



## **POLICY 1.11**

**4-A** I recommend that the Board adopt the proposed new Policy 1.11, entitled “Wellness Promotion.”

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

### **Adoption**

### **CONSENT ITEM**

- The Board approved development of this new Policy at the special meeting on Policies on March 29, 2006. Based on suggestions and questions at that Board meeting, minor amendments to the attached Goals and Objectives a noted with underlines and strikeouts at lines 43, 55, 60, 66-76, 103, 125-26, and 237-240.
- This proposal would satisfy the federal legal requirement of having a “local school wellness policy” to promote health and fitness and discourage obesity.
- Additional wellness goals and objectives are incorporated by reference (see attachment).

**POLICY 1.11**

**WELLNESS PROMOTION**

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

- 37 7. In addition to providing healthful meals in the cafeteria, schools should also  
38 promote wellness by including more healthful selections when foods and  
39 beverages are otherwise available on campus during the school day (e.g., in  
40 vending machines, concession stands, a la carte, student stores,  
41 parties/celebrations, or fundraisers), consistent with health information in the USDA  
42 Dietary Guidelines for Americans (at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)).
- 43 8. Schools should instill patterns of meaningful physical activity connected to  
44 students' lives outside of physical education; and all school-based activities, to the  
45 extent practicable, should be consistent with the wellness goals of this Policy.
- 46 9. The Superintendent will ensure compliance with the Board's nutrition and physical-  
47 activity wellness policies through the designated employees. The Superintendent  
48 hereby designates the Food Service Director, and each principal shall designate an  
49 assistant principal at each school, to oversee the implementation and evaluation of  
50 this Policy to ensure that the schools comply with this Policy.
- 51 10. The Superintendent or designee will utilize a plan for measuring the  
52 implementation of this Policy, as outlined in the Wellness Promotion Goals and  
53 Objectives incorporated herein by reference, and will prepare a summary report  
54 annually on District-wide compliance. The report will be provided to the School  
55 Board and also distributed to all school health councils, parent/teacher  
56 organizations, school principals, and school health services personnel in the  
57 District.
- 58 11. Additionally, the School District will encourage the promotion of good health and  
59 well-being of every staff member by enlightening the awareness and support of  
60 healthy lifestyles.
- 61 12. The Superintendent shall recommend revision of this Policy as needed and shall  
62 develop work plans to facilitate implementation. The Wellness Promotion Goals  
63 and Objectives (available online at [www.palmbeach.k12.fl.us/policies/1-11gao.htm](http://www.palmbeach.k12.fl.us/policies/1-11gao.htm))  
64 are incorporated herein by reference as if set forth fully herein.

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

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

67 HISTORY: New: / /2006

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Legal Signoff:

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

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Attorney

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**Wellness Promotion Goals and Objectives**

To achieve the goals of Policy 1.11, the following goals and objectives are to be used by the Wellness-Promotion Task Force to evaluate the strengths, weaknesses, and resources of the School District. The District is encouraging a positive and proactive approach to this exciting opportunity to impact students' health and their school environment. In all aspects of wellness promotion, District personnel should act as role models for good nutrition and physical activity behaviors.

1. **NUTRITION EDUCATION**

- a. Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.
- b. Objectives:
  - i. The staff responsible for nutrition education should be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities should provide basic knowledge of nutrition combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.
  - ii. Nutrition education information should be reviewed by a qualified and credentialed professional (e.g. School Food and Nutrition Specialist (SFNS), a Registered and/or Licensed Dietitian (R.D., and/or L.D. /N), who is specialized in school-based childhood nutrition).
  - iii. The school cafeteria should serve as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
  - iv. Nutrition education should involve sharing information with families and the broader community to positively impact students and the health of the community.
  - v. Nutrition education should be provided for all staff members. The District should establish and maintain a staff wellness committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
  - vi. The District should provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
  - vii. Students should be encouraged to start each day with a healthy breakfast.

39 2. PHYSICAL ACTIVITY

- 40 a. Goal: To promote physical activity with the objective of improving students' health  
41 and reducing childhood obesity.
- 42 b. Objectives:
- 43 i. To the degree that funding is provided, daily Pphysical activity should be  
44 integrated across the curriculum and throughout the school day for Pre-K –  
45 12th grades.
- 46 ii. Physical education courses should be the environment where students learn,  
47 practice, and are individually assessed on developmentally appropriate  
48 motor skills, social skills, and knowledge, which will support life-long benefits  
49 of physical activity.
- 50 iii. State-certificated physical education instructors shall teach all physical  
51 education classes.
- 52 iv. Recess periods for elementary grades should be encouraged, but should not  
53 be used as a punishment or a reward. Consider planning recess before  
54 lunch since research indicates that physical activity prior to lunch can  
55 increase the nutrient intake ~~and reduce food waste~~.
- 56 v. Physical activity participation should take into consideration the “balancing  
57 equation” of food intake and physical activity.
- 58 vi. Physical education should include the instruction of individual activities as  
59 well as competitive and non-competitive team sports to encourage life-long  
60 physical activity which provides outlets for stress-reduction.
- 61 vii. The school should provide a physical, social, and emotional environment that  
62 encourages safe and enjoyable activity for all students and staff including  
63 those who are not athletically gifted.
- 64 viii. Information should be provided to staff and families to help them  
65 incorporate physical activity into their students' lives.
- 66 ix. ~~Community schools with adequate staffing for after school community~~  
67 ~~programs should be encouraged to provide community access and~~  
68 ~~encourage students, staff, and community members to use the school's~~  
69 ~~physical activity facilities outside of the normal school day and/or school~~  
70 ~~hours, with appropriate attention to safety and supervision. Principals should~~  
71 ~~be encouraged to provide students, staff, and communities the use of school~~  
72 ~~physical activity facilities outside of the normal school day. Such activities~~  
73 ~~shall be limited to those that do not negatively impact the instruction of~~  
74 ~~students, are conducted in a safe and supervised manner, and have~~  
75 ~~minimal negative impact on the school buildings, grounds, equipment, or~~  
76 ~~school budget.~~
- 77 x. Schools should offer extracurricular physical activity programs such as  
78 physical activity clubs or intramural programs. Schools should offer a wide  
79 range of activities that meet the needs of all students.

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

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84 3. OTHER SCHOOL-BASED ACTIVITIES

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

86 b. Objectives:

87 i. After-school programs should encourage physical activity and health-habit  
88 formation.

89 ii. Wellness-Promotion Policy goals should be considered in planning all  
90 school-based activities (such as school events, field trips, dances, and  
91 assemblies).

92 iii. Support for the physical, social, and emotional health of all students and staff  
93 should be demonstrated by hosting health clinics, health screenings, and  
94 helping to enroll eligible children in Medicaid and other state children's health  
95 insurance programs.

96 iv. Schools should organize wellness-promotion committees comprised of  
97 families, teachers, administrators, school health staff, and students to plan,  
98 implement, and improve nutrition and physical activity in the school  
99 environment.

100 v. School health services and school psychological/social services should  
101 promote the Wellness Promotion Policy goals as demonstrated by health  
102 screenings, and as an example, support groups for eating disorders, stress-  
103 reduction, and other activities.

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105 4. NUTRITION STANDARDS

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

109 The objectives are stated below:

110 b. Nutrition Guidelines for All Foods on Campus

111 i. In addition to providing healthful meals in the cafeteria, schools are  
112 encouraged to provide healthy selections of foods and beverages on campus  
113 (e.g. in vending machines, concession stands, a la carte, student stores,  
114 parties/celebrations, and fundraising) during the school days and to promote  
115 consistent health information that is current with the Dietary Guidelines for  
116 Americans.

117 ii. Food providers should take measures to ensure that student access to foods  
118 and beverages meets federal, state, and local laws and guidelines. Food

- 119 providers should offer a variety of age appropriate healthy food and  
120 beverage selections for elementary schools, middle schools, and high  
121 schools.
- 122 iii. Nutrition information for products served via the cafeteria should be available  
123 for reference at the School Food Service Office and eventually the School  
124 Food Service website.
- 125 iv. Vending companies will be encouraged to provide up-to-date nutrition  
126 information to educate consumers.
- 127 v. Families, teachers, students, and school officials should be encouraged to  
128 be engaged and educated in choosing the competitive food selections for  
129 their school sites.
- 130 vi. Promotional activities (such as for foods, physical-fitness programs, or  
131 wellness activities), should be limited to programs that are requested by  
132 school officials to support teaching and learning. All promotional activities in  
133 schools should be connected to activities that encourage physical activities,  
134 academic achievement, or positive youth development and be in compliance  
135 with local guidelines.
- 136 vii. Food providers should be sensitive to the school environment in displaying  
137 their logos and trademarks on school grounds.
- 138 viii. Classroom snacks provided by the school should be healthy snacks.  
139 Families should be educated and encouraged to provide healthy  
140 snacks/choices.
- 141 ix. Nutrition education should be incorporated during classroom snack times  
142 and not just during meals. Foods and beverages sold at fundraisers should  
143 include healthy choices and provide age appropriate selections for  
144 elementary schools, middle schools, and high schools.
- 145 x. Advertising messages should be consistent with and reinforce the objectives  
146 of the education and nutrition environment goals of the school.
- 147 xi. Advertising (ideally, educational information only) of foods or beverages in  
148 the areas accessible to students during meal times should be consistent with  
149 established nutrition environment standards.
- 150 c. Eating Environment
- 151 i. Students should be provided adequate time to eat lunch, at least 10 minutes  
152 for breakfast and 20 minutes for lunch, from the time the student is seated.
- 153 ii. Breakfast periods should be scheduled to provide enough time for students  
154 to eat. An additional option should be an in-class breakfast program.
- 155 iii. Lunch periods should be scheduled as near the middle of the school day as  
156 possible. Recess for elementary grades should be scheduled before lunch.
- 157 iv. Cafeterias should provide enough serving areas so that students do not have  
158 to spend too much time waiting in line.



- 159 v. Dining areas should be attractive and have enough space for seating the  
160 students who will be dining.
- 161 vi. Drinking water should be available for students at meals.
- 162 vii. Food should not be used as a reward or a punishment for student behaviors,  
163 unless it is detailed in a student's Individualized Education Plan (IEP).
- 164 viii. Schools should make every effort to eliminate any social stigma attached to,  
165 and prevent the overt identification of, students who are eligible for free and  
166 reduced-price school meals.
- 167 d. Child Nutrition Operations
- 168 i. The child nutrition program should aim to be financially self-supporting.  
169 However, the program is an essential educational support activity. Budget  
170 neutrality or profit generation should not take precedence over the nutritional  
171 needs of the students. If subsidy of the child nutrition fund is needed, it  
172 should not be from the sale of foods that have minimal nutritional value  
173 and/or compete nutritionally with program meals.
- 174 ii. The child nutrition program should ensure that all students have affordable  
175 access to the varied and nutritious foods they need to stay healthy and learn  
176 well.
- 177 iii. The school should strive to increase participation in the available federal  
178 Child Nutrition programs (e.g. school lunch, school breakfast, after-school  
179 snack, and summer food service programs).
- 180 iv. Schools in which 50% or more of students are eligible for free or reduced-  
181 price school meals with activities on campus should sponsor the Summer  
182 Food Service Program during the summer months based on the District's  
183 calendar.
- 184 v. The District should employ a Food Service Director who is qualified to  
185 administer the school food service program and satisfy reporting  
186 requirements.
- 187 vi. All food service personnel should have adequate pre-service training in food  
188 service operations.
- 189 vii. A child's need for nutrients does not end when the school session ends.  
190 Therefore, effort should be made to offer meals during breaks in the school  
191 calendar and to coordinate with other agencies and community groups to  
192 operate or assist with operating, a summer food service program for children  
193 and adolescents who are eligible for federal program support.
- 194 viii. Students are encouraged to start each day with a healthy breakfast. The  
195 District should encourage that all children have breakfast either at home or at  
196 school in order to meet their nutritional needs and enhance their ability to  
197 learn. Schools should operate a breakfast program. Schools should, to the  
198 extent possible, arrange bus schedules and utilize methods to serve school  
199 breakfast that encourage participation. This includes serving breakfast in the

200 classroom, a “grab-and-go breakfast,” breakfast during morning break or  
201 recess, and to the extent practicable, providing Provision II Breakfast. The  
202 District and/or school should notify parents and students of the availability of  
203 the School Breakfast Program.

204 e. Food Safety/Food Security

205 i. The foods made available on campus provided by the School Food  
206 Authority, should comply with the state and local food safety and sanitation  
207 regulations. Hazard Analysis and Critical Control Points (HACCP) plans and  
208 guidelines should be implemented to prevent food illness in schools.

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

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215 5. CALL TO ACTION

216 a. Childhood obesity is a health crisis in Florida and throughout the United States.  
217 The epidemic begins with unhealthy eating and physical inactivity patterns  
218 established when children are very young. All segments of society have a role to  
219 play in solving this complicated health issue. The School District of Palm Beach  
220 County’s “Wellness Promotion Plan” is only one part of the solution.

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

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

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231 7. WELLNESS PROMOTION PLAN FORMAT/WORKSHEET

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

235 i. Those recommended objectives that can be implemented as immediate  
236 action priorities.

237 ii. Those recommended objectives that can be implemented as ~~delayed~~ short-  
238 term (one to two years) action priorities.

239 iii. Those recommended objectives that can be implemented as long-term (two

- 240                   years or more) action priorities.
- 241           b.    The recommended objectives should be listed under each of the following goals:
- 242                   i.    Nutrition Education
- 243                   ii.   Physical Activity
- 244                   iii.   Other School-based
- 245                   iv.   Nutrition Standards
- 246           c.    Under each of these goals, the recommended objectives will be referenced on
- 247                   worksheets which should further divide under the following headings: District-
- 248                   wide, elementary school level, middle school level, high school level and be
- 249                   addressed using the following format:
- 250                   i.    Strategy(s)
- 251                   ii.   Responsible Party(s)
- 252                   iii.   Implementation Timeline
- 253                   iv.   Estimated Cost
- 254                   v.   Evaluation
- 255           The Wellness Promotion Plan Format/Worksheets will serve as a broad tool for
- 256           documenting the objectives and strategies. Each objective and strategy will be
- 257           implemented and measured by the Wellness Promotion Task Force.
- 258