



POLICY 2.035

- 5-C** I recommend that the Board approve development of the proposed Policy 2.035, entitled "Wellness Promotion"

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

Development

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.

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), and school administrators) to participate in the Wellness 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).
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.

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

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

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

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

122 This annual report will include:

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

125 b. the extent to which the District's wellness policy compares to model local
126 school wellness policies; and

127 c. a description of the progress made in attaining the goals of the District's
128 wellness policy; and

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

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

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

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

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

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

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

156 RELATED SCHOOL BOARD POLICIES:

157 Board Policy 6.185 – School Food Service Management

158 Board Policy 8.025 – Physical Education

159 Board Policy 7.19- – Tobacco Free Environment

160 Board Policy 5.002 – Anti-Bullying and Harassment

161 Board Policy 7.195 – Indoor Air Quality

162 Board Policy 7.24 – Animals on District Property

163 Board Policy 2.24 – School Bus and Heavy-Duty Diesel Vehicle Idling
164 Reduction

165 Board Policy 7.196 – Energy and Water Use Conservation

166 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 development by the Board.



Attorney

2/9/15

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 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 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.

PHYSICAL ACTIVITY

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

2. 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 gGoals 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 gGoals 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. ~~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.~~

- 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 partner with relevant outside agencies. These partnerships should provide opportunities for the agency, the school, and the family to work together.~~
- 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 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.
- 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 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.
- 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 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.
- xviii. 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.
- xix. 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.
- xx. 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.
- xxi. Radon gas testing shall be conducted in accordance with federal guidelines.
- xxii. Asbestos and other environmental hazards shall attempt to be managed properly to prevent student and staff exposure including mandatory awareness training programs for designated M &PO and custodial workers.
- xxiii. 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.
- xxiv. Schools certified through the American Lung Association’s Asthma Friendly Schools Program should comply with the program’s general IAQ standards.
- xxv. 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.
- xxvi. 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) 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.

3. NUTRITION STANDARDS AND NUTRITION PROMOTION

- b. 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.~~

The objectives are stated below:

- c. 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.~~
- v. 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.
- vi. 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.
- vii. ~~Vending companies will be encouraged to provide up-to-date nutrition information to educate consumers.~~
- viii. 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.
- ix. ~~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.

- x. 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.
- xi. Food providers should be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- xii. 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.
- xiii. Classroom snacks provided by the school should be healthy snacks. Families should be educated and encouraged to provide healthy snacks/choices.
- xiv. 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.
- xv. Advertising messages should be consistent with and reinforce the objectives of the education and nutrition environment goals of the school and District.
- xvi. 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.

d. 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.~~
 - v. 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.
 - vi. ~~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.
 - vii. Potable water shall be available to students where meals are served.
 - viii. 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.

e. 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.~~

f. 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/wps/portal/fsis/topics/food-defense-defense-and-emergency-response/emergency-response>.

4. CALL TO ACTION

- b. 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 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.
- ~~e. 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!~~

5. 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.

6. WELLNESS PROMOTION PLAN POLICY DOCUMENTATION

- iii. ~~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.
- iv. The Wellness Promotion Task Force shall conduct assessments every three years, at a minimum, to determine compliance with the Wellness Promotion Policy.

- v. 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:~~

- ~~xxvi. Those recommended objectives that can be implemented as immediate action priorities.~~
- ~~xxvii. Those recommended objectives that can be implemented as short-term (one to two years) action priorities.~~
- ~~xxviii. Those recommended objectives that can be implemented as long-term (two years or more) action priorities.~~

~~c. The recommended objectives include the following goals:~~

- ~~xxvi. Nutrition Education~~
- ~~xxvii. Physical Activity~~
- ~~xxviii. Other School and Department Based Activities~~
- ~~xxix. Nutrition Standards and Nutrition Promotion~~

~~d. 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.~~



THE SCHOOL DISTRICT OF PALM BEACH COUNTY

Voluntary Employee Exercise Program Participant's Release/Waiver of Liability and Hold Harmless Agreement

I, _____ have been informed and know the risks involved in participating in the voluntary employee exercise program, and understand that serious injury, and even death, is possible in such participation and I choose to accept such risk. I voluntarily accept any and all responsibility for my own safety and welfare while participating in the employee exercise program, with the full understanding of the risks involved. I hold harmless and release the SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA, ITS MEMBERS, OFFICERS, EMPLOYEES, AND AGENTS, of any and all responsibility and liability for any injury or claim resulting from my participation in this event.

In consideration for being allowed to participate in the employee exercise program, I for my heirs, executors and administrators, release and forever discharge the SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA, ITS REPRESENTATIVES, EMPLOYEES AND AGENTS of all liability, claims, actions, damages, and costs/expense I may have against them arising out of or in any way connected with my participation in the employee exercise program. I understand that this release /waiver of liability applies to any claim, even those based upon the direct negligence, actions or in actions of those referenced above, including the SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA.

The undersigned participant's participation in the program is not a regular, direct or indirect condition of the participant's employment with the School Board. The undersigned participant has not been threatened, coerced, induced or promised anything whatsoever to participate in the Program, nor have there been any attempts by any person or entity to do so. Instead, the participant enters into this agreement of his/her own free will and acknowledges that this agreement is entered into in good faith on the part of the undersigned participant and the School Board. Further, the School Board expressly makes no request or requirement for the undersigned participant to participate in the Program, nor is participation in the Program a precondition to employment or continued employment with the School District. The School District receives no regular, direct or indirect benefit from the undersigned participant's involvement in the program, except for a possible improvement in the undersigned participant's health, welfare and morale that is common to all kinds of recreational and social activities. The undersigned participant's participation in the Program is purely voluntarily on the part of the undersigned participant, who understands his/her participation in the Program is not required either expressly or impliedly or otherwise by the School Board as an incident of the participant's employment with the School Board. The undersigned participant, therefore, when engaging in the Program, including but not limited to any travel related thereto, is not engaged in the course and scope of employment with the School Board. Further, the undersigned participant agrees not to accept and is not entitled to receive any wages, money or other compensation for employment with the School Board while engaging in or preparing to engage in the Program, including but not limited to, any travel related thereto.

I HAVE READ THIS CAREFULLY, UNDERSTAND IT, AND KNOW IT CONTAINS A RELEASE. I acknowledge that I have completed the Employee Exercise Physical Activity Readiness Questionnaire. If so indicated by the questionnaire, I agree to provide written release from a doctor before participating in the employee exercise program.

Signature of Participant

Date

Print Name _____

Employee ID # _____