

Waking Up

To



Wellness



Waking Up
To Wellness

Middle School



Waking Up
To *Wellness*

Wellness Promotion
Policy

Mastering a Recipe for Wellness



RECIPE

Policy 2.035

Ordered by the US Department of Agriculture

Prepared and Seasoned with Community Ingredients

Slow Cooked and Served with Love

[2014 Wellness Promotion Policy Annual Report](#)
[School Board Presentation](#)



Waking Up To Wellness

Wellness Promotion Task Force (WPTF)

Taking it to the Streets



WPTF Mission:

To create an educational forum that allows District and community partners to successfully collaborate in the promotion of 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 of all school children, staff, parents, and the community.

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Our Recipe for
Scholastic Achievement

SCHOOL FOOD SERVICE

Providing FOOD For Thought!

To provide a variety of appealing and nutritious meals, in a safe and effective manner, with the purpose of encouraging healthy choices and supporting student performance



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Providing FOOD For Thought!



School Food Service
Management Policy
(6.185)



Our Recipe for Success

Ingredients

Ordered by the
US Department of
Agriculture

Sprinkled with...
Smart Snacks
Competitive Foods
Healthy School Teams

Waking Up To Wellness

Smart Snacks in School



Is your snack a
**smart
snack**
(Find out here!)

ALLIANCE FOR A
HEALTHIER
GENERATION 



Smart Snacks



Competitive Foods

Smart Snacks



Smart Snacks compliant snacks and beverages may be sold in **Middle schools 30 minutes after the end of the last lunch period.**

If they do not meet the guidelines, they may only be sold 30 minutes after the end of the school day.



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Competitive Foods Entrées



- May not contain both a grain and protein
- May not be sold to students during the school day

School Day = Midnight to 30 minutes after the end of the official school day



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Vending Machines and School Stores in Middle Schools

- May be operational beginning 30 minutes after the last lunch period
- All snacks & beverages must be Smart Snack Compliant



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Fundraisers

The Smart Snacks in School Regulations also adds nutritional requirements to the snacks and beverages being sold as part of fundraisers

Kids First
Providing Food for Thought



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Fundraisers-
Middle and Combination
Schools

- 10 days worth of exemptions
- May only occur thirty minutes or more after the conclusion of the last lunch period.

Kids First
Providing Food for Thought



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Healthy School Teams

Membership

- School Administrators
- Wellness Designees (Assistant Principal & Wellness Champion)
- School Food Service Representatives
- School Health Professionals
- Physical Education Teachers
- Parents
- Students

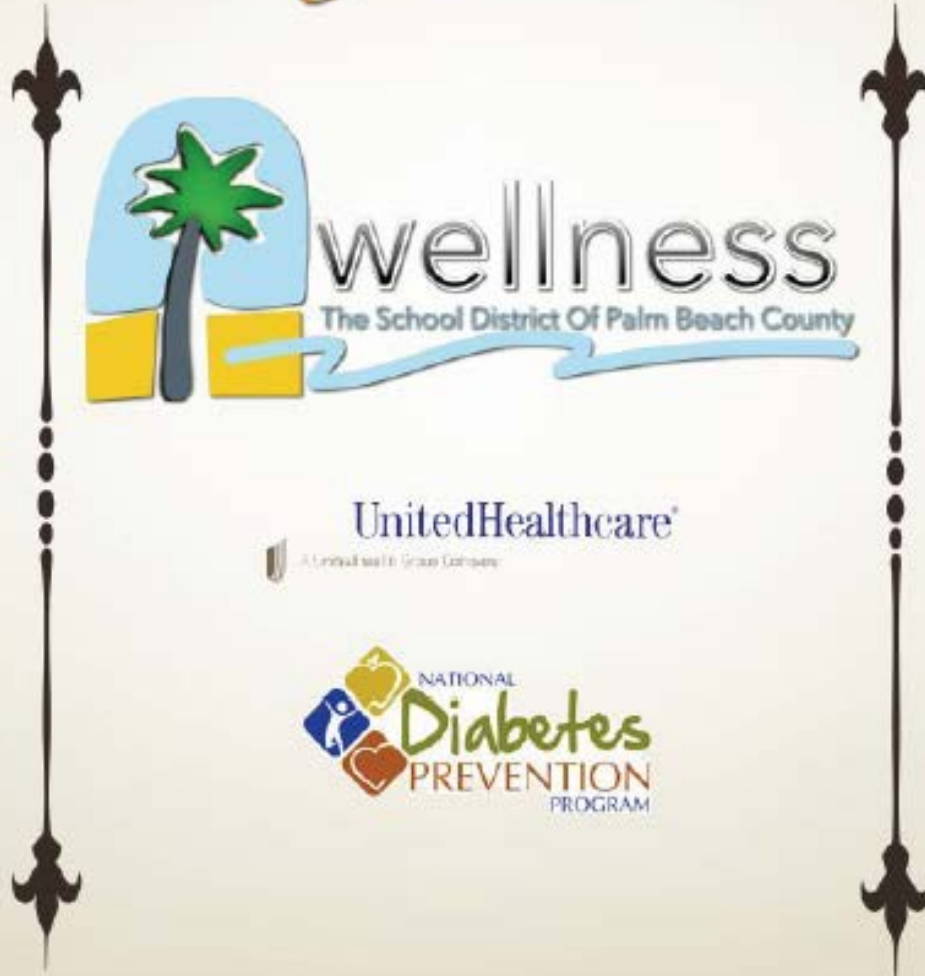
Responsibilities

- Ensure compliance with competitive food and beverage items
- Track exempted competitive food fundraisers
- Report Compliance to School Food Service



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Employee Wellness



wonderFIT

HealthAdvocate
Always at your side



UnitedHealthcare
A UnitedHealth Group Company



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Wellness Champions

- Stipend position, plus a supply budget
- Promotes health and wellness for students and staff
- Lead/participate in the Healthy School Team
- Traits of a **GREAT** Wellness Champion
- What we need from you
- What is your schools' Wellness Champion status?



Waking Up To Wellness

Recipe
for a Healthy Culture

RECIPE

Begin with:

Employee Wellness
School Food Service
Wellness Promotion Task Force
School Health
Physical Education
ESE

Mix in:

Staff Vending Machines
Classroom celebrations
Classroom rewards
Fundraisers
Parent meetings (SAC, PTO, etc.)
Staff meetings
Aftercare programs and camps
Open House/other parent events



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Wellness

P R O M O T I O N T A S K F O R C E

The School District of Palm Beach County, Florida

Thank You!

Questions and Answers

