



Palm Bay Education Group Wellness Policy

Preamble

Palm Bay Education Group ("Palm Bay") recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal program, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

Palm Bay is committed to providing school environment that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

1.) Local School Wellness Policy Leadership

School level

Each school within Palm Bay will establish an ongoing Healthy School Team that will meet twice a year to ensure compliance and to facilitate the implementation of Palm Bay's wellness policy.

- * The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Palm Bay's wellness policy.
- * In each school the Director will be responsible for establishing the Healthy School Team that will ensure compliance with the policy
- * The Healthy School Team should include, but not limited to, the following stakeholders: parents,, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.

*The Healthy School Team is responsible for:

- Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003)
- Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph © of FAC 5P-1.003
- And reporting its school's compliance of the aforementioned regulations to the Director, the person responsible for ensuring overall compliance with the Palm Bay wellness policy.

Palm Bay will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

2.) Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs

- *The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- * Students will have access to useful nutrition information. Posters, worksheets and brochures will be available throughout the school's campus.
- * Organizations operating concessions at school functions will promote healthy food choices.

3.) Nutrition Education

- *Students will receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes. Classroom written test (such as multiple choice, essay and fill in the blank) are given in the areas of nutrition.
- *Nutrition education will teach skills that are behavior-focused. Students will be taught about Calorie balance, energy expenditure and how to read and interpret nutrition facts labels.
- * Students will be encouraged to start their day with a healthy breakfast.

4.) Physical Activity

Palm Bay will ensure that physical activity is an essential element of the schools instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

*All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit (2 semesters) of physical education while in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by Palm Bay with the approved state course codes. (Sunshine State Standards)

* All elementary school students will have daily recess. The school will provide space, equipment and an environment conducive to physical activity.

* Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes.

5.) Other School-Based Activities

Palm Bay will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

General Guidelines

*Palm Bay shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness

* The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

* After school programs will encourage healthy snacking and physical activity.

* Palm Bay shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

* Palm Bay shall be in compliance with drug, alcohol and tobacco-free policies.

Eating Environment

* Palm Bay will provide nutritious, food that reflects Florida's bountiful harvest.

* Access to facilities for hand washing and oral hygiene will be available during meal periods

Healthier US School Challenge

* All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a Healthier US School Challenge: Smarter Lunchrooms (HUSC:SL) school.

Recycling

*Palm Bay shall maximize the reduction of waste by recycling, reusing, and purchasing recycled products.

Employee Wellness

*Palm Bay wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Health Services

*A coordinated program of accessible health services shall be provided to students and staff and shall include, but not limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

Use of School Facilities Outside of School Hours

*Each school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's use. Parents will be allowed to bring their children to school and have access to basketball courts, playgrounds and track facilities.

Behavior Management

*Palm Bay is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm)
* Teachers and other school personnel will not deny or require physical activity as a means of punishment.

6.) Guidelines for All Foods and Beverages Available During the School Day

Palm Bay shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

*All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
* School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.

* To the maximum extent possible, Palm Bay will participate in available federal school meal programs.

* Free, potable water will be made available to all children during each meal service.

Competitive Foods

*All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.

- School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

- School day means for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

*Competitive foods include items sold a-la-carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.

* Unless being sold by Palm Bay food service program it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003

* To be allowable all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General Nutrition Requirements for Competitive Foods

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains ¼ cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

NUTRIENT STANDARDS FOR COMPETITIVE FOODS

Nutrient Standards	Snack Items and Side Dishes Including any added accompaniments	Entrée Items Including any added accompaniments
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less total calories

Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans Fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

*An entrée item offered as part of the breakfast or lunch program s exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.

* Fresh or frozen fruits and vegetables with no added ingredients, except water.

* Canned fruits with no added ingredients except water, which are packed in 100% juice, extra light syrup or light syrup

* Low sodium/no salt added canned vegetables with no added fats.

* Reduced fat cheese, nuts, seeds, and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

-refer to 7CFR 210.11 competitive food service standards for additional exemptions

NUTRITION STANDARD FOR BEVERAGES:

Portion sizes listed are the maximum that can be offered.

BEVERAGES	ELEMENTARY	MIDDLE	HIGH
Plain Water	Unlimited	Unlimited	Unlimited
Unflavored low-fat milk	8 fl. oz	12 fl. oz	12 fl. oz
Unflavored or flavored low-fat milk	8 fl. oz	12 fl. oz	12 fl. oz
100% fruit or vegetable juice	8 fl. oz	12 fl .oz	
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz	12 fl. oz	12 fl. oz

Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8fl. Oz. or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. Oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8fl. oz. or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	12 fl. oz

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

Standards for food and beverages available during the school day that are not sold to students

*The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.

Fundraising

*Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.

* No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period

* The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school type.

SCHOOL TYPE	MAXIMUM NUMBER OF SCHOOL DAYS TO CONDUCT EXEMPTED FUNDRAISERS
ELEMENTARY	5 DAYS
MIDDLE SCHOOL/JUNIOR HIGH	10 DAYS
SENIOR HIGH SCHOOL	15 DAYS
COMBINATION SCHOOL	10 DAYS

*The Healthy School Team will maintain a school calendar identifying the date when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

7.) Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- * Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- * Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- * Palm Bay nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

8.) Evaluation and Measurement of the Implementation of the Wellness Policy

Palm Bay wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

Triennial Progress Assessments

Palm Bay will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

- * The extent to which Palm Bay is in compliance with the local school wellness policy;
- * The extent to which the local school wellness policy compares to model local school wellness policies; and
- * A description of the progress made in attaining the goals of the local school wellness policy.

9.) Informing the Public

Palm Bay will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. Palm Bay will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- *Palm Bay will ensure the most updated version of the wellness and triennial assessments are always available on the school website for the public to view.
- * Palm Bay will present wellness policy updates, as applicable, during meetings with Parent teacher Association/Organization, school board, district

superintendent, health and wellness committee and other interested groups or stakeholders.

* Wellness updates will be provided to students, parents and staff, as applicable, in the form of Palm Bay's website/ newsletter, to ensure that the community is informed and that public input is encouraged

10) Community Involvement

Palm Bay is committed to being responsive to community input, which begins with awareness of the wellness policy. Palm Bay will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

*Palm Bay will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.

* Palm Bay will use electronic mechanisms such as email or displaying notices on Palm Bay's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy as well as how to get involved and support the policy.

* At the final public school board meeting of each year, the local school wellness policy will be discussed and all stake holders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

