

5.13 LOCAL WELLNESS

POLICY

The Superintendent, in accordance with federal law, shall develop a policy for wellness to promote the long-term health and well being of students and shall establish a plan for measuring the implementation of the policy.

PROCEDURES

A District-Wide Local Wellness Committee was established. Membership includes employees from the following areas: food service, school health, curriculum, school administration, as well as a school board member, parents, students, and community representatives in the health care field. Membership on the committee will not exceed 25. Each school board member will appoint one committee member.

The purpose of the District-Wide Local Wellness Committee is to provide training, tools, and information for effective implementation of the wellness policy. The Committee will also establish priority items to be included in the evaluation component of the policy. Community partnerships will be utilized to assist in the development, implementation, and evaluation of the district local wellness initiatives.

Each school site will establish a School Wellness Team composed of a least one administrator, one staff member other than those specifically listed, a school food service member, school nurse, physical education instructor, and additional staff (i.e., science, family-consumer science, or health) as available. The principal will appoint the members of the team.

Each work site will establish a Worksite Wellness Team composed of representatives from all departments at the site. Smaller sites may be merged together to form a single team.

The purpose of the School Site and Work Site Wellness Teams will be to promote and implement the District Local Wellness Policy efforts, to develop initiatives supporting the wellness of the District's students and staff, and to monitor school or work site compliance with the District Local Wellness Policy. Wellness initiatives should include opportunities for continuing education, exercise, and behavior modification initiatives.

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PROCEDURES (continued)

Part 1: Nutrition

To ensure that food served to students meets their nutritional needs, each school will adhere to the following requirements:

(1) School Meals

- (a) All school meals will comply with U.S. Department of Agriculture, (USDA) regulations and state rules.
- (b) Students with special dietary needs will be accommodated as required by USDA regulations and District Allergy policies.
- (c) Barriers to student participation in the Child Nutrition Programs are eliminated by assuring students will have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does NOT include time spent walking in/to/from class or waiting in line. If time is a concern, alternate arrangements will be made which could include grab and go, meals in the classroom, or other identified initiatives.
- (d) No deep fat fried foods will be offered as a component of the School Breakfast Program (SBP) or National School Lunch Program (NSLP). No deep fat fried foods will be served at the elementary or middle school level.
- (e) All schools shall operate a “closed” lunch period to encourage students to eat a nutritious lunch.
- (f) School menus will include:
 - 1. Foods containing whole grains at least 3 days a week.
 - 2. Fresh, canned, or frozen fruit or vegetables daily.
 - 3. Only low fat and skim (nonfat) milk.
 - 4. Efforts will be made to limit the amount of foods served which contain trans fatty acids.
 - 5. At breakfast, at least 50% of prepackaged cereals offered will contain no more than 35% of weight from total sugar (or less than 9 grams/100 calories) and at least one gram of dietary fiber per serving.
 - 6. At lunch, entrees served over the course of the week will have no more than 30% calories from fat and 10% calories from saturated fat.

(2) A La Carte

- (a) A la carte items comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period (7 Code of Federal Regulations Part 210.11)
- (b) Items offered as a la carte at the elementary level will be limited to:

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1. Baked snack chips and pretzels, which will have no more than 35% of total calories from fat
 2. 100 % juice
 3. Water
 4. Other items with no more than 200 calories per selling unit
- (c) Items offered as a la carte at the secondary level will include the following:
1. Healthier choice items
 2. Selections of fresh fruits and vegetables

(3) Vending

- (a) The sale of Foods of Minimal Nutritional Value is not allowed on school property in areas accessible to students during the following time periods:
1. All day in elementary schools
 2. Until one hour after the end of the last lunch period in middle schools
 3. During meal service hours in high schools
- (b) The District will follow the guidelines from the Alliance for a Healthier Generation.
1. All food items offered must meet the following criteria:
 - a. No more than 35% of total calories from fat (or less than 4 grams /100 calories) except for nuts, seeds, and nut butters
 - b. No more than 35% of weight from total sugar (or less than 9 gram per 100 calories) except for fruit without added sugar
 - c. No more than 200 calories per selling unit
 2. Vended Beverages
 - a. At least 50% of the vended beverages accessible to students will be non-carbonated.
 - b. Every vending machine offering carbonated beverages to students must provide a decaffeinated option and a sugar-free option.

(4) During school day events and classroom parties, celebrations, classroom rewards, fundraiser and intramural events:

- (a) Students are allowed to have individual water bottles in the classroom unless disciplinary issues dictate otherwise.
- (b) In elementary schools, foods and beverages for classroom rewards, parties, and celebrations will not be provided until at least one hour before the end of the school day.
- (c) At least 50% of fundraising activities will not involve the sale of food and/or beverages. The District will disseminate a list of healthy fundraising ideas to parents, teachers, and school organizations.

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- (d) Refreshments provided for students participating in school events adhere to District guidelines.
- (e) Parents, teachers, and staff are encouraged to provide non-food alternatives for activities during the school day. The District will disseminate a list of healthy party ideas and nonfood rewards to parents and teachers.

(5) Food Safety

- (a) School cafeterias will adhere to food safety program policies based on Hazard Analysis Critical Control Point (HACCP) guidelines as found in the Manatee County Food and Nutrition Services HACCP Manual.
- (b) School Food and Nutrition Services Managers will maintain current ServSafe certification through the National Restaurant Association.
- (c) All schools will comply with current Manatee County Health Department Codes.
- (d) Only food prepared by and purchased from licensed food service establishments may be served to students. Any food served to students must have ingredient information readily available.

(6) After School Programs

- (a) Snacks served under the USDA After School Care Snack Program comply with all applicable federal regulations and state policies.
- (b) On at least three days of the week, snacks meet the following standards:
 - 1. No more than 35% of total calories from fat (4 grams per 100 calories), except for nuts, seeds, and nut butters
 - 2. No more than 35% of weight from total sugar (or less than 9 grams per 100 calories) except for fruit without added sugar or milk

Part 2: Nutrition Education

All students in grades K-12, including students with disabilities, special healthcare needs, and those in alternative educational settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits. Families are provided with information that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families. Each staff member (certified and non-certified) is encouraged to serve as a healthy role model for students.

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PROCEDURES (continued)

(1) Classroom

At a minimum, the equivalent of one hour of classroom nutrition education is provided each month for all students:

- (a) As part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.
- (b) As learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts, and social studies.
- (c) Utilizing the Florida Department of Education Health Education Benchmarks for each grade level.

(2) Cafeteria

- (a) Attractive, current nutrition education materials are prominently displayed in dining areas and are changed at least once every 6 weeks.
- (b) Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory that allows students to apply critical thinking skills.

(3) Events

Each year, schools or classrooms participate in one or more events that either are centered on nutrition or include nutrition as a main component.

(4) After School Programs

At least once a week, the after school educator explains why the snack served is a healthful choice.

Part 3: Physical Activity

- (1) In order for students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and to embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Toward that end:
 - (a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically- active lifestyle and to reduce time spent on sedentary activities, such as watching television.
 - (b) Opportunities for physical activity will be incorporated into other subject lessons.

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- (c) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- (2) Elementary schools will offer regularly scheduled physical education. A minimum of 150 minutes of physical education shall be provided each week for students in Kindergarten through grade 5.
- (3) Middle School and High School physical education programs will meet the minimum standards identified in the Student Progression Plan.
- (4) Middle schools are encouraged to provide 225 minutes of physical education each week for students in grades 6 through 8.
- (5) Students will be provided opportunities to participate in lifetime physical activities, such as walking, aerobics, jazzercise, and tennis.
- (6) Teachers and other school and community personnel should avoid withholding physical activity as punishment.
- (7) The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students.

Part 4: Evaluation and Measurement

- (1) Annually, the District-Wide Local Wellness Policy Committee will identify priority items within the procedures section of the Policy to be included in the evaluation.
- (2) An Evaluation Plan will be developed by the District-Wide Local Wellness Policy Committee and other District personnel for each priority item. The plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis.
- (3) Anthropometrical measurements, fitness challenges and student surveys will be reviewed annually as a means of evaluating the Local Wellness Policy efforts.
- (4) The District-Wide Local Wellness Policy Committee will use annual Evaluation Results to create action plans for program improvement and evaluation priorities.
- (5) The District-Wide Local Wellness Policy Committee will meet no less than two times per year.

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PROCEDURES (continued)

(6) The Report of the Evaluation Results will be presented to the Superintendent and the School Board in August of each year.

STATUTORY AUTHORITY:

Florida Statutes: 120.81(1)(a); 1001.32(2);
1001.41; 1001.42-43

LAWS IMPLEMENTED:

Florida Statute: Child Nutrition Act PL 1966
(42 USC 1771 et seq) Richard B. Russell
National School Lunch Act PL 108-265,
Section 204; 1001.43; 1003.455; 1006.06;
1006.0606

HISTORY:

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