



We all have a hand in Wellness!



Introducing...Healthy School Teams!

New this year, ALL schools are required to have a Healthy School Team -- no exceptions! While there are some federal requirements that we must comply with, the Healthy School Team has a tremendous amount of autonomy.

Healthy School Team Bulletin

As a group, you are tasked with the responsibility of creating a "Wellness Culture" inside your school that aligns with your principal's vision and best serves the needs of your children. Every school is different, therefore wellness cultures will vary from school to school AND, that's okay!

*We're here to help and support you along the way as you infuse the "Pillars of Wellness" inside your school
Nutrition, Physical Activity, and Emotional Well-Being!*



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

April 2016



The bulletin containing the link to access the combined annual assessment for Healthy School Teams and the District's Wellness Promotion Policy has been published. The assessment must be submitted online on or before **May 9, 2016.**



The Bulletin is out!



The Finish Line!

Click the text below to access the online version of the combined [Healthy School Team](#)

It has come to our attention that some principals are having difficulty accessing the combined assessment online.

As a result, here is a new link. **Please forward this email to your principal** so that they are aware and can access the assessment.

For your convenience, here is the [printable version](#) of the assessment. Remember, you cannot start, stop and resume the online version of this assessment.

Use this form to compile the answers for your school, then

and
Wellness Promotion Policy Annual Assessment.

complete and submit the
combined assessment online
on or before **May 9th.**



Remember...

**NOTE: Only one person per
school is required to submit the
online assessment.**



[Sign Up Here!](#)



Contact: Jeannine Rizzo
Assistant Wellness Coordinator - School Based Wellness
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The combined annual assessment for Healthy School Teams and the District's Wellness Promotion Policy is due in May 2016.



ready. set. go!

This is a comprehensive assessment and is broken down into the following categories:

- Wellness
- Nutrition
- Physical Activity
- Emotional Well-being

NOTE: Only one person per school is required to submit the online assessment.

Below please find the printable version of the combined Healthy School Team and the District's Wellness Promotion Policy annual assessment.

Please note, because the online version of the assessment does NOT allow you to stop, save, and resume later, we recommend that you use the printable version first. Meet with and involve the appropriate players on your team so that the most accurate information regarding your school campus is captured on the assessment.

Once you've answered all the questions, use your written responses to complete the online version. If you need help, please let me know.

[Printable Version of the Healthy School Team and the District's Wellness Promotion Policy Annual Assessment -](#)

NOTE: A bulletin will be sent to "All Principals" containing the official assessment link and the actual date that it is due in May. A printable version will NOT be included on the bulletin. Take this opportunity to get started now and remember, only one assessment per school should be completed online.



Fitness Grants

Funding opportunities to support fitness programs at your school. Check out this list of grants!

*Note: Some of these grants have very short deadlines -- **April 30th!***



Action for Healthy Kids "Every Kid Healthy Week"

*Register for the 2016 Every Kid Healthy Event by **April 29th** for a chance to earn a \$250 grant!*

Registration Details:

Already funded by the Action for Healthy Kids, [click here](#) to register.

New to the Action for Healthy Kids, [click here](#) to register.



[Sign Up Here!](#)

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

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

to be in compliance.

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!

We are about to embark on a very special journey together, one that is incredibly meaningful and will potentially impact the lives of the students we serve in such a beautiful way!
Thank you for joining us in this endeavor!

Healthy School Team Resources

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



together everyone
T E A M
achieves more

Building YOUR Healthy School Team

This initiative is designed to involve a variety of people so that "wellness" can be considered from multiple perspectives. Some folks will be members by default given their "official" role at the school. These will be the core team members and will likely remain constant from year to year. Others will be rotating members and will change from year to year.

Suggested Roles

Wellness Designee (AP)
Wellness Champion
PE Teacher
SFS Manager
Guidance Counselor
School Nurse
Health Teacher
Parents
Students
Community Members

Member Type

Core Member
Core Member
Core Member
Core Member
Core Member
Core Member
Core Member
Rotating Member
Rotating Member
Rotating Member



Action Step - Build your Team!

Following the recommendations above, please begin to build the rest of your Healthy School Team. Invite members who are passionate about wellness. Remember to include other teachers, parents and students too. Please submit the following information to me via email on or before December 18th:

School Name
Names of Each Member
Official School Role
Member Email Address



Woo Hoo!
Yippee!
Hooray!

Jumping for Joy!

*Celebrating Best Practices and
School Successes!*

**Congratulations to the following schools
which have recruited four or members to
serve on their
Healthy School Team!**

Addison Mizner Elementary - 6 members
Beacon Cove Intermediate - 9 members
Binks Forest Elementary - 5 members
Coral Sunset Elementary - 8 members
Independence Middle - 5 members
Limestone Creek Elementary - 5 members
Loxahatchee Groves Elementary - 5 members
Northmore Elementary - 4 members
Omni Middle - 6 members
West Gate Elementary - 4 members



Vending

A **bulletin** was issued this month reminding principals of the vending machine requirements and encouraging them to confirm that the vending machines on school campus are in compliance.

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Good Luck!



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