



## **POLICY 1.11**

**4-B** I recommend that the Board approve development of the proposed new Policy 1.11, entitled "Wellness Promotion."

[Contact: Steve Bonino, PX 52012; Paula Triana, PX 52026]

### **Development**

### **CONSENT ITEM**

- This proposal would satisfy the federal legal requirement of having a "local school wellness policy" to promote health and fitness and discourage obesity.
- Additional wellness goals and objectives are incorporated by reference (see attachment).

POLICY 1.11

WELLNESS PROMOTION

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5 1. This Policy is intended to fulfill the requirement under Public Law 108-265 § 204  
6 (2004) (42 U.S.C. § 1751 Note) that school districts shall have a “local school  
7 wellness policy” to promote student health and reduction of childhood obesity.
- 8 2. The District school system will engage students, parents, teachers, food service  
9 professionals, health professionals, and other interested community members in  
10 implementing, monitoring, and reviewing District-wide nutrition and physical activity  
11 policies, and recommending the development of amendments to this Policy or the  
12 development of additional wellness policies.
- 13 3. The Board is committed to providing a school environment that enhances learning  
14 and development of lifelong wellness practices. The District school system shall  
15 promote school environments that encourage and protect children’s health, well-  
16 being, and ability to learn, by supporting healthy nutrition and physical activity.
- 17 4. The school environment should be safe, comfortable, and aesthetically pleasing;  
18 and schools should allow ample time and space for eating meals. Food and/or  
19 physical activity should not be used as a reward or punishment.
- 20 5. Child nutrition programs in the District shall comply with federal, state, and local  
21 requirements. Qualified child nutrition professionals shall provide healthful foods  
22 that are affordable, nutritious, appealing, and are accessible to all children. Child  
23 nutrition programs shall promote good health to foster student attendance and  
24 education.
  - 25 a. To the maximum extent practicable, all schools in the District will participate in  
26 available federal school meal programs (including the School Breakfast  
27 Program, National School Lunch Program (including after-school snacks),  
28 Summer Food Service Program, and Child and Adult Care Food Programs).
  - 29 b. Child nutrition programs shall comply with federal, state, and local  
30 requirements for food safety and security guidelines to include; Hazard  
31 Analysis and Critical Control Points (HACCP), Department of Education  
32 procedures, the Palm Beach County Health Department inspections, and  
33 ServeSafe.
- 34 6. Sequential and interdisciplinary nutrition education should be provided and  
35 promoted, in accordance with the goals and objectives incorporated by reference in  
36 this Policy.

- 37 7. In addition to providing healthful meals in the cafeteria, schools should also  
38 promote wellness by including more healthful selections when foods and  
39 beverages are otherwise available on campus during the school day (e.g., in  
40 vending machines, concession stands, a la carte, student stores,  
41 parties/celebrations, or fundraisers), consistent with health information in the USDA  
42 Dietary Guidelines for Americans (at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)).
- 43 8. Schools should instill patterns of meaningful physical activity connected to  
44 students' lives outside of physical education; and all school-based activities, to the  
45 extent practicable, should be consistent with the wellness goals of this Policy.
- 46 9. The Superintendent will ensure compliance with the Board's nutrition and physical-  
47 activity wellness policies through the designated employees. The Superintendent  
48 hereby designates the Food Service Director, and each principal shall designate an  
49 assistant principal at each school, to oversee the implementation and evaluation of  
50 this Policy to ensure that the schools comply with this Policy.
- 51 10. The Superintendent or designee will utilize a plan for measuring the  
52 implementation of this Policy, as outlined in the Wellness Promotion Goals and  
53 Objectives incorporated herein by reference, and will prepare a summary report  
54 annually on District-wide compliance. The report will be provided to the School  
55 Board and also distributed to all school health councils, parent/teacher  
56 organizations, school principals, and school health services personnel in the  
57 District.
- 58 11. Additionally, the School District will encourage the promotion of good health and  
59 well-being of every staff member by enlightening the awareness and support of  
60 healthy lifestyles.
- 61 12. The Superintendent shall recommend revision of this Policy as needed and shall  
62 develop work plans to facilitate implementation. The Wellness Promotion Goals  
63 and Objectives (available online at [ T.B.D. ] ) are incorporated herein by  
64 reference as if set forth fully herein.

65 STATUTORY AUTHORITY: §§ 1001.41(1), (2); 1001.43(1), (6), Fla. Stat.

66 LAWS IMPLEMENTED: §§ 1001.41(3), Fla. Stat.; 42 U.S.C. § 1751.

67 HISTORY: New: / /2006

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Legal Signoff:

The Legal Department has reviewed proposed Policy 1.11 and finds it legally sufficient for development by the Board.

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Attorney

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**Wellness Promotion Goals and Objectives**

To achieve the goals of Policy 1.11, 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 for good nutrition and physical activity behaviors.

**1. NUTRITION EDUCATION**

- a. Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.
- b. Objectives:
  - i. The staff responsible for nutrition education should be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities should provide basic knowledge of nutrition combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.
  - 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. Nutrition education should be provided for all staff members. The District should establish and maintain a staff wellness committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
  - vi. The District should provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
  - vii. Students should be encouraged to start each day with a healthy breakfast.

39 2. PHYSICAL ACTIVITY

40 a. Goal: To promote physical activity with the objective of improving students' health  
41 and reducing childhood obesity.

42 b. Objectives:

43 i. Physical activity should be integrated across the curriculum and throughout  
44 the school day for Pre-K – 12th grades.

45 ii. Physical education courses should be the environment where students learn,  
46 practice, and are individually assessed on developmentally appropriate  
47 motor skills, social skills, and knowledge, which will support life-long benefits  
48 of physical activity.

49 iii. State-certificated physical education instructors shall teach all physical  
50 education classes.

51 iv. Recess periods for elementary grades should be encouraged, but should not  
52 be used as a punishment or a reward. Consider planning recess before  
53 lunch since research indicates that physical activity prior to lunch can  
54 increase the nutrient intake and reduce food waste.

55 v. Physical activity participation should take into consideration the “balancing  
56 equation” of food intake and physical activity.

57 vi. Physical education should include the instruction of individual activities as  
58 well as competitive and non-competitive team sports to encourage life-long  
59 physical activity.

60 vii. The school should provide a physical, social, and emotional environment that  
61 encourages safe and enjoyable activity for all students and staff including  
62 those who are not athletically gifted.

63 viii. Information should be provided to staff and families to help them incorporate  
64 physical activity into their students' lives.

65 ix. Community schools with adequate staffing for after-school community  
66 programs should be encouraged to provide community access and  
67 encourage students, staff, and community members to use the school's  
68 physical activity facilities outside of the normal school day and/or school  
69 hours, with appropriate attention to safety and supervision.

70 x. Schools should offer extracurricular physical activity programs such as  
71 physical activity clubs or intramural programs. Schools should offer a wide  
72 range of activities that meet the needs of all students.

73 xi. Schools should encourage staff, families, and community members to  
74 institute programs that support physical activity such as a walk to school  
75 program.

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77 3. OTHER SCHOOL-BASED ACTIVITIES

- 78 a. Goal: To promote the health and wellness of students and staff.
- 79 b. Objectives:
- 80 i. After-school programs should encourage physical activity and health-habit  
81 formation.
- 82 ii. Wellness-Promotion Policy goals should be considered in planning all  
83 school-based activities (such as school events, field trips, dances, and  
84 assemblies).
- 85 iii. Support for the physical, social, and emotional health of all students and staff  
86 should be demonstrated by hosting health clinics, health screenings, and  
87 helping to enroll eligible children in Medicaid and other state children's health  
88 insurance programs.
- 89 iv. Schools should organize wellness-promotion committees comprised of  
90 families, teachers, administrators, school health staff, and students to plan,  
91 implement, and improve nutrition and physical activity in the school  
92 environment.
- 93 v. School health services and school psychological/social services should  
94 promote the Wellness Promotion Policy goals as demonstrated by health  
95 screenings, and as an example, support groups for eating disorders and  
96 other activities.

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98 4. NUTRITION STANDARDS

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

102 The objectives are stated below:

103 b. Nutrition Guidelines for All Foods on Campus

- 104 i. In addition to providing healthful meals in the cafeteria, schools are  
105 encouraged to provide healthy selections of foods and beverages on campus  
106 (e.g. in vending machines, concession stands, a la carte, student stores,  
107 parties/celebrations, and fundraising) during the school days and to promote  
108 consistent health information that is current with the Dietary Guidelines for  
109 Americans.
- 110 ii. Food providers should take measures to ensure that student access to foods  
111 and beverages meets federal, state, and local laws and guidelines. Food  
112 providers should offer a variety of age appropriate healthy food and  
113 beverage selections for elementary schools, middle schools, and high  
114 schools.
- 115 iii. Nutrition information for products served via the cafeteria should be available  
116 for reference at the School Food Service Office and eventually the School  
117 Food Service website.

- 118           iv. Families, teachers, students, and school officials should be encouraged to  
119           be engaged and educated in choosing the competitive food selections for  
120           their school sites.
- 121           v. Promotional activities (such as for foods, physical-fitness programs, or  
122           wellness activities), should be limited to programs that are requested by  
123           school officials to support teaching and learning. All promotional activities in  
124           schools should be connected to activities that encourage physical activities,  
125           academic achievement, or positive youth development and be in compliance  
126           with local guidelines.
- 127           vi. Food providers should be sensitive to the school environment in displaying  
128           their logos and trademarks on school grounds.
- 129           vii. Classroom snacks provided by the school should be healthy snacks.  
130           Families should be educated and encouraged to provide healthy  
131           snacks/choices.
- 132           viii. Nutrition education should be incorporated during classroom snack times  
133           and not just during meals. Foods and beverages sold at fundraisers should  
134           include healthy choices and provide age appropriate selections for  
135           elementary schools, middle schools, and high schools.
- 136           ix. Advertising messages should be consistent with and reinforce the objectives  
137           of the education and nutrition environment goals of the school.
- 138           x. Advertising (ideally, educational information only) of foods or beverages in  
139           the areas accessible to students during meal times should be consistent with  
140           established nutrition environment standards.
- 141        c.    Eating Environment
- 142           i. Students should be provided adequate time to eat lunch, at least 10 minutes  
143           for breakfast and 20 minutes for lunch, from the time the student is seated.
- 144           ii. Breakfast periods should be scheduled to provide enough time for students  
145           to eat. An additional option should be an in-class breakfast program.
- 146           iii. Lunch periods should be scheduled as near the middle of the school day as  
147           possible. Recess for elementary grades should be scheduled before lunch.
- 148           iv. Cafeterias should provide enough serving areas so that students do not have  
149           to spend too much time waiting in line.
- 150           v. Dining areas should be attractive and have enough space for seating the  
151           students who will be dining.
- 152           vi. Drinking water should be available for students at meals.
- 153           vii. Food should not be used as a reward or a punishment for student behaviors,  
154           unless it is detailed in a student's Individualized Education Plan (IEP).
- 155           viii. Schools should make every effort to eliminate any social stigma attached to,  
156           and prevent the overt identification of, students who are eligible for free and  
157           reduced-price school meals.



- 158       d.   Child Nutrition Operations
- 159           i.   The child nutrition program should aim to be financially self-supporting.  
160                However, the program is an essential educational support activity. Budget  
161                neutrality or profit generation should not take precedence over the nutritional  
162                needs of the students. If subsidy of the child nutrition fund is needed, it  
163                should not be from the sale of foods that have minimal nutritional value  
164                and/or compete nutritionally with program meals.
- 165           ii.   The child nutrition program should ensure that all students have affordable  
166                access to the varied and nutritious foods they need to stay healthy and learn  
167                well.
- 168           iii.   The school should strive to increase participation in the available federal  
169                Child Nutrition programs (e.g. school lunch, school breakfast, after-school  
170                snack, and summer food service programs).
- 171           iv.   Schools in which 50% or more of students are eligible for free or reduced-  
172                price school meals with activities on campus, should sponsor the Summer  
173                Food Service Program during the summer months based on the District's  
174                calendar.
- 175           v.    The District should employ a Food Service Director who is qualified to  
176                administer the school food service program and satisfy reporting  
177                requirements.
- 178           vi.   All food service personnel should have adequate pre-service training in food  
179                service operations.
- 180           vii.   A child's need for nutrients does not end when the school session ends.  
181                Therefore, effort should be made to offer meals during breaks in the school  
182                calendar and to coordinate with other agencies and community groups to  
183                operate or assist with operating, a summer food service program for children  
184                and adolescents who are eligible for federal program support.
- 185           viii.   Students are encouraged to start each day with a healthy breakfast. The  
186                District should encourage that all children have breakfast either at home or at  
187                school in order to meet their nutritional needs and enhance their ability to  
188                learn. Schools should operate a breakfast program. Schools should, to the  
189                extent possible, arrange bus schedules and utilize methods to serve school  
190                breakfast that encourage participation. This includes serving breakfast in the  
191                classroom, a "grab-and-go breakfast," breakfast during morning break or  
192                recess, and to the extent practicable, providing Provision II Breakfast. The  
193                District and/or school should notify parents and students of the availability of  
194                the School Breakfast Program.
- 195        e.   Food Safety/Food Security
- 196           i.    The foods made available on campus provided by the School Food  
197                Authority, should comply with the state and local food safety and sanitation  
198                regulations. Hazard Analysis and Critical Control Points (HACCP) plans and  
199                guidelines should be implemented to prevent food illness in schools.

- 200           ii. For the safety and security of the food and facility, access to the food service  
201           operations should be limited to Child Nutrition staff and authorized  
202           personnel. For further guidance see the U.S. Department of Agriculture food  
203           security guidelines (available at [http://www.fsis.usda.gov/Food\\_Security\\_](http://www.fsis.usda.gov/Food_Security_)  
204           &\_Emergency\_Preparedness/index.asp).

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206   5.   CALL TO ACTION

207       a.   Childhood obesity is a health crisis in Florida and throughout the United States.  
208       The epidemic begins with unhealthy eating and physical inactivity patterns  
209       established when children are very young. All segments of society have a role to  
210       play in solving this complicated health issue. The School District of Palm Beach  
211       County's "Wellness Promotion Plan" is only one part of the solution.

212       b.   However, the Plan can become a highly visible part of the solution. It can have far  
213       reaching effects on what students eat in school and how change occurs in  
214       families and communities. Students and families who improve eating patterns are  
215       also likely to increase physical activity which is another contributor to obesity  
216       prevention. Effective action will require vigorous support by families, school and  
217       community leaders, and policy makers. Be Part of the Solution!

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219   6.   WELLNESS PROMOTION TASK FORCE-- The Wellness-Promotion Task Force  
220       Committee(s) will be: to be determined.

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222   7.   WELLNESS PROMOTION PLAN FORMAT/WORKSHEET

223       a.   The Wellness-Promotion Task Force should recognize that many of the  
224       recommended objectives will need phase-in time to implement. The plan should  
225       be divided into the following three sections:

226           i.   Those recommended objectives that can be implemented as immediate  
227           action priorities.

228           ii.  Those recommended objectives that can be implemented as delayed action  
229           priorities.

230           iii. Those recommended objectives that can be implemented as long-term  
231           action priorities.

232       b.   The recommended objectives should be listed under each of the following goals:

233           i.   Nutrition Education

234           ii.  Physical Activity

235           iii. Other School-based

236           iv.  Nutrition Standards

237       c.   Under each of these goals, the recommended objectives will be referenced on

238 worksheets which should further divide under the following headings: District-  
239 wide, elementary school level, middle school level, high school level and be  
240 addressed using the following format:

- 241 i. Strategy(s)
- 242 ii. Responsible Party(s)
- 243 iii. Implementation Timeline
- 244 iv. Estimated Cost
- 245 v. Evaluation

246 The Wellness Promotion Plan Format/Worksheets will serve as a broad tool for  
247 documenting the objectives and strategies. Each objective and strategy will be  
248 implemented and measured by the Wellness Promotion Task Force.

249