



## **POLICY 2.035**

- 4-C** I recommend that the Board approve adoption of the proposed Policy 2.035, entitled “Wellness Promotion”

[Contact: Mike Burke, PX 48584 and Allison Monbleau, PX 52021.]

### **Adoption**

### **CONSENT ITEM**

- The following proposed policy is intended to fulfill the requirement under Public Law 111-296 (42 U.S.C. § 1758b) and Florida Statutes Section 1003.453(1) that school districts shall have a local “school wellness policy” to promote student health, safety, and the reduction of childhood obesity, as well as to promote wellness for District employees. Since the inception of this Policy, wellness efforts have grown and evolved throughout the District and the community.
- Local school wellness policies implemented under the Healthy, Hunger-Free Kids Act, resulted in specific additional language that has been included with regards to all the five goals of this policy – nutrition education, physical activity, other school based and department activities, nutrition standards and nutrition promotion.
- Requires the District to assess school compliance with its wellness policy.
- Requires all schools to establish a Healthy School Team to oversee compliance at each school.
- Additional changes are noted with underlines and strike-throughs and the substantive changes are as follows.
- The Board approved development of this policy at its special meeting on February 25, 2015 with additional changes recommended by School Board members. These additional changes are underlined and deleted by strike-throughs. The changes from the prior draft are as follows:
  - Added “staff” to various locations throughout the Policy and the Goals and Objectives
    - In Policy - line 13

- In Goals and Objectives – (1.b.iv), (2.b.vi) by referencing their families, and (5) – Call to Action.
- Kept the “should” and did not change to “shall”. During the Board discussion, staff was advised to evaluate each instance and adjust appropriately. Staff reviewed each instance.
- Adequate time for meals was mentioned at the meeting, but is already referenced in the Policy (line 27-29)
- Moved from the Goals to the Policy the requirement for 15 minutes for breakfast if bus is late based on requirement in Florida Statutes Section 595.405 in the Policy (lines 29-31)
- Added “academic achievement” under Nutrition Education (1.a) in Goals and Objectives. Academic achievement was already included under the goal of Physical Activity
- Added the integration of topics into curriculum in the Goals and Objectives (1.b.vii) and (2.b.xii)
- Changed “food intake” to “hydration” in the Goals and Objectives (2.b.v.)
- Added a reference to relaxation and stress relieving techniques to the Goals and Objectives (3.b.xii)
- Revised language regarding Asbestos and other environmental hazards in the Goals and Objectives (3.b.xxiii)
- Deleted original language regarding indoor air quality (3.b.xxv) and replaced with new language (3.b.xxv). The American Lung Association’s Asthma Friendly Schools Program has been discontinued. At this time District resources are not available to evaluate additional schools for the ALA standards. Moreover, these standards are not legally required. The schools, however, will comply with the standards of the District’s Indoor Air Quality Policy 7.195.
- Deleted language pertaining to the American Lung Association no longer funds certifications and their guidelines can change at any time in Goals and Objectives (3.b.xxvi)

- Removed time for lunch from the Goals and Objectives (4.Eating Environment. iii) as this is already covered in the Policy

## POLICY 2.035

### WELLNESS PROMOTION

#### Purpose

1. This Policy is intended to fulfill the requirement under Public Law 111-296 (42 U.S.C. § 1758b) and Florida Statutes Section 1003.453(1) that school districts shall have a local "school wellness policy" to promote student health, safety and the reduction of childhood obesity, as well as to promote wellness for District employees. The District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

#### Policy

2. The District ~~school system~~ will engage the general public and school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the School Board (Board), staff, and school administrators, to participate in the Wellness Promotion Policy process. ~~parents, teachers, food service and school health professionals, school and district administrators, the School Board, and other interested community members to participate in implementing, monitoring, and periodic reviewing, and District-wide nutrition and physical activity policies, and recommending the development of amendments to this Policy or the development of additional wellness policies.~~
3. ~~The Board is committed to providing a school environment that enhances learning and development of lifelong wellness practices.~~ The District school system shall promote school environments that encourage and protect children's health, well-being, and ability to learn, by supporting healthy nutrition and physical activity.
4. The school environment should be safe, comfortable, and aesthetically pleasing; ~~and schools should allow ample time and space for students to receive and consume meals.~~
5. Schools should allow ample time and space for students to consume meals from the time the students are seated (at least 15 minutes for breakfast and 20 minutes for lunch). However, all schools 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.
6. Food and/or physical activity should not be used as a reward ~~unless for behavior management.~~ unless it is based on a student's individual plan. Additionally, food and/or physical activity must not be used as a punishment. These statements, however, are not intended to prohibit or limit student recognition activities or events, or extra physical activities such as field trips that would involve student's participating in physical activity.

- 38 7. The school environment must be free of alcohol and illegal drugs and tobacco  
39 products alcohol, illegal drugs, and tobacco products as set forth in federal and  
40 sState law, as well as Board Policy 7.19. – Tobacco Free Environment. All school  
41 employees should ~~promote student substance use prevention~~ discourage student  
42 substance use by providing a clear no use message.
- 43 8. The District should provide school counseling and resources to address the  
44 academic, social-emotional, and college/career needs of all students.
- 45 9. The District recognizes the effect that bullying and harassment has on the health of  
46 students and encourages that efforts be made to eradicate bullying and harassment  
47 from all schools as per Board Policy 5.002 – Anti-Bullying and Harassment.
- 48 10. Child Nutrition Programs in the District shall comply with federal, state, and local  
49 requirements as referenced in Board Policy 6.185 – School Food Service  
50 Management. Qualified child nutrition professionals shall provide ~~healthful~~ healthy  
51 foods that are affordable, nutritious, appealing, and ~~are~~ accessible to all children.  
52 Child Nutrition Programs shall promote good health to foster student attendance and  
53 education.
- 54 a. ~~To the maximum extent practicable,~~ aAll schools in the District will  
55 participate in available federal child nutrition school meal programs  
56 (including the School Breakfast Program, National School Lunch Program,  
57 Afterschool Snack Program, ~~(to include after school snacks)~~ Summer  
58 Food Service Program, and Child and Adult Care Food Program).
- 59 b. Child Nutrition Programs shall comply with federal, state, and local  
60 requirements for food safety and security guidelines to include: Hazard  
61 Analysis and Critical Control Points (HACCP), Department of Education,  
62 Department of Agriculture and Consumer Services procedures, and the  
63 Florida Department of Health Palm Beach County Health Department  
64 inspections, ~~and ServeSafe~~.
- 65 c. All students shall receive free and reduced-price meal information and the  
66 website where the online application can be found.
- 67 11. Sequential and interdisciplinary nutrition education should be provided and  
68 promoted, in accordance with the Wellness Promotion Goals and Objectives  
69 referenced in paragraph 42 14 within this Policy.
- 70 12. ~~In addition to providing healthful meals in the cafeteria,~~ sSchools should **must** also  
71 promote wellness by ~~including more healthful selections when foods or beverages~~  
72 ~~are otherwise available on campus during the school day (e.g., in vending machines,~~  
73 ~~concession stands, a la carte, student stores, parties/celebrations, or fundraisers),~~  
74 remaining compliant consistent with the "Healthy, Hunger-Free Kids Act of 2010", by  
75 following the United States Department of Agriculture (USDA) Smart Snacks in  
76 School Nutrition Standards, 5P-1.003, Florida Administrative Code, and Board

- 77 Policy 6.185 – School Food Service Management (e.g., in vending machines or  
78 those sold by students, parents, school administrative staff, or any other person,  
79 company, or organization). ~~health information in the USDA’s Dietary Guidelines for~~  
80 ~~Americans (at Dietary Guidelines) and 42 U.S.C. §§ 1758 and, 1756 and, 42 U.S.C.~~  
81 ~~§§ 1773 and, 1779.~~
- 82 13. The opportunity for outdoor classrooms and school gardens should be provided  
83 when possible and incorporated in the designs of new construction and the  
84 renovation of schools. Administration should support teachers’ efforts to incorporate  
85 curriculum into the outdoor classrooms and school gardens.
- 86 14. Schools should instill patterns of meaningful physical activity connected to students'  
87 lives outside of physical education; and all school-based activities, to the extent  
88 practicable, should be consistent with the ~~wellness goals of this Policy~~ Wellness  
89 Promotion Goals and Objectives and Board Policy 8.025 ~~on~~ – Physical Education.
- 90 15. The Superintendent will ensure compliance with the Board's nutrition and physical-  
91 activity wellness policies through the designated employees. The Superintendent  
92 hereby designates the School Food Service Director to oversee the ~~implementation~~  
93 ~~and evaluation of the Wellness Promotion Policy~~ to include:
- 94 a. An assessment of the implementation of this Policy, as outlined in  
95 the Wellness Promotion Goals and Objectives incorporated herein by  
96 reference as part of this Policy.
- 97 b. The recommendations for revision of this Policy as needed.
- 98 c. The development of work plans to facilitate implementation.
- 99 d. The preparation of a summary report annually on District-wide  
100 compliance. The annual report will be made available to the Board and  
101 also distributed to the School Health Advisory Council (SHAC),  
102 Parent/Teacher Organizations (PTO), Parent/Teacher Associations (PTA),  
103 school principals, school health services personnel in the District, and  
104 community partners and posted on the District website. This annual report  
105 will inform and update the public (including parents, students, school staff  
106 and others in the community) about the content and implementation of the  
107 District's Wellness Promotion Policy. This annual report will highlight the  
108 strategies accomplished throughout the District to comply with this Policy.
- 109 16. ~~Each principal shall designate an Assistant Principal and Wellness Champion at~~  
110 ~~each school, to ensure that the schools comply with this Policy.~~
- 111 17. ~~The Superintendent or designee will utilize a plan for measuring and providing an~~  
112 ~~assessment of the implementation of this Policy, as outlined in the Wellness~~  
113 ~~Promotion Goals and Objectives incorporated herein by reference as part of this~~

114 Policy. ~~The Superintendent or designee shall recommend revision of this Policy as~~  
115 ~~needed and shall develop work plans to facilitate implementation.~~

116 18. ~~The Superintendent or designee will prepare a summary report annually on District-~~  
117 ~~wide compliance. The annual report will be provided to the School Board and also~~  
118 ~~distributed to the School Health Advisory Council (SHAC), parent/teacher~~  
119 ~~organizations parent/teacher associations school principals, school health services~~  
120 ~~personnel in the District, and community partners. This annual report will inform and~~  
121 ~~update the public (including parents, students, school staff and others in the~~  
122 ~~community) about the content and implementation of the District's wellness~~  
123 ~~promotion policies.~~

124 This annual report will include:

125 a. ~~the extent to which schools under the jurisdiction of the District are in~~  
126 ~~compliance with the local school wellness policy;~~

127 b. ~~the extent to which the District's wellness policy compares to model local~~  
128 ~~school wellness policies; and~~

129 c. ~~a description of the progress made in attaining the goals of the District's~~  
130 ~~wellness policy; and~~

131 d. ~~the designation of one (1) or more District or school officials, as~~  
132 ~~appropriate, to ensure that each school complies with the local school~~  
133 ~~wellness policy.~~

134 16. Each principal shall designate an Assistant Principal and Wellness Champion at  
135 each school as the Wellness Promotion Designees, to ensure that the school complies  
136 with this Policy. These Designees may also serve as the people who oversee the  
137 Healthy School Team.

138 17. Additionally, t~~The School~~ District will encourage the promotion of good health  
139 and well-being of every staff member by enlightening the awareness and support  
140 promoting and supporting of healthy behaviors and lifestyles.

141 18. The District will work with the community to support students walking and biking  
142 safely to and from schools. The District will also continue to pursue grants  
143 opportunities that will fund infrastructure and programs that encourage students to  
144 walk or bike safely to schools.

145 19. The District recognizes the important relationship between the health and  
146 wellness of individuals and their interaction with the natural and man-made  
147 environment. As such, the District supports and promotes the idea of individual  
148 environmental stewardship. “Environmental Stewardship” is defined as the  
149 responsible use and protection of the natural environment through conservation and  
150 sustainable practices. It also embraces the concept that individuals within the

151 school community are responsible for protecting their own indoor environmental  
152 quality by adhering to all policies and procedures as set forth by the District.

153 20. The Guidelines and any School District (PBSD) forms that are mentioned within the  
154 District's Wellness Promotion Goals and Objectives are incorporated herein by  
155 reference as part of this Policy and will be made available through the District's website  
156 Public Affairs Department. The PBSD forms can be located on the District's forms web  
157 site.

STATUTORY AUTHORITY: Fla. Stat. §§ 1001.32(2); 1001.41(1) & (2); 1001.42 (16) &  
(27); 1001.43(1) & (6)

LAWS IMPLEMENTED: Fla. Stat. §§ 1001.32(2); 1001.41(3); 1001.42(8) &  
(16); 1003.453; 1003.455; 595.405 (5); 42 U.S.C. § 1758b

Fla. Stat. §§ 595; 42 USC § Chapter 13 and 13A et seq.  
(Richard B. Russell National School Lunch Act); (Child  
Nutrition Act of 1966); Healthy, Hunger Free Kids Act of 2010  
(Public Law 11-296) (See 42 U.S.C.A. § 1751 and multiple  
U.S.C. sections cited in the Note); 7 CFR Parts 210, 220,  
225-227, 235, 240, 245, 247, 250 and 252

FL. DEPARTMENT OF AGRICULTURE  
AND CONSUMER SERVICES RULES: 5P-1.001; 5P-1.002;  
5P-1.003, F. A.C.

HISTORY: 5/31/2006; 7/9/2008 (as Policy 1.11); 9/30/2009; 5/16/2012;  
\_\_\_/\_\_\_/2015.

158 RELATED SCHOOL BOARD POLICIES:

159 Board Policy 6.185 – School Food Service Management

160 Board Policy 8.025 – Physical Education

161 Board Policy 7.19- – Tobacco Free Environment

162 Board Policy 5.002 – Anti-Bullying and Harassment

163 Board Policy 7.195 – Indoor Air Quality

164 Board Policy 7.24 – Animals on District Property

165 Board Policy 2.24 – School Bus and Heavy-Duty Diesel Vehicle Idling  
166 Reduction

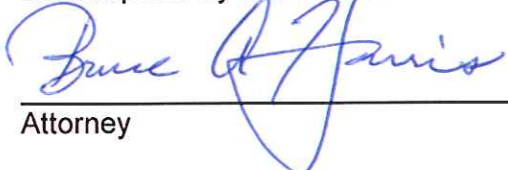
167 Board Policy 7.196 – Energy and Water Use Conservation

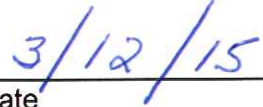
168 Board Policy 7.1965 – Energy Conservation Incentive Program.



Legal Signoff:

The Legal Department has reviewed proposed Policy 2.035 and finds it legally sufficient for adoption by the Board.

  
\_\_\_\_\_  
Attorney

  
\_\_\_\_\_  
Date

## THE SCHOOL DISTRICT OF PALM BEACH COUNTY

**Wellness Promotion Task Force (WPTF) Mission:** ~~To~~ The Wellness Promotion Policy (2.035) creates an educational forum to educate the that allows District and community partners to successfully collaborate in promoting 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 for of all school children, ~~and~~ staff, parents, and the community.

### Wellness Promotion Goals and Objectives

Revised: XXX, 2015 May 2012

To achieve the goals of **Policy 2.035 – Wellness Promotion**, 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~~ encourages 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 intention of improving students' health, academic achievement and reducing childhood obesity.
- b. Objectives:
  - i. Nutrition education, is as a component of comprehensive health education, ~~and can~~ should be integrated through classroom teachers the traditional classroom setting, and school nurses and/or in schools that do not have a certified health education teachers.
  - ii. Nutrition education information and resources shall ~~should~~ be reviewed made available through the District's School Food Service Department by a qualified and credentialed professional (e.g. School Food and Nutrition Specialist (SFNS) (SNS), a Registered Dietitian Nutritionist and/or Licensed Dietitian Nutritionist (R.D./RDN, and/or L.D./N LDN), who is specialized in ~~school-based~~ childhood nutrition).
  - iii. The school cafeteria should serve as a "learning library" to allow students to reinforce lessons ~~apply critical thinking skills~~ taught in the classroom.
  - iv. Nutrition education should involve sharing information with families and the broader community to positively impact the health of students, staff, and ~~the health of the community~~ members.
  - v. The District should provide ~~wellness information, including~~ nutrition education, to students, staff and the community through such

means as the District's website, classes, programs and wellness events.

- vi. Students should be encouraged to start each day with eat a healthy breakfast, ~~be encouraged to eat a healthy lunch to include fruits and vegetables, and a healthy after school snack,~~ and dinner, including fruits and vegetables, to increase learning and sustain energy throughout the day.
- vii. The District should develop strategies of how to best integrate nutrition education topics into various subjects.

## 2. PHYSICAL ACTIVITY

- a. Goal: To promote physical activity with the objective intention of improving students' health, academic achievement, and reducing childhood obesity.
- b. Objectives:

- i. ~~To the degree that funding is provided, d~~ 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: Physical Education.
- 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~~ hydration and physical activity.
  - vi. Information should be provided to staff and families to help them incorporate physical activity into their students' and their 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.
  - xii. The District should research strategies on how to best integrate physical activity topics into various subjects.

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

- a. Goal: To promote and safeguard 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 under their own direction, during ~~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~~ shall 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 ~~g~~Goals and Objectives should be considered in planning all school and department-based activities (such as school events, field trips, dances, assemblies, and workshops).
- vi. Sun safety practices should be encouraged during outdoor activities and events to avoid harmful overexposure to the sun.
- vii. Support for the physical, social, behavioral, and emotional health of all students and staff should be demonstrated by engaging in partnerships with local agencies, hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid, local, and/or state children's health insurance programs. The District will work with Florida Department of Health Palm Beach County and the Health Care District of Palm Beach County which provide many students with basic health screenings.
- viii. ~~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.~~
- ix. School health services, school counselors and school psychological/social services should promote the Wellness Promotion Policy ~~g~~Goals and Objectives as demonstrated by through 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 & and Drug-Free Schools Advisory Council Committee) which support student social, emotional and behavioral needs.
- x. The District ~~should~~ shall cooperate and collaborate with ~~certain~~ appropriate community agencies to promote health and wellness for its students, families, and staff.
- xi. The District and each worksite ~~should~~ shall provide information about wellness resources and services to assist in identifying and supporting the health, safety, and well-being of all students and staff.
- xii. To the extent possible, schools should provide time for relaxation and stress relieving techniques to improve academic success.

- xiii. ~~The District will work with the local Health Department and the Health Care District of Palm Beach County who will provide many students with basic health screenings.~~
- xiii. ~~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 partner with relevant outside agencies. These partnerships should provide opportunities for the agency, the school, and the family to work together.~~
- xiv. ~~The District will implement the school counselors' Student Development Plan for all schools to attempt to meet the academic, personal, and/or social/emotional~~ social-emotional, and college-career ~~readiness needs of students. Furthermore, in an effort to realize~~ actualize ~~a comprehensive school counseling program, schools and the District should encourage School Counselors to follow the National Standards~~ National Model Framework for School Counseling Programs, ~~endorsed by The~~ the ~~American School Counselor Association, including the following student development areas: Academic Development, Career Development, and Personal Social Development.~~ Mindsets & Behaviors for Student Success that support academic, social-emotional, and career development.
- xv. ~~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.~~
- xvi. ~~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~~ of ensuring ~~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~~ as referenced in ~~Board Policy 5.002 – Prohibition of Bullying and Harassment Policy.~~ Anti-Bullying and Harassment.
- xvii. ~~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.~~

- xviii. Schools ~~should~~ shall 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: – Tobacco Free Environment.
- xix. Schools are required to inform students and their families about the District’s ~~Alternative to Suspension~~ alternative to suspension programs for students suspended for alcohol, tobacco, or other drug possession or use.
- xx. Per Board Policy 7.195 – Indoor Air Quality (IAQ), District staff shall strive to maintain good air quality at all schools, ancillary facilities, and support vehicles including school buses to support the health, wellness, and safety of students and staff. This would include adequate routine custodial care with the least toxic cleaning products available in the marketplace, prohibited use of air-fresheners and masking agents, and timely reporting of spills and water leaks. The use of household chemicals including pest sprays and aerosol cleaners are also prohibited by this Policy. Integrated Pest Management (IPM) shall be used at all District facilities to attempt to effectively treat pests while using the least toxic alternatives available.
- xxi. Department of Maintenance & Plant Operations (M &PO) staff shall attempt to ensure schools have adequately maintained HVAC systems that meet minimum District requirements for temperature and relative humidity, and that the conditions set forth in Board Policy 7.196 – Energy and Water Use Conservation are also met. M &PO shall provide training, program management, and appropriate supervision for a District-wide “Green Cleaning” program that utilizes environmentally-friendly cleaning products only.
- xxii. Radon gas testing shall be conducted in accordance with federal guidelines.
- xxiii. Asbestos and other environmental hazards subject to regulations shall ~~attempt to be~~ managed properly with a goal to prevent student and staff exposure including mandatory awareness training programs for designated M &PO and custodial workers.
- xxiv. Chemicals designated for use in school buildings shall be inventoried, handled, and stored in strict accordance with manufacturer guidelines and HAZCOM – GHS standards. All chemicals shall be reviewed and approved by qualified Environmental & Conservation Services staff prior to use.
- xxv. Schools ~~certified through the American Lung Association’s Asthma Friendly Schools Program should comply with the program’s general IAQ standards.~~
- xxv. All schools and facilities should comply with Indoor Air Quality standards as referenced in Board Policy 7.195 – Indoor Air Quality



- xxvi. The American Lung Association's Open Airways for Schools program should foster an awareness of indoor air pollutant sources among students and staff with a goal towards the reduction of common asthma/allergy triggers.
- xxvi. All employees who handle science chemicals must participate in District-sponsored training and be made aware of the Occupational Safety and Health Administration (OSHA) Hazard Communication Standard provisions, which provide easily understandable information on appropriate labeling, handling, storage, and safe use of hazardous chemicals.
- xxvii. Schools should participate, to the greatest extent possible, in the sustainability initiatives made available to them; including energy and water conservation activities, waste reduction and recycling, and outdoor and environmental education. Schools are strongly encouraged to apply for the Green Schools Recognition Program ([www.ourgreenschools.com](http://www.ourgreenschools.com)) and participate in the program as a means of supporting the District's environmental stewardship efforts as referenced in Board Policy 7.1965 – Energy Conservation Incentive Program.

#### 4. NUTRITION STANDARDS AND NUTRITION PROMOTION

- a. Goal: To promote student health and the reduction of childhood obesity, at each school, through nutrition guidelines, a healthy eating environment, food safety, and the operation of Child Nutrition Programs meeting the USDA's school meal and Smart Snacks in School nutrition standards; and ~~food safety and security on each school campus, with the objective of promoting student health, and reducing childhood obesity.~~
- b. The ~~o~~bjectives: are stated: below

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

- i. In addition to providing ~~healthful~~ healthy meals in the cafeteria which meet USDA's nutrition standards, schools ~~are encouraged to~~ must, when selling food and beverages to students, follow the USDA Smart Snacks in School nutrition standards, Florida State Board Rule 5P-1.003, and Board Policy 6.185 – School Food Service Management ~~provide healthy selections of foods and beverages on campus (e.g. in vending machines, concession stands, a la carte, student~~ school stores, snack bars, parties/celebrations, and school-sponsored fundraising), ~~during the school days and to promote consistent health information that is current with the Dietary Guidelines for Americans.~~
- ii. Each school shall establish a Healthy School Team for the purpose of supporting the District in remaining in compliance with the Smart Snacks in School legislation. The Healthy School Team should



include, but not be limited to the following stakeholders: parents, students, school food service program representatives, school administration, school health professionals, physical education teachers, and the public. Responsibilities of this team can be found in Board Policy 6.185 – School Food Service Management and 5P-1.003, Florida Administrative Code. Each school should designate one employee to oversee the Healthy School Team and may serve as the Wellness Promotion Designee.

- iii. It is encouraged, when food and beverages are offered at no cost to students (such as in classroom parties and classroom snacks brought by parents), that they align with the USDA Smart Snacks in School nutrition standards.
- ~~iv. 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.~~
- iv. Nutrition information for products served via the cafeteria should shall be available for reference at the School Food Service Department Office and or on the School Food Service Department website.
- v. The School Food Service Department ~~will continue the procurement of~~ shall procure fresh locally grown fruits and vegetables, from local farmers, to incorporate into the District menus. The partnership will provide an additional avenue for nutrition education.
- ~~vi. 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 must have all items aligned nutritionally with the USDA Smart Snacks in School nutrition standards and follow the requirements as outlined in the District's Vending Services Contract (14C-42D). 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.
- vii. Marketing of food products shall be limited to those foods and beverages that meet the requirements set forth by the USDA Smart Snacks in School nutrition standards.
- viii. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
- ix. 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.
- x. Advertising messages should be consistent with and reinforce the objectives of the education and nutrition environment goals of the school and District.
- xi. 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.

### Eating Environment

- i. 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 shall notify parents and students of the availability of the School Breakfast Program.

- ii. ~~In compliance with applicable laws, each elementary, middle, and high All schools 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.~~
- iii. ~~Students should be provided adequate time to eat lunch, (i.e. at least 20 minutes for lunch, from the time the student is seated).~~
- iv. ~~Breakfast periods should be scheduled to provide enough time for students to eat. An additional option may be an in-class breakfast program.~~
- ii. Lunch periods should be scheduled as near the middle of the school day as possible. It is encouraged that Recess for elementary grades should be scheduled before lunch.
- iii. ~~Dining areas should be attractive and Meal service times should be scheduled appropriately in order to have enough space for seating the students who will be dining.~~
- iv. Potable water shall be available to students where meals are served.
- v. 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 reduced-price school meals.

#### Child Nutrition Operations

- i. The District should employ a School Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.
- ii. All food service personnel should have adequate pre-service training in food service operations.
- iii. 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.
- iv. ~~The child nutrition program should~~ Child Nutrition Programs shall ensure that all students have affordable access to a variety of appealing and nutritious foods, meals, in a safe and effective manner, with the purpose of encouraging healthy choices and supporting student performance. they need to stay healthy and learn well.
- v. ~~The school~~ Schools 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 School Breakfast, National School Lunch, Afterschool Snack, Summer Food Service, and Child and Adult Care Food Programs).

- vi. A child's need for nutrients does not end when the school session ends. Schools in which 50% or more students are eligible for free or reduced-priced reduced-price 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.
- vii. ~~The District should employ a School Food Service Director who is qualified to administer the school food service program and satisfy reporting requirements.~~
- viii. ~~All food service personnel should have adequate pre-service training in food service operations.~~
- ix. ~~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.~~
- x. ~~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.~~

#### Food Safety/Food Security

- i. The foods made available on campus provided by the School Food Service Department Authority, should shall comply with the State and local food safety and sanitation regulations. The required Hazard Analysis and Critical Control Points (HACCP) plans and guidelines should shall be implemented to prevent food foodborne illness in schools per the U.S. Department of Agriculture's Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles <http://www.fns.usda.gov/food-safety/food-safety-resources> under the topic of "Food Safety for Child Nutrition Professionals".
- ii. For the safety and security of the food and facility, access to the food service operations should be limited to ~~Child Nutrition~~ the School Food Service Department 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)) <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-defense-defense-and-emergency-response/emergency-response>.

## 5. CALL TO ACTION

The District recognizes that 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" (2.035) is ~~only~~ one part of the solution.

The Policy can have far reaching effects on what students eat in school and how change occurs in families and communities. Students, staff, 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.

- a. ~~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~~ typically at Fulton-Holland Educational Services Center in the Board Room.

## 7. WELLNESS PROMOTION PLAN POLICY DOCUMENTATION

- i. The Wellness Promotion Task Force ~~should~~ recognizes that many of the recommended objectives will need phase-in time to implement. These ~~recommended~~ The progress made on these goals and objectives will be included documented in the Wellness Promotion Task Force meeting minutes and Wellness Promotion Policy Annual Report in order to ensure compliance with the USDA guidelines under the Healthy, Hunger-Free Kids Act of 2010.

- ii. The Wellness Promotion Task Force shall conduct assessments every three years, at a minimum, to determine compliance with the Wellness Promotion Policy.
- iii. The Wellness Promotion Policy, Wellness Promotion Policy Annual Report and the Triennial Assessment shall be made available to the public.

~~The meeting minutes should include the following of:~~

- ~~xxvii. Those recommended objectives that can be implemented as immediate action priorities.~~
- ~~xxviii. Those recommended objectives that can be implemented as short-term (one to two years) action priorities.~~
- ~~xxix. Those recommended objectives that can be implemented as long-term (two years or more) action priorities.~~
- b. ~~The recommended objectives include the following goals:~~
  - ~~xxvii. Nutrition Education~~
  - ~~xxviii. Physical Activity~~
  - ~~xxix. Other School and Department Based Activities~~
  - ~~xxx. 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.~~