

**LOCAL SCHOOL WELLNESS POLICY**

**FILE: IHAM**

The Orange County School Board believes that healthy children and youth are better prepared to learn and are more likely to complete their formal education. The state of physical, mental and social well-being components are addressed and taught in curriculum through the Florida Sunshine State Standards. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors to students. This policy encourages an approach to wellness that is sensitive to the individual and community needs.

**TITLE:** Setting Nutrition Education Goals

**POLICY:**

Good health fosters student attendance and increased educational outcomes. All students in grades Prekindergarten-12 shall have ample opportunity, support and encouragement to make healthy choices that will promote lifelong wellness through the implementation of a comprehensive health education curriculum that aligns with national standards, is research-based and includes nutrition education.

**PROGRAM REQUIREMENTS:**

- (1) Classroom teaching: All students in grades PreK-12 will receive health education instruction that includes nutrition education as part of a planned, sequential and comprehensive school health education program. The program will be aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state and OCPS health education benchmarks. Health instruction may be delivered by a certified health educator, but may also be taught within classroom instruction; including math, science, language arts, social sciences, physical education and elective courses.
  - (a) The classroom teaching of health and nutrition education will include links to the community and outside resources and include District food and nutrition services and school board cafeteria staff that support and enhance classroom instruction in support of OCPS health education benchmarks.
    - (i) District resource teachers will provide ongoing training, resources and strategies to promote best practices in health, wellness and nutrition education.

**LAWS IMPLEMENTED:** Sections Child Nutrition and WIC Reauthorization Act of 2004 Florida Statutes

ADOPTED: July 25, 2006

**LOCAL SCHOOL WELLNESS POLICY- cont'd**

**FILE: IHAM**

**TITLE:** Setting Physical Activity Goals

## **POLICY:**

The physical education program is designed to provide students with the knowledge, skills and attitudes related to wellness that will enable them to lead a healthy, active lifestyle. Physical education and physical activities are essential elements of the schools' instructional program.

### **PROGRAM REQUIREMENTS:**

- (1) The Physical Education Program shall be designed to emphasize physical fitness and encourage active lifestyles. The physical education curriculum shall consist of activities of at least moderate intensity and for duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students.
  - (a) Participation in physical education will be regularly scheduled for students. The physical education program is designed to develop the following learning priorities:
    - 1) Motor skills and other movement concepts
    - 2) Positive attitudes toward individual fitness, a healthy lifestyle and lifelong physical activities
    - 3) Health-enhancing levels of physical fitness
    - 4) Responsible personal and social behavior in physical activity settings
    - 5) Appreciation of cultural and individual differences in physical activity settings
    - 6) Safety skills for physical activities
  - (b) Opportunities for participation in physical activities may be scheduled during the school day, before or after school and should reflect the "Best Practices" of recent brain research.
  - (c) High schools will offer one (1) credit for graduation, to include one (1) semester of Personal Fitness (.5 credit) and one (1) semester of an approved Physical Education course (.5 credit).
  - (d) Students electing one of the three-year, 18 credit graduation options do not have to meet the high school requirement for physical education and may use the physical education courses listed as elective credit. Students may waive a portion or all of these requirements only to the extent permitted by state law.
- (2) Students shall be supported in establishing and accomplishing personal fitness goals that result in the achievement and maintenance of a health-enhancing level of physical fitness.
- (3) Students shall be provided varied opportunities for enjoyment, challenge, self expression and social interaction that will lead to a physically active lifestyle.

**LAWS IMPLEMENTED:** Sections Child Nutrition and WIC Reauthorization Act of 2004 Florida Statutes

ADOPTED: July 25, 2006

**LOCAL SCHOOL WELLNESS POLICY-** cont'd

**FILE: IHAM**

**TITLE:** Establishing Nutrition Standards for all Foods Available on School Campus during the School Day

**POLICY:**

Good health fosters student attendance and improved student performance. District and school food authorities shall establish healthy school nutrition environments that support reduction of childhood obesity and diet-related chronic disease. Healthy options for foods sold or served in schools will be consistent with the goals of the local wellness policy.

**PROGRAM REQUIREMENTS**

- (1) During each school day, the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Any school snack should be based on the nutrient guidelines from the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Elementary schools are required to offer a breakfast program. Secondary schools are encouraged to implement breakfast programs. Each school shall encourage all students to participate in these meal opportunities. In particular, the school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and those eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying and/or receiving free or reduced-price meals.
- (2) The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the state of Florida when developing the District-wide menu. Schools shall offer varied and nutritional food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, *Dietary Guidelines for Americans* refers to current recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
  - (a) Selected menu items may allow input from students, family members, and other school personnel. The school's diversity should be taken into account.
  - (b) Food pricing strategies, including those for a la carte items, shall be designed to encourage students to purchase nutritious items.

- (c) Procedures shall be in place to provide, upon request, information to families about the ingredients and nutritional value of the foods served.
- (3) The District shall employ a food service director who is properly qualified, certified and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements.
- (4) The dining room facility shall be conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, custodial staff, etc.) shall receive training in appropriate dining practices from the school principal or designee.
- (5) Access to safe drinking water and facilities for hand-washing and oral hygiene must be available during all meal periods.
- (6) Schools with over 50% of their students eligible for free or reduced-price school meals shall be encouraged to sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.
- (7) All foods on campus shall be divided into the following categories:
  - a) Vending Machines: Beverages and snacks
  - b) School events: Classroom events, celebrations, meetings, concessions, intramural functions, fund raisers, and extracurricular activities
  - c) A la carte: Food sold during the meal periods that are not on the menu
- (8) All food categories will comply with USDA regulations 7CFR 210 and 220 and Florida State Statute regarding food sales and procurement in schools.
- (9) Food, when used as a reward for student behaviors, must meet nutrient requirements, promote health and/or be detailed in a student's Individualized Education Plan (IEP) as well as comply with USDA regulations 7CFR 210 and 220 and Florida State Statute.
- (10) All food categories will comply with the state and local food safety and sanitation regulations. The District Food and Nutrition Services (FNS) shall provide annual training in food safety and sanitation for school sponsors and any groups who utilize kitchen facilities.
- (11) The Food and Nutrition Services District office shall review school meal programs at least twice annually with a final status "report card" issued to the cabinet member with FNS responsibilities.
- (12) Each school principal or designee shall ensure compliance with the competitive foods regulations issued by the Florida Department of Education. CFR 210.11.

- (13) Marketing in schools shall meet board policy: Advertising in Schools, File KHB and Section 230.22(5) Florida State Statutes. Promotion will focus on foods, beverages, and brands that are available through the reimbursable meals, such as fruits, vegetables, whole grains, and low-fat dairy products. Marketing of low-nutrition foods or brands on school campuses is prohibited.
- (14) Each school will establish a Healthy School Team (HST).
- (a) The HST is a group of individuals representing the school. It is structured following the Centers for Disease Control and Prevention (CDC) Coordinated School Health Model and will include, but not be limited to representatives from:
1. Health Education;
  2. Counseling, Psychological and Social Services;
  3. School Health Services;
  4. Nutrition Services;
  5. Physical Education;
  6. Healthy School Environment;
  7. Health Promotion for Staff; and
  8. Family and Community Involvement.

The HST will:

- Review food sales on school campuses based on the Eat Smart Nutrition Standards.
- Determine the school's goals for specified food categories at school events.
- Develop and schedule the training needs for the school and provide one hour of training per year that will include the nutrition standards document. It is recommended that schools receive input for the training from Food and Nutrition Services, school nurses and health and wellness educators.
- Evaluate the school's compliance with the goals at the end of the year.

**LAWS IMPLEMENTED:** Sections Child Nutrition and WIC Reauthorization Act of 2004 Florida Statutes

ADOPTED: July 25, 2006

**LOCAL SCHOOL WELLNESS POLICY-** cont'd

**FILE: IHAM**

**TITLE:** Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

**POLICY:**

The OCPS District shall support parents' efforts to feed their children a healthy diet by providing the schools, staff, and activity sponsors with guidelines of the Eat Smart Nutrition Standards for

healthy snacks for school-based activities. The school environment should promote wellness messages that are conducive to healthy eating and physical activity.

- (1) All students shall have access to school nutrition programs, meals and snacks.
- (2) Appropriate scheduling for students to eat shall be supported by meal times, bus schedules, and other events that might interfere with students' participation in nutrition programs.
- (3) Students will have access to quality drinking water in all areas of the school.
- (4) Marketing of food and beverages in schools shall meet the board policy titled *Advertising in Schools*, File KHB and Section 230.22(5) Florida State Statutes.
- (5) After School Programs:
  - a) Each school will make available nutritious snacks (as prescribed by USDA Snack guidelines) and provide structured physical activities in after-school programs.
  - b) Middle schools may provide intramural and/or club activities to promote opportunities for enjoyment, challenge, self-expression and social interaction in a cooperative environment that will lead to a healthy and physically active lifestyle.
  - c) Middle and high schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students including boys, girls, students with disabilities, and students with special healthcare needs.
- (6) The Healthy School Team (HST) will serve as a resource in each school. The HST will promote education for lifelong healthy activities.

The HST is a group of individuals representing the school. It is structured following the Centers for Disease Control and Prevention (CDC) Coordinated School Health Model and will include, but not be limited to representatives from:

1. Health Education;
  2. Counseling, Psychological and Social Services;
  3. School Health Services;
  4. Nutrition Services;
  5. Physical Education;
  6. Healthy School Environment;
  7. Health Promotion for Staff; and
  8. Family and Community Involvement.
- (7) Physical activities and/or nutrition services and programs designed to benefit staff health are to be comprehensive and provided through the OCPS Employee Wellness Program. They should be designed to reach all employees at various levels of interest and need. The programs offer a full continuum of prevention,

early detection and health maintenance components addressing preconception through geriatric phases of wellness.

- (8) The School Board of Orange County, Florida, does not discriminate in admission or access to facilities. Supervision of students or other participants in activities conducted on Orange County Public Schools property and/or physical activity facilities is the responsibility of the organization. Proper procedures are required to be followed for use of school board facilities. All user groups may contact the school of interest to request facilities use agreements.

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**LOCAL SCHOOL WELLNESS POLICY- cont'd**

**FILE: IHAM**

**TITLE:** Setting Goals for Measurement and Evaluation

**POLICY:**

Subject to the availability of funds to carry out the Local School Wellness Policy, the School Board shall provide assistance to schools.

- (1) The District resource teachers will be responsible for providing technical assistance to all schools.

- (2) All schools will set goals for implementing health and nutrition education that support a sequential, comprehensive curriculum and planned activities. The District goal is to have all schools operating at the following levels of the Eat Smart Nutrition Standards:

2006-2008	50% at the Proficient Level
2008-2009	80 % at the Proficient Level
2009-2010	100% at the Proficient Level

- (3) All schools will set goals for implementing physical activity that support a sequential, comprehensive curriculum and planned activities. The District goal is to have all schools review the National Association for Sport and Physical Education Guidelines and establish K-8 physical activity standards so each is operating at the following levels:

2006-2007	50% at the Bronze Level
2007-2008	80 % at the Bronze Level
2008-2009	100% at the Bronze Level

- (4) The Healthy School Team (HST) should conduct meetings to monitor the school wellness program by formulating checklists as well as identifying specific goals for the school and its stakeholders.

- (5) The schools and learning communities will conduct ongoing review of the implementation of wellness policies. The Centers for Disease Control and Prevention School Health Index may be used annually by schools for evaluation prior to implementing new wellness goals. The School Health Index is a self-assessment and planning guide that will enable schools to identify the strengths and weaknesses of each school's policies and programs for promoting health and safety. This self-evaluation will be completed by the Healthy School Team. At the end of each school year, the Principal or a designee will complete a report on evaluating and measuring the implementation, effectiveness, and maintenance of the Wellness Policy. The report shall be sent to the appropriate Area Superintendent and forwarded to the Superintendent's Designee. An information article will be generated from these site reports and submitted to the School Board.

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