

Greetings Everyone! Just a friendly reminder that you're receiving this email because you are member of the Healthy School Team for your school for FY16. Please add my email address: jeannine.rizzo@palmbeachschools.org to your address book so that these newsletters will be sure to land in your inbox! Looking forward to working with you this year!

You may [unsubscribe](#) if you no longer wish to receive our emails.

January 2016



We all have a hand in Wellness!



Jumping for Joy!



*Celebrating Best Practices and
School Successes!*

Congratulations!
**The following schools welcomed
students onto their
Healthy School Team!**

*Belle Glade Elementary
Palm Beach Public Elementary
Sunrise Park Elementary
Watson B. Duncan Middle
Wellington Community High*

GREAT JOB!



Healthy School Team



Though we are still in the process of creating Healthy School Teams district wide, it's important that each team begins to create a wellness synergy on campus. Remember, the Healthy School Team initiative is not a one size fits all initiative and will look different at each school. The intention is to create an awareness of the three pillars of wellness -- nutrition education, physical activity and emotional well-being so that the kids are exposed to healthy living practices and can begin creating a wellness practice that works best for them. Since this is a new initiative, we have some recommendations to help you get started.

Schedule Team Meetings

*Team Leaders, if you haven't already, schedule a meeting for the team.
Invite your principal to attend.*

First Meeting

Discuss the Principal's Vision of a Wellness Culture

As a team, discuss how each team member can help contribute to the principal's vision of this wellness culture. In other words, what can each of you do to create this culture at your school? How can you leverage the expertise and talent that each of you have to create a culture that incorporates and supports the three pillars of wellness -- nutrition education, physical activity and emotional well-being?

Review the Healthy School Team Resources

Take a look at the Healthy School Team resources that are contained in the next section. Determine what your first steps are. Assign action steps to each team member. Pay particular attention to the preliminary playbook.

Review the Fundraising Tracker

Begin to document the FOOD fundraisers that have taken place this school year so far. Healthy School Teams are required to document and submit to School Food Service non-exempt food fundraisers. This means that there are limitations to the types of food that can be sold on campus and to students and when these items can be sold. This varies for elementary, middle/combination and high schools. The preliminary playbook explains everything. Take a look and become familiar with this process as this is one of the team's mandatory responsibilities.

Review the Healthy School Team Monitoring Tool

The second mandatory responsibility of the Healthy School Team is to submit an annual survey to School Food Service. The good news is that the preliminary playbook has all the questions that you will be asked to answer and submit in May. Use this to help guide you through the Healthy School Team process.

Schedule the Next Team Meeting

Either create a schedule of meetings ahead of time for the team or schedule your next meeting at the conclusion of each meeting. Whatever you decide, choose something that allows the group to create a rhythm that contributes to your success as a team. The kids are counting on you to create something spectacular for them!

Recommendation**Keep Meeting Minutes**

Team Leaders, assign someone to take minutes at each meeting to ensure that you capture your progress and who is responsible for each action step.


resources

[Webpage](#)
[Preliminary Playbook](#)
[Sample Forms](#)


Vending Reminder



In November 2015, a [bulletin](#) was released reminding principals of the vending requirements and encouraging them to confirm that all the vending machines on each school campus are in compliance with our district policies.

As a member of the Healthy School Team, if you would like to take a proactive approach, you can occasionally review the integrity of the contents of the vending machines at your school. If you believe items in the machine are not compliant with the Smart Snacks in School Nutritional Guidelines, please advise the leader of the Healthy School Team. The leader of the team should advise the principal so that the vendor can adjust the items to be in compliance.

[Approved Vending List](#)
[Approved Beverage List](#)
[Smart Snack Standards](#)

To ensure that our vendors are honoring their contracts, the School Food Service Nutrition Team will be visiting middle and high school campuses. We will verify that food and beverages offered to students are in alignment with federal regulations and district policy.



Newsletter Name Contest!

We still need a name for the Healthy School Team newsletter -- please help! We'd like the name to be something wellness related, team related though not specific to one sport. Submit your ideas via email to me. If you have the winning idea, you'll earn yourself a \$25 Walmart Gift Card!

Good Luck!



Sign Up!



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