

# Student Wellness Conference Call: Healthy School Teams (HST)

July 30<sup>th</sup> & August 4<sup>th</sup>, 2015

## Common Questions & Answers: Healthy School Teams

1. **Are we required to form the HST?**
  - a. Yes, per the Florida Department of Agriculture and Consumer services published rule 5P-1.003
2. **Can we combine the Healthy School Team responsibilities with our SAC Meetings?**
  - a. Yes, it is encouraged. Schools must still have the 5 minimum stakeholders represented and include the HST in the SAC meeting minutes, sign-in sheets, and agendas.
3. **If we combine our HST with our SAC meetings, do we still have to email the team members and leader names?**
  - a. Yes.
4. **Who do I email the HST leader/members and self-assessment to?**
  - a. [studentwellness@pasco.k12.fl.us](mailto:studentwellness@pasco.k12.fl.us)
5. **Who is eligible to be the HST leader?**
  - a. The leader will be defaulted to the school administrator if not communicated to the District Student Wellness Policy Council. However, an ideal leader would be a school based member and is not limited to the administrator i.e. bookkeeper, clinic assistance, PTA, etc. The HST Leader's *contact info* must be submitted to [studentwellness@pasco.k12.fl.us](mailto:studentwellness@pasco.k12.fl.us)
6. **Can our "Wellness Champion" be on the HST?**
  - a. Yes, in fact, this person may even be a good candidate as the HST Leader.

## Common Questions & Answers: Fundraisers

1. **Can you please tell us how this initiative affects free food given in the schools as incentives or just as birthday parties?**
  - a. Food that is given to students as an incentive/reward does not fall under this specific initiative (rewards, incentives, etc.). However, it does fall under our District Student wellness policy and procedures. Per the Student Wellness Policy, we do not encourage the use of food as incentives or rewards. However, when it is used, it is recommended that the food be smart snack compliant  
Birthday parties/celebrations do not fall under the competitive foods policy. All celebration foods that are offered to parents to purchase for their child's class, delivered by FNS, are foods that are already Smart Snack compliant for ease of access. Administrators make the decision at the school based level whether or not "outside foods" are allowed (either homemade or store bought) to be brought in for birthdays or celebrations.  
Our Student Wellness Policy 8510 and procedures are also located on our District Student Wellness Website.

**2. Elementary schools do not have any fundraiser exemptions. Why is this?**

- a. While the State set 5 exemption days for elementary schools, our District School Board Competitive Foods Policy 8550 does not permit the sale of food and beverages to students in elementary schools during regular schools hours.

**8550 - COMPETITIVE FOODS**

“The Food and Nutrition Services department will comply with the provision set forth in State and Federal laws and regulations regarding the sale of competitive foods.

**Only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.**

In secondary schools, the Food and Nutrition Services department shall be the sole provider of food and beverage items sold until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell foods and beverage items in accordance with the US Department of Agriculture (USDA) Smart Snack Standards, other State and Federal laws and regulations, and the Board's Student Wellness Policy, with principal approval. The Superintendent shall develop and maintain appropriate procedures relative to the implementation of this policy and any exemptions provided for by law.

F.S. 1001.41(2), 1001.42(14), 1006.06

F.A.C. 7.0411

F.A.C. 5P-1.003

7 C.F.R. 210.11

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**3. Are exemptions per day or per fundraiser?**

- a. Per day. You can include as many fundraisers in that day as possible.

**4. What is the definition of the school day?**

- a. Per the regulations, the school day is defined the period from the midnight before, to 30 minutes after the end of the official school day.

**5. Can we sell food items after school lets out?**

- a. Yes, if the item is smart snack approved, it can be sold immediately after the last bell. If it is not smart snack approved, you must wait until 30 minutes after the last bell, or use it as one of your exemption days. Food items should still meet the student wellness guidelines as stated in the District Student Wellness Policy & Procedures.

**6. Can we sell food items in the bus loop before school as a fundraiser?**

- a. Elementary-NO.
- b. Secondary schools- only if the food meets the smart snacks guidelines, unless you are using one of your exemption days.

**7. Can schools purchase pre-approved smart snacks from FNS to sell as fundraisers?**

- a. Yes, schools can purchase smart snack approved items at a discounted rate to sell as fundraisers.

**8. The rule says that “combination foods” are not permitted to be sold as a fundraiser food item; would that include pizza?**

- a. Definition as provided by the USDA in respect to the National School Lunch Program: “A combination food is defined as a product that contains two or more components representing two or more of the recommended food groups; fruit, vegetable, dairy, protein, or grains. “  
I.e. Pizza is a combination food as it contains the following components as defined by the NSLP: protein and grains. Same with chicken and biscuit.
- b. Source regarding combination/competitive foods:  
Florida Administrative Code 5P-1.003 (Responsibilities for the School Food Service Program). It states "Unless being sold by the district school 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, as defined in 7 CFR 210.10, and grain products as defined in 7 CFR 210.11. Section 7 CFR 210.10 (6/28/13), is hereby adopted and incorporated by reference and available online at <http://www.flrules.org/Gateway/reference.asp?No=Ref-04499>. "

**9. Are we allowed to collect money for items such as candy-grams, beef jerky, etc.?**

- a. Elementary Schools cannot sell foods during the day. Money can be collected for items that are distributed after school hours that are not consumed on campus.
- b. Secondary Schools- As long as you wait until 30 minutes after the last bell to distribute the candy-grams.
- c. Foods of minimal nutritional value are not allowed per our competitive foods policy and Student Wellness Policy.

**10. Are school wide fundraisers, i.e. cookie dough, still allowed?**

- a. Yes, as long as these items are not consumed on campus (i.e. picked up by parents, etc.).

**11. Are we still allowed to giveaway snacks during testing, either purchased from FNS or Sam’s Club?**

- a. Yes.

**12. Are schools required to have a separate calendar for fundraisers on our website if we already have a school calendar?**

- a. Schools have the option to have a stand-alone fundraiser calendar or they may incorporate it within their already established online school calendar. It would be a best practice to have all fundraisers on the same calendar, especially for clear communication with parents, staff, and auditors.

**13. Can you give fundraiser ideas that do not involve food?**

- a. There is a list of alternate fundraisers on our District Student Wellness Website, under “Wellness Resources” and it includes ideas such as walk-a-thons, Fund Runs/5k’s, Growums garden kits, spirit cups, flowers, read-a-thons etc.  
<http://connect.pasco.k12.fl.us/pcs-wellness/>

**14. Who do we contact to add a fundraiser calendar to our website?**

- a. Your school’s Webmaster.

## **Examples of Best Practices:**

### **Wesley Chapel High School**

#### **Hunger Games**

We have implemented the "hunger games" at lunches this year providing opportunities for students to be physical by playing corn hole, ladder golf, etc.

### **T. E. Weightman Middle School**

#### **Color Run**

Students had an opportunity to participate in a fundraiser for PTA right on our campus. The color run was held on a Saturday where students came to run a 5k while getting color dye thrown on them.

#### **Incentive Days**

Students are rewarded for good behavior and academic progress. Incentive days are once a quarter when students have to opportunity to earn an extra period of physical activity and other various activities. During these days the school is on an activity schedule which allows an hour at the end of the day for the incentive. Teams sign up for equipment along with certain playing areas of the school. During this time teams may also use their fitness boxes.

### **Veterans Elementary School**

We participated in **Boosterthon**, which promoted nutrition, fitness, and friendship. We had a **Field Day** for all students, which promoted fitness. We participated in **Jump Rope for Heart** and raised more money for the American Heart Association. We promoted **Walking School Bus**, **National Walk to School Day**, and **National Ride your Bike to School Day** through our daily student-run news show. We have annual **kickball tournaments** for our 5th graders, both a class-vs-class tournament and a 5th graders-vs-staff game, which promotes fitness.

### **Moon Lake Elementary**

#### **Turkey Trot Walk-a-thon**

Our Fall fundraiser in November is focused on a Walk-a-thon that the students complete at school. We do this fundraiser annually to raise funds and promote healthy choices. The students and their teachers walk during their designated time and track their laps.

### **Veterans Elementary Rewards**

Many of our rewards for groups of students or classes are dance parties and additional recess outside. We feature student sports stars weekly on the news show to encourage involvement in sports.

## **Gulf Trace Elementary School**

### **Student Birthdays & Rewards**

We celebrate student birthdays each month with “smart snack approved” cookies purchased from our school cafeteria. All students Pre-K through 5th all get a nutritional cookie and if they have food allergies the cafeteria helps us to find an alternate treat. 98% of the rewards given to students are non-food items such as extra recess, computer time, etc.