



Palm Bay Education Group

Wellness Policy 25-26

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 habit 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 a school environment that promotes and protects 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.

Local School Wellness Policy Leadership

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 be limited to, the following stakeholders: parents, students, school food service program representatives, administrators and health professionals, PE teachers, and members of the public, as needed.

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.

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.

- Utilize Smarter Lunchroom tools and strategies to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.

- Increase the number of on campus locations that students can access useful nutrition information by **10%**.

Nutrition Education

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students will be encouraged to start their day with a healthy breakfast.

Physical Activity

Palm Bay will ensure that physical activity is an essential element of the school's 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 PE. Students in grades 6-8 will receive a minimum of one semester of physical education in each of the three years. Students in grades 9-12 will receive a minimum of one credit (2 semesters) of physical education, as required. (One semester must be personal fitness while the second semester may be any physical education course using the approved state course codes).
- 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.

Other School-Based Activities

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

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.
- Palm Bay will enforce 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.

Recycling

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

Employee Wellness

All staff will be provided with opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

A coordinated program of accessible health services shall be provided to students and staff to include, but not limited to, violence prevention, school safety, communicable disease prevention, health screening, identifying 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

- Teachers and other school personnel will not deny or require physical activity as a means of punishment.

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 the 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 midnight to 30 minutes after the end of the official school day)
- Competitive foods include items sold a-la-carte in the cafeteria, 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.

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

Class parties or celebrations shall be held after the lunch period.

Palm Bay will limit celebrations that involve food during the school day to no more than one party per class per month.

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 non-food items.
- 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 term.

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

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; sales of fruit for fundraisers; and coupons for discounted gym memberships.
- Palm Bay nutrition department's replacement and purchasing decisions will reflect the marketing above guidelines.

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; and
- 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.

Informing the Public

Palm Bay will ensure the wellness policy and most recent triennial assessment are available to the public. Palm Bay will actively notify households, on an annual basis, regarding any updates made to the wellness policy.

- Palm Bay will ensure the most updated version of the wellness policy is available on the school website.
- Palm Bay will present wellness policy updates, as applicable, during meetings with parents, the Palm Bay Education Group Board, and Bay District Schools superintendent, the Health and Wellness Committee and other interested groups or stakeholders.

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 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.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to the following:

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- Documentation of the triennial assessment of the local school wellness policy.

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