

THE SCHOOL DISTRICT OF PALM BEACH COUNTY

Wellness Promotion Task Force (WPTF) Mission: To create an educational forum that allows District and community partners to successfully collaborate in 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 of all school children, staff, parents, and the community.

Wellness Promotion Goals and Objectives

Revised: April 22, 2015

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 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 intention of improving students' health, academic achievement and reducing childhood obesity.
- b. Objectives:
 - i. Nutrition education, as a component of comprehensive health education should be integrated through the traditional classroom setting school nurses and/or certified health education teachers.
 - ii. Nutrition education information and resources shall be made available through the District's School Food Service Department by a qualified and credentialed professional (e.g. School Nutrition Specialist (SNS), a Registered Dietitian Nutritionist and/or Licensed Dietitian Nutritionist RDN, and/or LDN), who is specialized in childhood nutrition).
 - iii. The school cafeteria should serve as a "learning library" to reinforce lessons 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 community members.
 - v. The District should provide 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 eat a healthy breakfast, 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 intention of improving students' health, academic achievement, and reducing childhood obesity.
- b. Objectives:

- i. 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 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 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 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 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 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. School health services, school counselors and school psychological/social services should promote the Wellness Promotion Goals and Objectives through health screenings, 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) which support student social, emotional and behavioral needs.
- ix. The District shall cooperate and collaborate with appropriate community agencies to promote health and wellness for its students, families, and staff.
- x. The District and each worksite 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.
- xi. To the extent possible, schools should provide time for relaxation and stress relieving techniques to improve academic success.
- xii. 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 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, social-emotional, and college-career readiness needs of students. Furthermore, in an effort to actualize a comprehensive school counseling program, schools and the District should encourage School Counselors to follow the National Model Framework for School Counseling Programs, endorsed by the American School Counselor Association, including the 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 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 as referenced in Board Policy 5.002 – 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 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 Board Policy 7.19 – Tobacco Free Environment.
- xviii. Schools are required to inform students and their families about the District's 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 subject to regulations shall be managed properly with a goal 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. All schools and facilities should comply with Indoor Air Quality standards as referenced in Board Policy 7.195 – Indoor Air Quality.
- xxv. 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.

4. NUTRITION STANDARDS AND NUTRITION PROMOTION

- a. Goal: To promote student health and the reduction of childhood obesity, at each school, through 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.
- b. Objectives:

Nutrition Guidelines for All Foods on Campus

- i. In addition to providing healthy meals in the cafeteria which meet USDA's nutrition standards, schools 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 (e.g. in vending

- machines, concession stands, a la carte, school stores, snack bars, and school-sponsored fundraising).
- 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. Nutrition information for products served via the cafeteria 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 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. District vending companies, which have machines accessible to students 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).
 - 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. The District will strive to minimize foods containing High Fructose Corn Syrup on all school campuses and strive to eliminate them completely.

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. The District and/or school shall notify parents and students of the availability of the School 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 be scheduled before lunch.
- iii. 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-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. Child Nutrition Programs shall ensure that all students have affordable access to a variety of appealing and nutritious meals, in a safe and effective manner, with the purpose of encouraging healthy choices and supporting student performance.
- v. Schools should strive to increase participation in the available federal Child Nutrition Programs (e.g. 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-price meals, and are offering activities on campus during the summer, should participate in the Summer Food Service Program based on the District's calendar.

Food Safety/Food Security

- i. The foods made available on campus provided by the School Food Service Department shall comply with the State and local food safety and sanitation regulations. The required Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented to prevent 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 the School Food Service Department staff and authorized personnel.

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 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.

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

7. WELLNESS PROMOTION POLICY DOCUMENTATION

- i. The Wellness Promotion Task Force recognizes that many of the recommended objectives will need phase-in time to implement. The progress made on these goals and objectives will be 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.