secure and civil learning

environment for all students. The District has made public its expectations for student conduct which promotes respect for self and others as well as for property and provides programming that teaches and assists students in developing the social-emotional competencies necessary to build positive relationships and reduce incidents of violence. See School Board Policy 5.002 – Prohibition of Bullying and Harassment Policy.

- xvi. The District provides alcohol, tobacco, and other drug prevention and intervention initiatives and programs at schools. Schools may select those programs and initiatives that attempt to best meet the needs of their student population.
- xvii. Schools should clearly promote alcohol and drug free lifestyles. In addition, schools must prohibit using tobacco products as set forth in federal and State law as well as School Board Policy 7.19.
- xviii. Schools are required to inform students and their families about the District's Alternative to Suspension programs for students suspended for alcohol, tobacco, or other drug possession or use.

#### 4. NUTRITION STANDARDS AND NUTRITION PROMOTION

- a. Goal: To promote nutrition guidelines, a healthy eating environment, Child Nutrition Programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity.

The objectives are stated below:

##### b. Nutrition Guidelines for All Foods on Campus

- i. In addition to providing healthful meals in the cafeteria, schools are encouraged to provide healthy selections of foods and beverages on campus (e.g. in vending machines, concession stands, a la carte, student stores, parties/celebrations, and fundraising) during the school days and to promote consistent health information that is current with the Dietary Guidelines for Americans.
- ii. Food providers should take measures to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines. Food providers should offer a variety of age appropriate healthy food and beverage selections for elementary, middle, and high schools.
- iii. Nutrition information for products served via the cafeteria should be available for reference at the School Food Service Department Office and on the School Food Service Department website.
- iv. The School Food Service Department will continue the procurement of fresh locally grown vegetables, from local farmers,

- to incorporate into the District menus. The partnership will provide an additional avenue for nutrition education.
- v. Vending companies will be encouraged to provide up-to-date nutrition information to educate consumers.
  - vi. District vending companies which have machines accessible to students should have all items aligned nutritionally with the Alliance for a Healthier Generation School Beverage and Competitive Foods Guidelines that can be found at:  
<http://shopping.netsuite.com/s.nl/c.853092/sc.15/category.7251/.f>  
and is incorporated herein by reference as part of this Policy.
  - vii. As provided within School Board Policy 6.185 – School Food Service Management Policy, the sale of foods and beverages on school grounds shall be limited to those provided by the School Food Service Department, except as follows:
    - 1. Competitive foods and beverages may be available, in middle and high schools of the School District, up to one hour before the beginning of breakfast and one hour after the last lunch period.
    - 2. Competitive foods and beverages shall not be sold during the school day at any elementary school in the School District. "Competitive foods and beverages" shall mean any food or beverage item sold to students that compete with the school district's operation of the National School Lunch and School Breakfast Programs. Items include those sold in vending machines or those sold by students, parents or school administrative staff, or any other person, company or organization.
  - viii. Promotional activities (such as for foods, physical-fitness programs, or wellness activities), should be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools should be connected to activities that encourage physical activities, academic achievement, or positive youth development and be in compliance with local guidelines.
  - ix. Food providers should be sensitive to the school environment in displaying their logos and trademarks on school grounds.
  - x. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
  - xi. Nutrition education should be incorporated during classroom snack times and not just during meals. Foods and beverages sold at fundraisers should include healthy choices and provide age appropriate selections for elementary, middle, and high schools.

- xii. Advertising messages should be consistent with and reinforce the objectives of the education and nutrition environment goals of the school and District.
- xiii. Advertising (ideally, educational information only) of foods or beverages in the areas accessible to students during meal times should be consistent with established nutrition promotion goals.

#### c. Eating Environment

- i. In compliance with applicable laws, each elementary, middle, and high school shall make a breakfast meal available if a student arrives at school on the school bus less than 15 minutes before the first bell rings and shall allow the student at least 15 minutes to eat the breakfast.
- ii. Students should be provided adequate time to eat lunch, at least 20 minutes for lunch, from the time the student is seated.
- iii. Breakfast periods should be scheduled to provide enough time for students to eat. An additional option may be an in-class breakfast program.
- iv. Lunch periods should be scheduled as near the middle of the school day as possible. Recess for elementary grades should be scheduled before lunch.
- v. Dining areas should be attractive and have enough space for seating the students who will be dining.
- vi. Potable water shall be available to students where meals are served.
- vii. Schools should make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.

#### d. Child Nutrition Operations

- i. The child nutrition program should aim to be financially self-supporting. Budget neutrality or profit generation should not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. The program is an essential educational support activity.
- ii. The child nutrition program should ensure that all students have affordable access to a variety of nutritious foods they need to stay healthy and learn well.
- iii. The school should strive to increase participation in the available federal Child Nutrition Programs (e.g. national school lunch, school breakfast, afterschool snack, and summer food service programs).
- iv. Schools in which 50% or more students are eligible for free or reduced-priced school meals, and are offering activities on campus during the summer should participate in the Summer Food Service Program during the summer months based on the District's calendar.

- v. The District should employ a School Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.
- vi. All food service personnel should have adequate pre-service training in food service operations.
- vii. A child's need for nutrients does not end when the school session ends. Therefore, effort should be made to offer meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support.
- viii. Students are encouraged to start each day with a healthy breakfast. The District should encourage that all children have breakfast either at home or at school in order to meet their nutritional needs and enhance their ability to learn. Bus schedules should be developed with the goal of delivering students to school on time to encourage participation in the School Breakfast Program. All schools shall operate a breakfast program. This may include serving breakfast in the classroom, a "Grab & Go Breakfast," breakfast during morning break or recess, and to the extent practicable, providing Provision II or Universal Breakfast. The District and/or school should notify parents and students of the availability of the School Breakfast Program.

#### e. Food Safety/Food Security

- i. The foods made available on campus provided by the School Food Authority, should comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines should be implemented to prevent food illness in schools. [www.haccpalliance.org/alliance/haccpqa.html](http://www.haccpalliance.org/alliance/haccpqa.html)
- ii. For the safety and security of the food and facility, access to the food service operations should be limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture food security guidelines (available at [www.fsis.usda.gov/Food Security & Emergency Preparedness/index.asp](http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp)).

#### 5. CALL TO ACTION

- a. Childhood obesity is a health crisis in Florida and throughout the United States. The epidemic begins with unhealthy eating and physical inactivity patterns established when children are very young. All segments of society have a role to play in solving this complicated health issue. The School District of Palm Beach County's "Wellness Promotion Policy" is only one part of the solution.
- b. However, the Policy can become a highly visible part of the solution. It can have far reaching effects on what students eat in school and how

change occurs in families and communities. Students and families who improve eating patterns are also likely to increase physical activity which is another contributor to obesity prevention. Effective action will require vigorous support by families, school and community leaders, and policy makers. Be Part of the Solution!

## 6. WELLNESS PROMOTION TASK FORCE

The Wellness Promotion Task Force has established a diverse membership which includes: students, parents, teachers, food service and school health professionals, school and district administrators, the School Board, and other interested community partners. Wellness Promotion Task Force meetings are held throughout the school year usually at Fulton-Holland Educational Services Center in the Board Room.

## 7. WELLNESS PROMOTION PLAN DOCUMENTATION

- a. The Wellness Promotion Task Force should recognize that many of the recommended objectives will need phase-in time to implement. These recommended objectives will be included in the Wellness Promotion Task Force meeting minutes.

The meeting minutes should include the following:

- i. Those recommended objectives that can be implemented as immediate action priorities.
- ii. Those recommended objectives that can be implemented as short-term (one to two years) action priorities.
- iii. Those recommended objectives that can be implemented as long-term (two years or more) action priorities.
- b. The recommended objectives include the following goals:
  - i. Nutrition Education
  - ii. Physical Activity
  - iii. Other School and Department Based Activities
  - iv. Nutrition Standards and Nutrition Promotion

- c. The Wellness Promotion Task Force minutes will serve as a tool for documenting the objectives and strategies. Each objective and strategy will be implemented, evaluated and measured within the Wellness Promotion Policy Annual Report, by the Wellness Promotion Task Force.