

Student Wellness Policy Implementation Status Report 2015-2016



Pasco County Schools

Providing a world-class education for all students

Kurt S. Browning, Superintendent of Schools

**Annual Report prepared by the Wellness Policy Council
June 2016**

Wellness Policy Implementation Survey

The District School Board of Pasco County is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The District promotes school environments that encourage and protect children's health, well-being, and ability to learn by supporting healthful nutrition and physical activity.

Student Wellness Policy 8510, (Board approved on April 18, 2006) in accordance with Public Law 108-265, requires the Superintendent or his/her designee to establish and support a Wellness Council to oversee development, implementation and evaluation of the wellness guidelines. The policy also requires the Student Wellness Council to conduct reviews of the progress toward implementing school wellness guidelines, identify areas for improvement, and revise guidelines as necessary.

An electronic survey was sent to each school principal at the close of the 2015-2016 school year. This survey was meant to be a self-report analysis tool to determine the level of implementation for meeting the Wellness Policy Standards. Data from this report is included in the Wellness Policy Council's report to the Superintendent and School Board.

For each standard, there were three choices. Administrators chose the level of implementation stage that best fit their school.

Not Currently Implementing – Stage in which school has not implemented the program.

Developing – School is implementing a few programs/activities that relate to the standard.

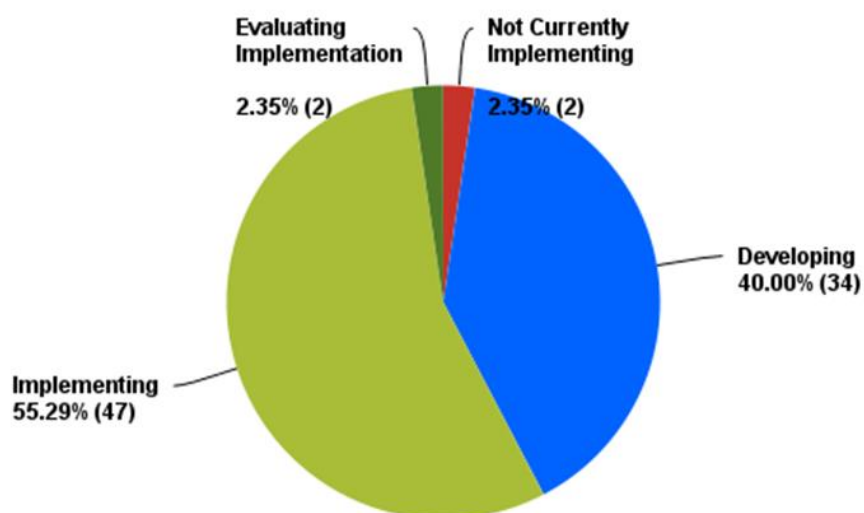
Implementing – School fully and consistently implements programs/activities that meet the standard.

Evaluating Implementation – Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet the standard

Administrators were asked to share any additional information on wellness programs the school implemented during 2015-2016 as well as challenges or obstacles they encountered in reaching full implementation of the Wellness Policy Guidelines. Program names, descriptions and comments are presented as entered by the school administrator or his/her designee.

1. Nutrition Education Standards

- A. Health/Nutrition standards were integrated into the core curriculum areas.



KEY

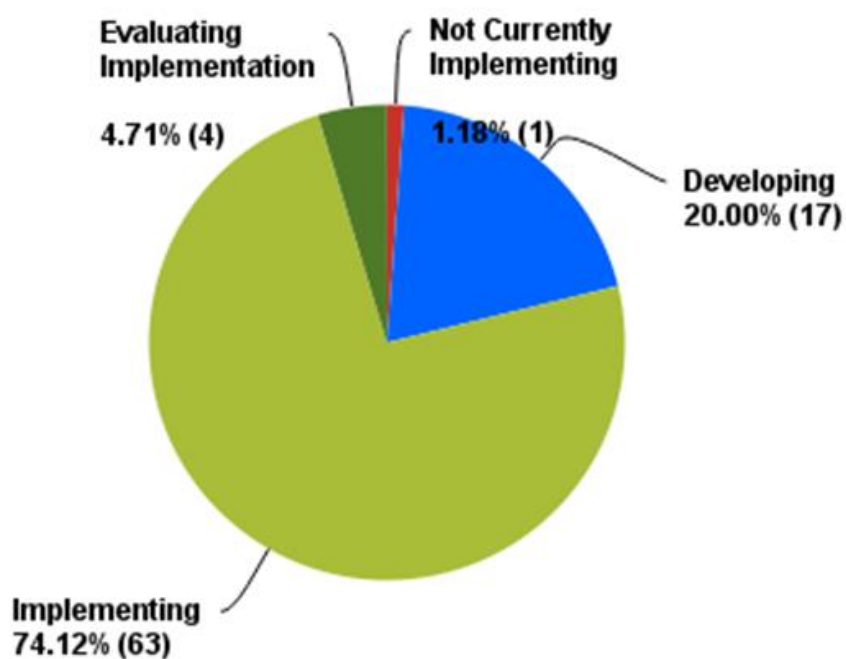
Not Currently Implementing - Stage in which school has not implemented the program.

Developing – School is implementing a few programs/activities that relate to the standard

Implementing – School fully and consistently implements programs/activities that meet the standard

Evaluating Implementation - Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet

- B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, physical education, career and technical courses).

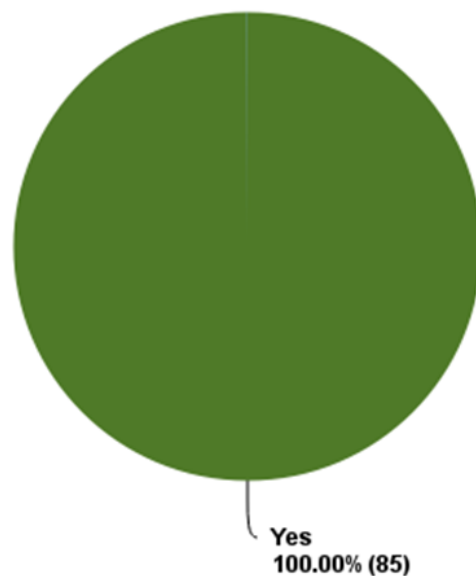


Nutrition Education Standards - Prior Year Comparisons:

Nutrition Education Standards			
	2014-15	2015-16	Difference
A. Health/Nutrition standards were integrated into the core curriculum areas.			
Not Currently Implementing	N/A	2.35%	
Developing	50.00%	40.00%	-10.00%
Implementing	40.32%	55.29%	+14.97%
Evaluating Implementation	N/A	2.35%	
B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, physical education, career and technical courses).			
Not Currently Implementing	N/A	1.18%	
Developing	38.71%	20.00%	-18.71%
Implementing	56.45%	74.12%	+17.67%
Evaluating Implementation	N/A	4.71%	

2. Physical Education/Activity Standards

A. Physical education classes were available at all grade levels.



KEY

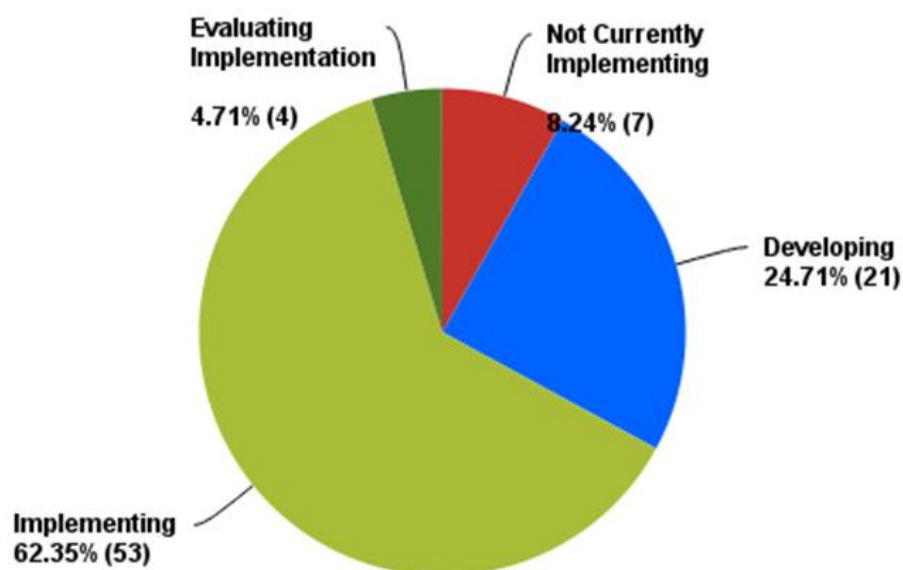
Not Currently Implementing - Stage in which school has not implemented the program.

Developing – School is implementing a few programs/activities that relate to the standard

Implementing – School fully and consistently implements programs/activities that meet the standard

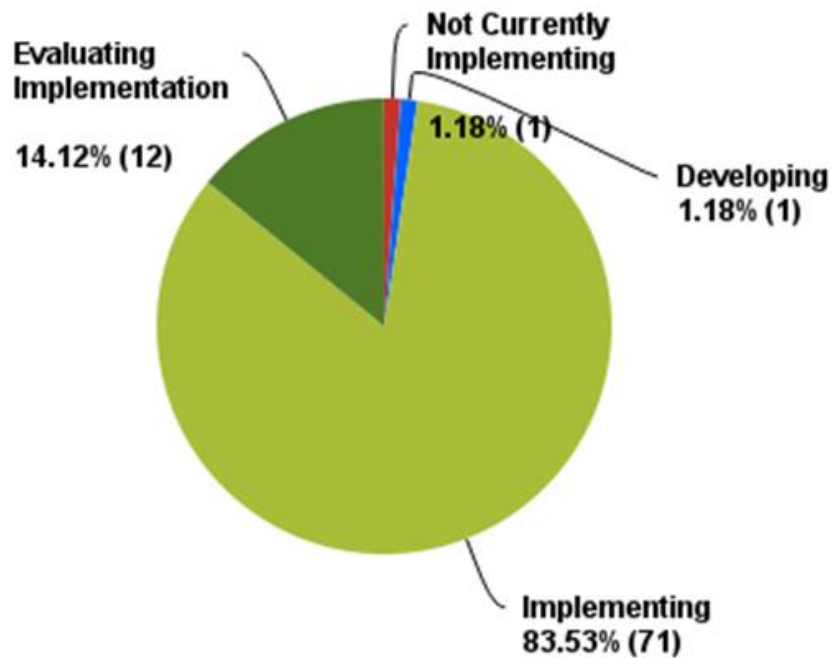
Evaluating Implementation - Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet

B. Physical activities were integrated across curricula and throughout the day.

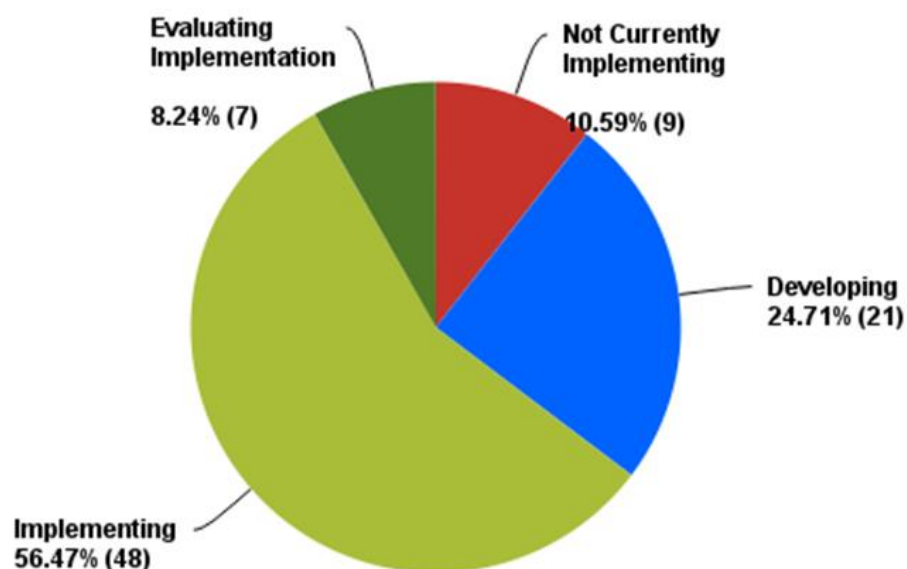


2. Physical Education/Activity Standards (continued)

- C. School provided a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations were made for students with limitations.

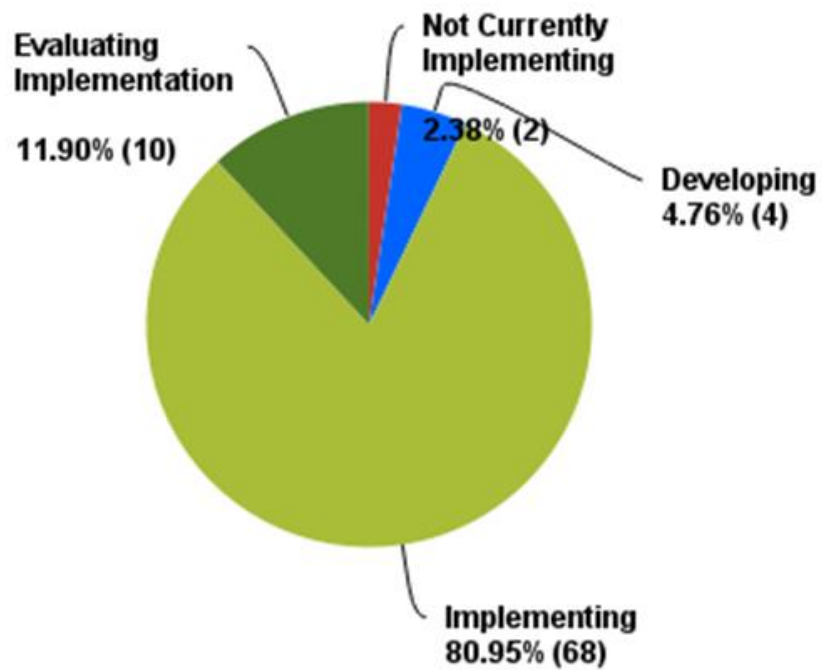


- D. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.



2. Physical Education/Activity Standards (continued)

E. School discouraged withholding of participation in physical activity as a punishment.

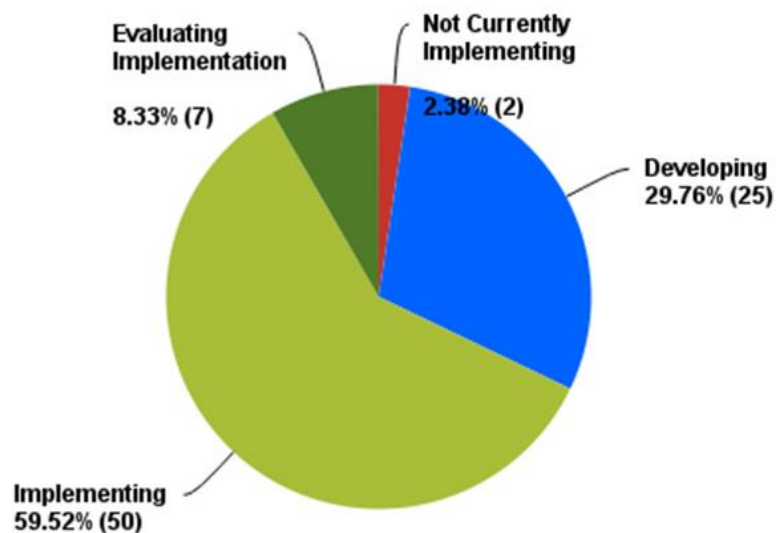


Physical Education/Activity Standards - Prior Year Comparisons:

Physical Education/Activity Standards			
	2014-15	2015-16	Difference
A. Physical education classes were available at all grade levels.			
No	0.00%	0.00%	0.00%
Yes	100.00%	100.00%	0.00%
B. Physical activities were integrated across curricula and throughout the day.			
Not Currently Implementing	N/A	8.24%	
Developing	26.23%	24.71%	-1.52%
Implementing	63.93%	62.35%	-1.58%
Evaluating Implementation	N/A	4.71%	
C. School provided a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations were made for students with limitations.			
Not Currently Implementing	N/A	1.18%	
Developing	6.45%	1.18%	-5.27%
Implementing	90.32%	83.53%	-6.79%
Evaluating Implementation	N/A	14.12%	
D. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.			
Not Currently Implementing	N/A	10.59%	
Developing	24.19%	24.71%	+0.52%
Implementing	46.77%	56.47%	+9.70%
Evaluating Implementation	N/A	8.24%	
E. School discouraged withholding of participation in physical activity as a punishment.			
Not Currently Implementing	N/A	2.38%	
Developing	8.06%	4.76%	-3.30%
Implementing	91.94%	80.95%	-10.99%
Evaluating Implementation	N/A	11.90%	

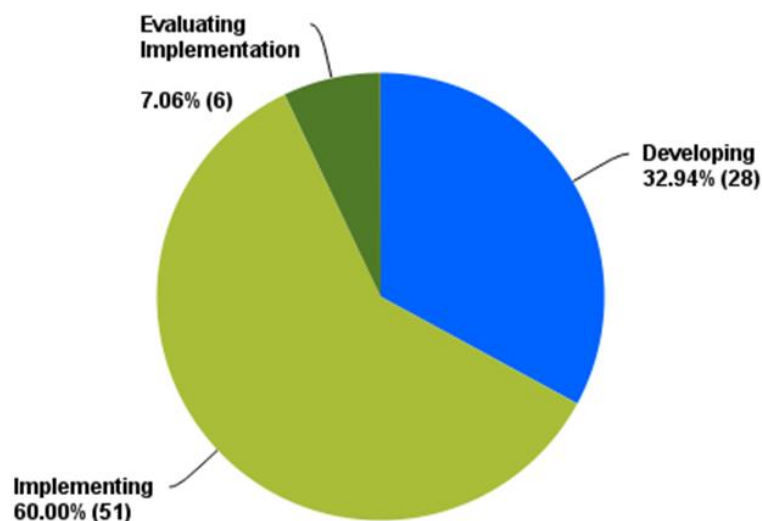
3. Other School-Based Activities Standards

- A. Fundraising efforts promoted healthful nutrition and physical activity. Community and business partnerships were considered as an alternative to traditional food-based fundraising efforts.



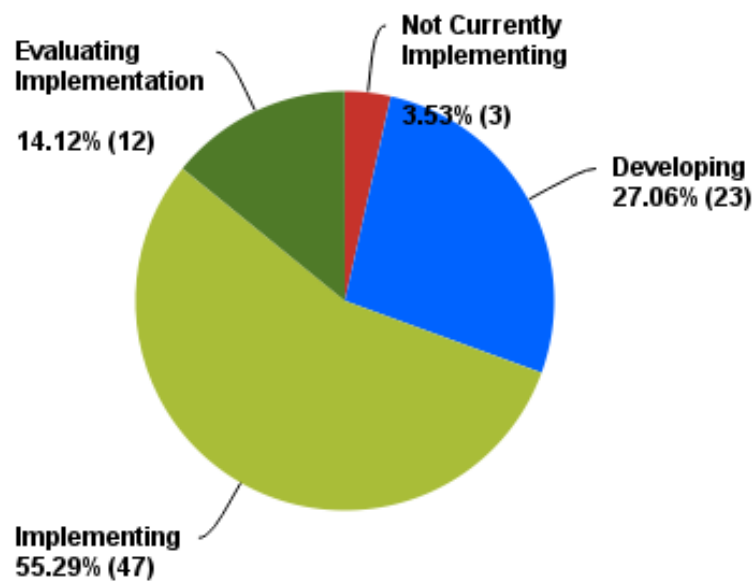
KEY	
Not Currently Implementing	- Stage in which school has not implemented the program.
Developing	- School is implementing a few programs/activities that relate to the standard
Implementing	- School fully and consistently implements programs/activities that meet the standard
Evaluating Implementation	- Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet

- B1. When offering incentives or rewards, non-food items are used.

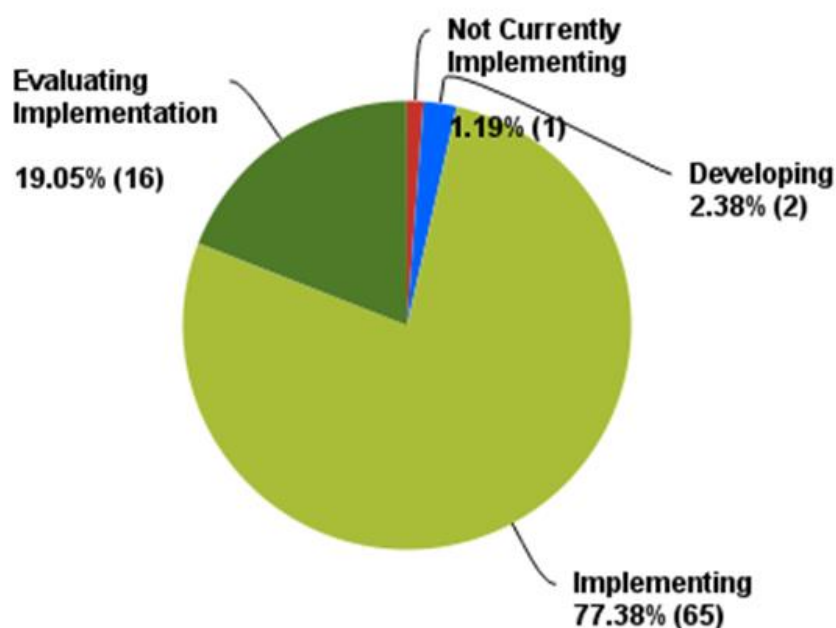


3. Other School-Based Activities Standards (continued)

B2. When food incentives or rewards are offered, The Dietary Guidelines for Americans and competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards are followed: 1. Calorie Limits i. Snack items: < 200 calories ii. Entrée items: < 350 calories 2. Sodium Limits: i. Snack items: < 230 mg ii. Entrée items: < 480 mg 3. Fat Limits: i. Total fat: < 35% of calories ii. Saturated fat: < 10% of calories iii. Trans fat: zero grams 4. Sugar Limits i. < 35% of weight from total sugars in foods.

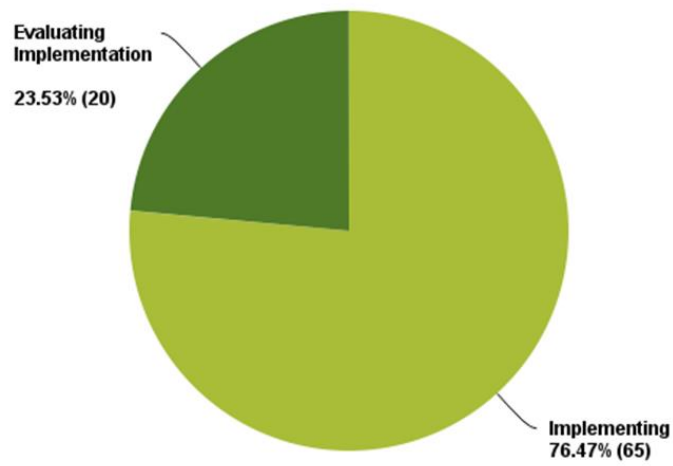


C. All food items sold on campus comply with District Policy 8550 regarding competitive sales.



3. Other School-Based Activities Standards (continued)

- D. Students are provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their food from the line.



Other School-Based Activities Standards - Prior Year Comparisons:

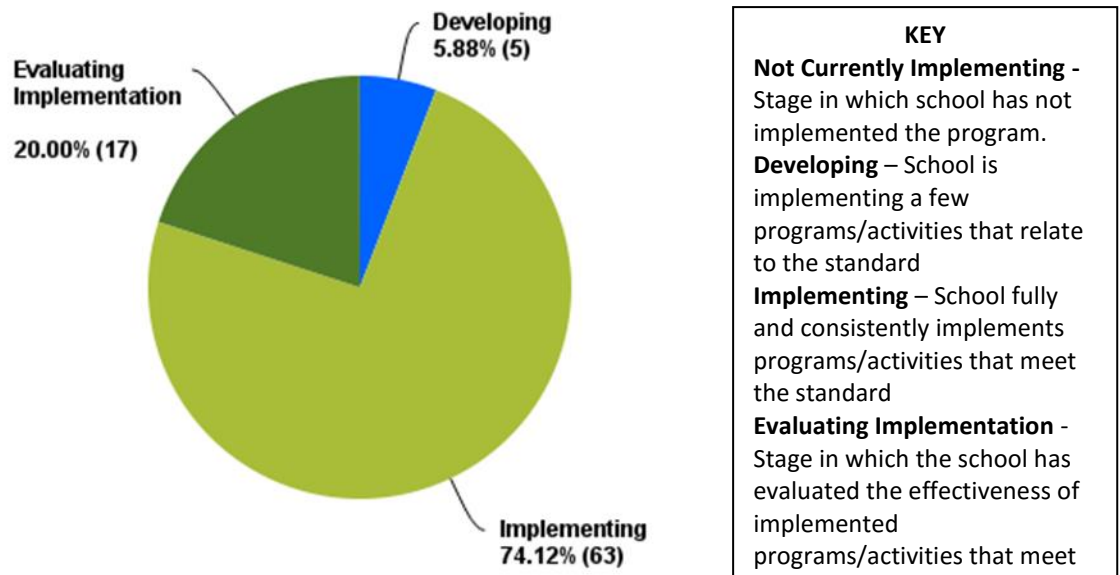
School-Based Activities Standards			
	2014-15	2015-16	Difference
A. Fundraising efforts promoted healthful nutrition and physical activity. Community and business partnerships were considered as an alternative to traditional food-based fundraising efforts.			
Not Currently Implementing	N/A	2.38%	
Developing	40.32%	29.76%	-10.56%
Implementing	56.45%	59.52%	+3.07%
Evaluating Implementation	N/A	8.33%	
B1. When offering incentives or rewards, non-food items are used.			
Not Currently Implementing	N/A	0.00%	
Developing	50.00%	32.94%	-17.06%
Implementing	50.00%	60.00%	+10.00%
Evaluating Implementation	N/A	7.06%	
B2. When food incentives or rewards are offered, The Dietary Guidelines for Americans and competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards are followed: 1. Calorie Limits i. Snack items: < 200 calories ii. Entrée items: < 350 calories 2. Sodium Limits: i. Snack items: < 230 mg ii. Entrée items: < 480 mg 3. Fat Limits: i. Total fat: < 35% of calories ii. Saturated fat: < 10% of calories iii. Trans fat: zero grams 4. Sugar Limits i. < 35% of weight from total sugars in foods			
Not Currently Implementing	N/A	3.53%	
Developing	50.00%	27.06%	-22.94%
Implementing	43.55%	55.29%	+11.74%
Evaluating Implementation	N/A	14.12%	
C. All food items sold on campus comply with District Policy 8550 regarding competitive sales.			
Not Currently Implementing	N/A	1.19%	
Developing	14.52%	2.38%	-12.14%
Implementing	85.48%	77.38%	-8.10%
Evaluating Implementation	N/A	19.05%	
"D." Continued on page 13.			

**Other School-Based Activities Standards - Prior Year Comparisons:
(continued)**

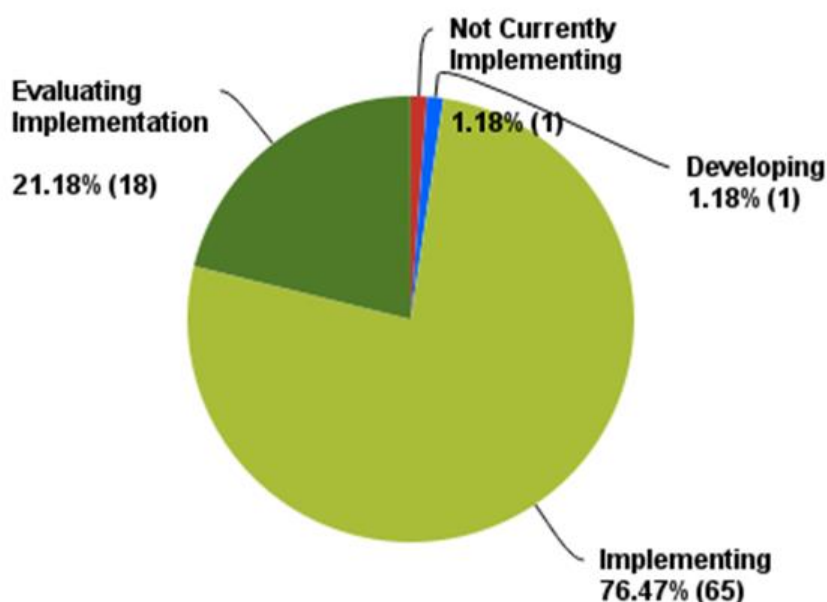
D. Students are provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their food from the line.			
Not Currently Implementing	N/A	0.00%	
Developing	N/A	0.00%	
Implementing	N/A	76.47%	
Evaluating Implementation	N/A	23.53%	

4. Nutrition Standards

- A. Nutritious and appealing foods and beverages such as water, fruits, vegetables, low-fat dairy foods and whole grain products were available wherever and whenever food was sold or otherwise offered at school.

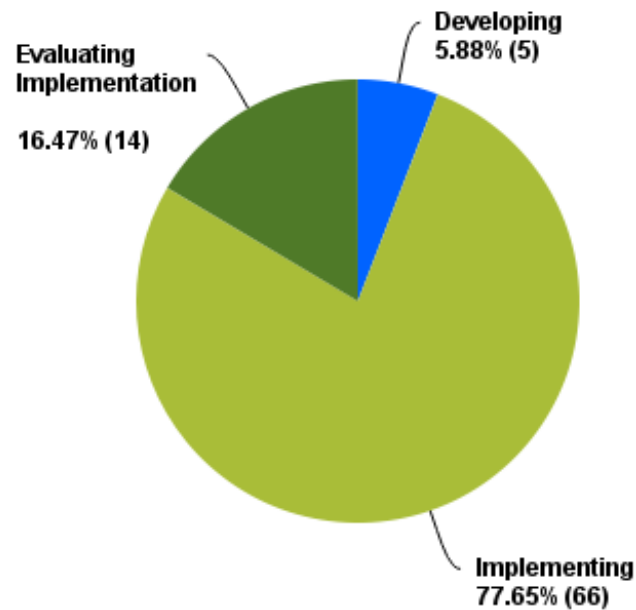


- B. School allowed bottled water (with cap) in the classrooms to encourage hydration.

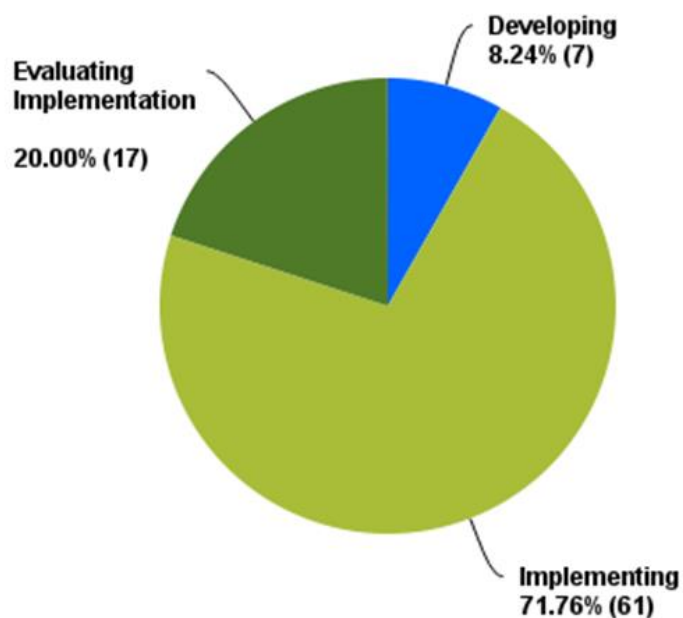


4. Nutrition Standards (continued)

C. Healthful food choices were identified to encourage consumption.

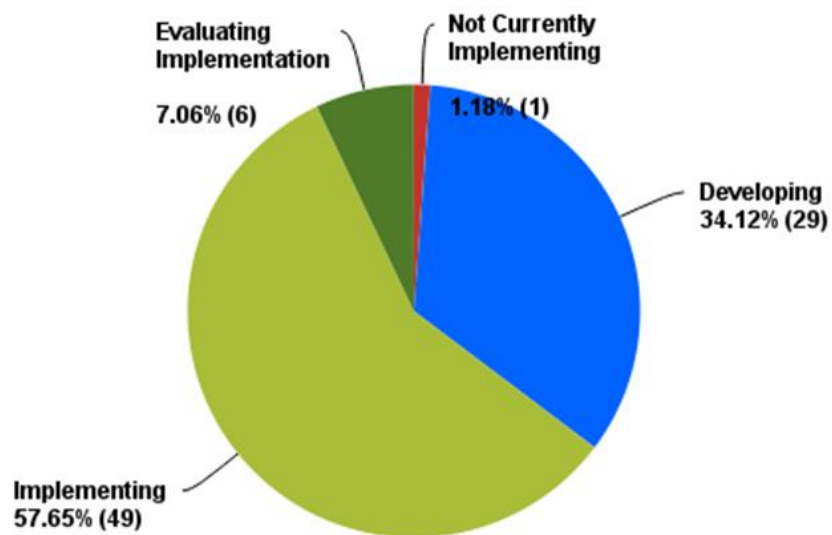


D. All foods available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines meet the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



4. Nutrition Standards (continued)

- E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 75% of those items comply with the Competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



Nutrition Standards - Prior Year Comparisons:

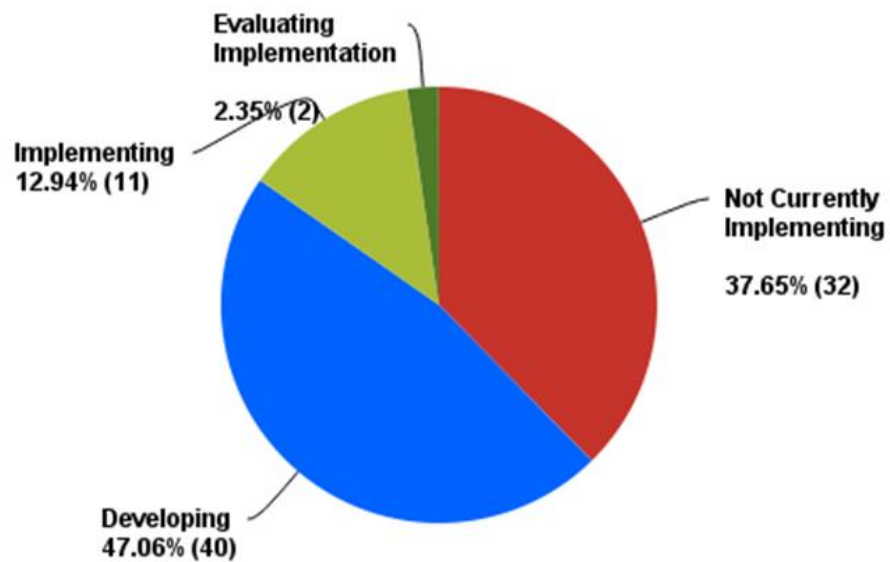
Nutrition Standards			
	2014-15	2015-16	Difference
A. Nutritious and appealing foods and beverages such as water, fruits, vegetables, low-fat dairy foods and whole grain products were available wherever and whenever food was sold or otherwise offered at school.			
Not Currently Implementing	N/A	0.00%	
Developing	19.35%	5.88%	-13.47%
Implementing	80.65%	74.12%	-6.53%
Evaluating Implementation	N/A	20.00%	
B. School allowed bottled water (with cap) in the classrooms to encourage hydration.			
Not Currently Implementing	N/A	1.18%	
Developing	3.23%	1.18%	-2.05%
Implementing	96.77%	76.47%	-20.30%
Evaluating Implementation	N/A	21.18%	
C. Healthful food choices were identified to encourage consumption.			
Not Currently Implementing	N/A	0.00%	
Developing	19.35%	5.88%	-13.47%
Implementing	79.03%	77.65%	-1.38%
Evaluating Implementation	N/A	16.47%	
D. All foods available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines meet the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.			
Not Currently Implementing	N/A	0.00%	
Developing	19.35%	8.24%	-11.11%
Implementing	79.03%	71.76%	-7.27%
Evaluating Implementation	N/A	20.00%	
"E." Continued on page 16.			

Nutrition Standards - Prior Year Comparisons: (continued)

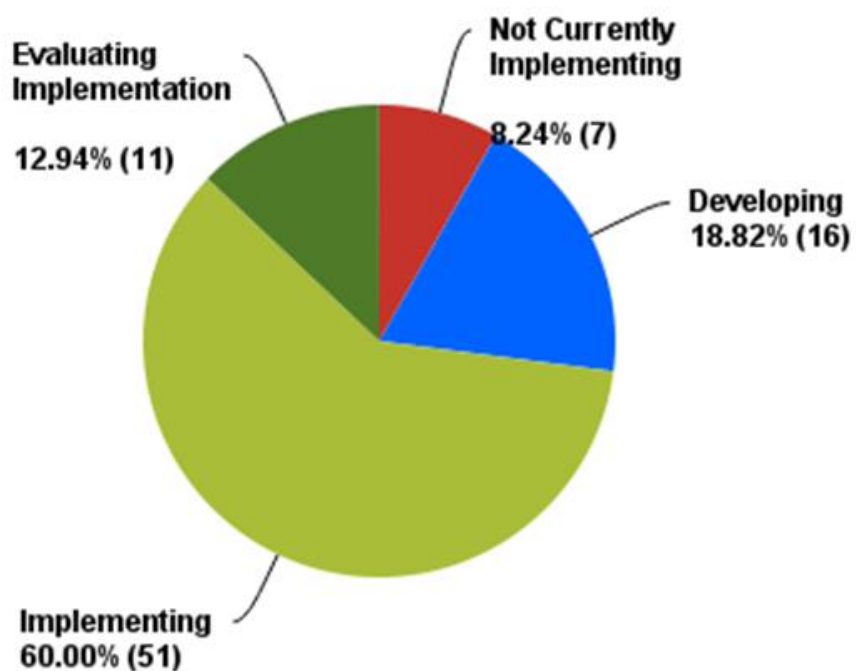
E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 75% of those items comply with the Competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.			
Not Currently Implementing	N/A	1.18%	
Developing	32.26%	34.12%	+1.86%
Implementing	62.90%	57.65%	-5.25%
Evaluating Implementation	N/A	7.06%	

5. Nutrition Promotion Standards

- A. School includes a goal for health and wellness in their School Improvement Plan.

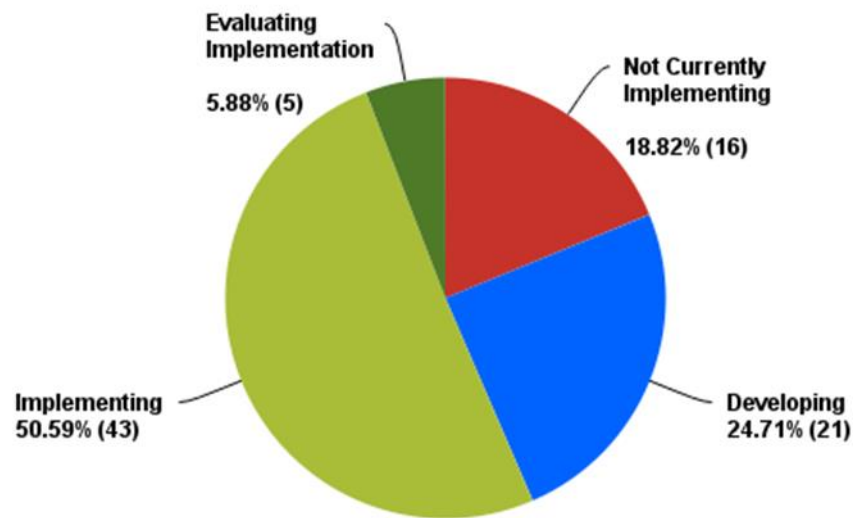


- B. School has an established Healthy School Team.



5. Nutrition Promotion Standards (continued)

C. Fundraiser Calendar is posted on School website.

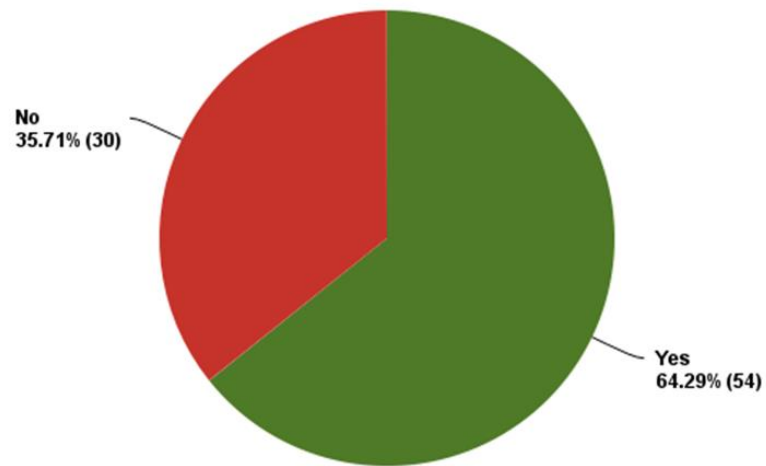


Nutrition Promotion - Prior Year Comparisons:

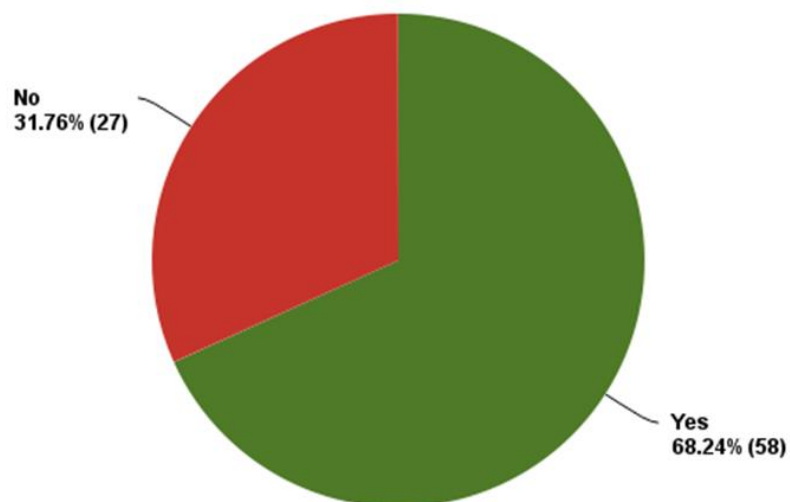
Nutrition Standards			
	2014-15	2015-16	Difference
A. School includes a goal for health and wellness in their School Improvement Plan.			
Not Currently Implementing	N/A	37.65%	
Developing	N/A	47.06%	
Implementing	N/A	12.94%	
Evaluating Implementation	N/A	2.35%	
B. School has an established Healthy School Team.			
Not Currently Implementing	N/A	8.24%	
Developing	N/A	18.82%	
Implementing	N/A	60.00%	
Evaluating Implementation	N/A	12.94%	
C. Fundraiser Calendar is posted on School website.			
Not Currently Implementing	N/A	18.82%	
Developing	N/A	24.71%	
Implementing	N/A	50.59%	
Evaluating Implementation	N/A	5.88%	

Additional Questions

1. School had an active School Health Advisory Council (SHAC).

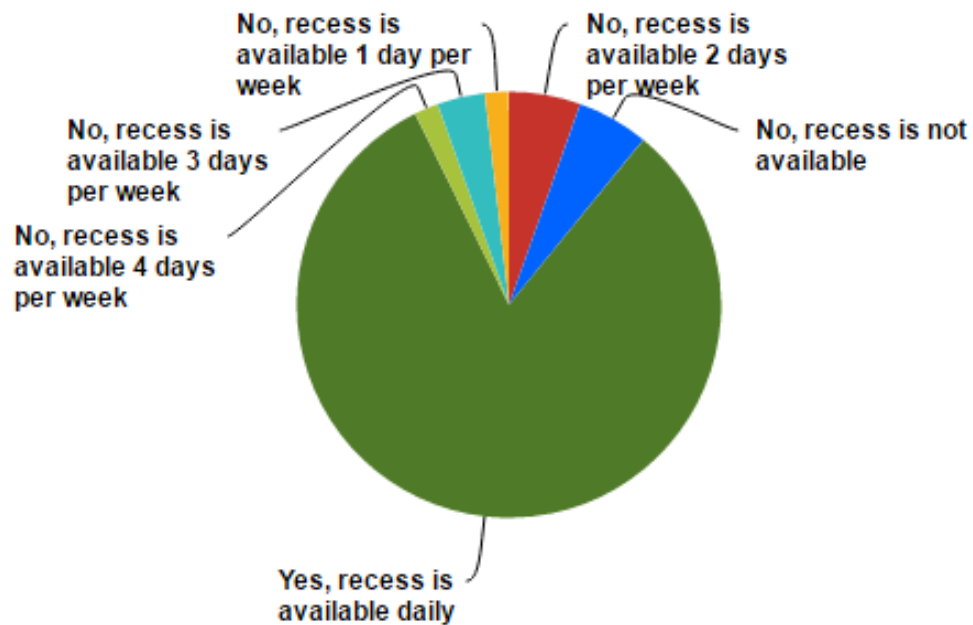


2. Before-school or after-school activity-based programs were available for students (i.e., walking programs, kickball, dance, flag football).



Additional Questions (continued)

3. Recess was available daily for all elementary students – Elementary only.



Recess was available for all elementary students – Elementary only.	
Yes, recess is available daily	81.82% (45)
No, recess is available 4 days per week	1.82% (1)
No, recess is available 3 days per week	3.64% (2)
No, recess is available 2 days per week	5.45% (3)
No, recess is available 1 day per week	1.82% (1)
No, recess is not available	5.45% (3)

Additional Program Information (Optional)

A. Innovative strategies for fundraisers, celebrations, rewards or special events.

Crew's Lake Middle School

Incentive Program

Student Incentive Events are designed and selected to incorporate physical activity. Incentive events this year included a field day with water sports, bowling, and skating.

Denham Oaks Elementary School

Career Club Opportunities – Gardening Clubs, Growing Fruits and Vegetables

Students in K-5 have the opportunity to grow and harvest fruits and vegetables in our garden at school. Students were able to enjoy the harvest and made salads. This will continue throughout the summer in a Summer Camp across 4 weeks.

B. Student-focused wellness programs with significant parental and/or community involvement.

Crew's Lake Middle School

Intramural Sports

In the 4th quarter, intramural sports for basketball, soccer, and weight training/fitness were offered Monday-Thursday for an hour and a half after school. Over 100 students attended regularly. The purpose was to increase conditioning, skills, and interest in sports participation and overall fitness during the off-season.

Double Branch Elementary School

PTA Walk-a-thon

Students participated in a walk-a-thon to fundraise for the school. Students walked/ran around a track for 30 minutes to see how many laps they could complete.

Gulf Trace Elementary School

Sea Star Family Moves

A monthly physical activity calendar is sent home with daily activities identified for students and an adult family member to complete together. The activity on the calendar is initialed after completion. At the end of each month calendars are returned, completed calendars are charted, and incentives are given out. Incentives include small balls, frisbees, and water bottles.

Lake Myrtle Elementary School

School Garden

The School garden is planted and maintained by students. Seeds are sown in classrooms utilizing common core standards and then transplanted to the garden where the garden club maintains them and studies their growth. The students then have taste tests with the harvest. This teaches them how to grow their food and learn good nutrition habits at an early age.

Sunray Elementary

Girls Running Club

The Girls Running Club promotes a healthy lifestyle and self-confidence for Sunray Elementary girls. The girls practice after school and work in small groups on confidence-building activities. They also have a culminating 5K race which is held at Anclote High School every year.

Boys Run Hard

The boys Run Hard program works with our Sunray boys on stamina, endurance and goal setting. The boys participate in a culminating 5K run at the end of the program.

T. E. Weightman Middle School

Healthier Me Club

Students meet once a week after school to discuss and participate in wellness activities. We talk about ways to keep your body and mind healthy through food choices and exercise. We spend 10 minutes talking about our choices and ways to make good choices, 10 minutes outside stretching, 30 minutes, walking or running, and 10 minutes cooling down and building relationships.

Veterans Elementary School

Garden Club

All students, parents, and staff were invited to join the Garden Club. We implemented and maintained several gardens across the campus, including class gardens, an edible garden, and a sensory garden.

Coaches' Corner

Friday mornings before school, fifth graders in Coaches' Corner go outside and play organized games and sports together.

I Tried It Letter

On the morning news show, students are encouraged to write a letter to Mrs. Forgas describing a new healthy fruit or vegetable they tried, and one or two letters per week are featured on the news.

Jammin' Minute

Once a week on the news show, we have a segment called the Jammin' Minute where the news crew leads the school in a minute of exercise to encourage movement.

C. Student-focused activities/events addressing one component of the Wellness Policy (Nutrition Education; Physical Education/Activity; Other School-Based Activities; and Nutrition Standards).

Classical Preparatory Charter School

Karate (Ingram's)

Karate

Crew's Lake Middle School

6th and 7th Grade Recess

6th and 7th grade students participated in 15 minutes of daily recess prior to lunch each day to provide movement to increase stamina in classrooms in addition to increasing appetites.

Gulf Trace Elementary School

"My Shining Healthy Body"

Students participate in weekly health lessons focused around nutrition, fitness and life skills/safety/conflict resolution. Students demonstrate their learning and understanding of the focus areas with power points, displays, and presentations.

Shady Hills Elementary School

Shady Hills Running Club

Kids met twice a week to run with parents and staff. Kids kept track of miles with a goal of running the equivalent of a marathon. Many participated in a culminating event as well as a track and field time trial.

T. E. Weightman Middle School

Garden and Greenhouse Effect!

Students and teachers on campus have been working hard on developing a functioning garden and greenhouse.

If schools were still in the “not currently implementing” stages of implementing the wellness policy guidelines, administrators or Wellness Champions were asked to describe the challenges/obstacles in reaching full implementation.

- Time to meet, discuss, implement. Intentional planning for and education of faculty as to the guidelines are still a work in progress.
- Our elementary school has implemented a Healthy School team in conjunction with our SAC committee. We also have a Safety and Wellness Committee. Currently, parents serve on our SAC and Healthy School Team but not our Safety and Wellness Team. Our school does not participate in any student based fundraising or direct sales to students other than A la Carte sales in the cafeteria. Incentive programs are often activity based. Students receive a fruit and veggie snack 2 days per week and students participating in extended school hours receive an after school supper snack which meets school nutrition guidelines and includes a milk. Students have access to drinking fountains throughout the day.
- After school programs are limited due to transportation concerns and available staff to lead new programs.
- We currently do not have after school activities. Transportation is an issue for many of our students.
- It is a challenge to get all PTA members and teachers on board with not giving candy as snacks/rewards or selling food items as fundraisers. We need someone from district to come to a Professional Development and/or PTA meeting to discuss alternatives to unhealthy snacks for rewards and fundraisers to give them different appealing options.
- Currently we are in the developing stages in many areas and are working towards full implementation. The main challenge is to continue to discuss with teachers and staff the importance of healthy foods for classroom celebrations. Also there are areas we are not currently implementing because it really does not pertain to us. We do not have fundraisers that involve food or offer a lot of foods in after school events.
- We are currently working with our healthy schools team to review our classroom reward policies.
- We will be including Health and Wellness into next school years SIP.
- This information was not provided until the beginning of the school year. We did not have it to implement in our SIP planning which starts at the end of the year. Better communication needs to happen this year in a timely fashion to allow high schools to better implement this policy. Our calendar is set way before school starts. New policy measures need to be provided to high schools ASAP if you want them to implement them properly.
- We would like a fundraising option that does not include unhealthy items, but is successful in providing the funding we need to generate enough money to make the fundraiser worthwhile.
- SIP addresses EWS and Gallop concerns related directly to student achievement for middle to high school promotion.

- If the SHAC is not the same as the Healthy Schools Team then we will need to create that committee.
- Fundraising has been a challenge since so many fundraisers have been food based.
- We are trying to monitor the classrooms to make sure they are meeting the health requirements.
- Stakeholder participation is difficult to attain and retain. We have just enough members in SAC and forming a SHAC could potentially take away participating members of other groups.
- With the opening of our school, we are still developing the outcomes and goals for our students. We will plan to implement a SIP goal on Wellness. The principal chose to have a SHAC as well as SAC, next year these two councils will be combined.
- Need to create a Wellness Community that consists of families, teachers, administrators, and students who plan and implement physical activity in the school environment. Need to make the fundraisers posted on the school calendar public for all stakeholders to see. Need to create a "Wellness Goal" in our 2016-2017 SIP. Majority of food and beverage sales that occur after school hours are conducted through the athletic boosters at athletic events. It would be difficult to monitor whether or not 75% of food sales at these after school events are meeting the USDA's All Foods Sold in Schools Standards. Fundraisers promoting healthy food choices and activities are dependent upon the group, or individual, sponsoring the fundraiser. For instance, our school has annual Kickball Tournament which would meet these guidelines. However, I cannot say that everything that a group or organization sells or does promotes physical activity or healthy food alternatives.
- No... School Health Council-We did not know anything about this. After school physical activities-We have Chorus, Orf, Odyssey of the Mind and Extended School Day. Kids at our school mainly participate in neighborhood or club sports. Health goal in the SIP-Our focus is on academics. School Healthy Team-I am not aware of the structure or mission of this team. Health and Wellness Standards in the core curriculum areas-Time to integrate these is lacking due to other priorities.
- The challenges for incorporating exercise and movement into the core curriculum is difficult because the standards are very rigorous and the classes are only 50 minutes and the students need all of this time.
- FNS staff does not work with our concession operations, so they are unable to verify whether the required percentage is being used. Not all fundraising is listed on the school calendar. Again, FNS staff do not control what goes on the school calendar.
- Being a full service high school it is hard to implement a full program. We do offer sports and activities but at this time we are not fully organized as a school.
- For some of our ESE classrooms, the preferred incentive is a food item. However, we give it in small amounts. For events, many times the items that people want aren't the healthy (fruits, veggies, etc.), so that is always a challenge.

- Staff does not want to participate in some of the activities and some of the other challenges were due to new guidelines this year.
- Community support and time within the core classes to align the standards. Time for the committee to meet.
- Due to only being here since October, there are many changes that I'd like to put in place, but have to prioritize them and tackle things strategically. We also lost the long-time clinic assistant in December, so that adjustment with our new lead of the Healthy School Wellness Team, has been a challenge as well.
- Reviewing alternatives to food based fundraisers. Incorporating our Wellness policies into our school improvement plan.
- Due to personnel changes our Healthy School Team members have changed and need to be redeveloped. Our fundraiser decisions need to fully align with the Wellness Policy guidelines. This will be another area we are developing for the following year
- Our Health/Nutrition standards were marked as developing because they are taught in our PE classes and we have UF Extension come out and teach My Plate. These visits have resulted in an increased knowledge base for our teachers and led to additional classroom discussions. We have a wellness community that consists of teachers and administrators, but we are in the process of recruiting families and students. We currently have some instances where withholding physical activity as a punishment is happening. We are working on a school wide plan that will give teachers different options to use to monitor student behavior. All of our School Wide Initiatives have incentives that are non-food items, but some classrooms still use food items as a reward. Our current School Improvement Plan didn't include a goal for health and wellness but we do have a committee that focuses on it. We don't have a Fundraiser Calendar on our school website because we have no fundraisers planned.
- We have done a beautiful job with revising concession stand items, implementing fitness standards and instruction into PE courses and the Family and Consumer Science course, and providing extra-curricular opportunities for fitness and wellness to students. Due to restraints within core content curricular maps and pacing, I admit that we have not integrated the practices into the core content areas.
- Administration changed 3x in past 18 months- although the school has followed the Smart snacks program and the cafeteria is up on all requirements the rest of the staff has been trying to work with all the challenges and changes and this has not been a priority together, although individuals have implemented certain changes in certain grades and provide extra education to classes it has not been school wide. UF has provided my plate and we have a Chef that comes to the school and teaches. We also have a huge vegetable garden run by volunteers and the kids take home fresh veggies. We have had a vision van that provided glasses to all kids in need and a dental van that provided free care to all KG, 1st, and 2nd graders. We have a running club in the mornings and kids keep track of their mileage. Pack a sack program is every Friday. National Bike and Walk to school days, hunger walk and monthly Astro skate events.
- We'd like to have a lot more wellness activities for the staff, every month.

- We need to add a Wellness goal to this year's School Improvement Plan. I am also working with my staff and PTA on offering more healthy food choices for special events.
- I continue to battle admin and teachers on using food/junk food as rewards or incentives. I do everything I can to try to convince them of it, including if they want to use food to please get it from the district. I also offer using the gym and outside PE areas as an option. We have some buy in but mostly still challenging.
- Developing was marked for concessions sold after school - it is often times difficult to find items that appeal to students and adults. We are making efforts though. Also developing are snacks for celebrations - we are aware and try to provide healthy foods but this is not always done.
- Buy-in and availability/time of staff to provide support for the program and on-going needs.
- Fundraising and carnivals--working with our parent group which is used to certain fundraising and carnival traditions.
- We have not included a specific goal in our SIP related to the wellness policy guidelines, so we just need to take the time to create this goal.
- Administrative turnover has put some things on the back burner for this year, but will be implemented next year.
- Embedding nutrition into curriculum is difficult due to time and lack of district wide curriculum development. Adhering to nutrition guidelines poses a challenge due to lack of educating those who provide the food (teachers/PTO).
- The only area marked as "not currently implementing is having a direct goal on our School Improvement Plan. We have a good wellness program so we did not prioritize that in our SIP, although members of our committee share updates about what we are doing for health and wellness at each SAC meeting.
- Staff and PTO are cognizant and encouraging of healthful habits however, a team has not been identified or established.
- We do not have a SHAC but we do have a Health and Wellness committee that meets monthly.
- The school continues to build a culture of healthy choices for all student activities, both before school, during school, and after school. We need to continue to expand student knowledge on healthy choices, as well as expand health opportunities to students.
- Education of all stakeholders on the Wellness Policy is a challenge. For the most part we are implementing, but there are occasional instances of non-implementation that occur.
- Wellness Committee- currently does not involve parents outside of our monthly SAC meetings. Integrating Health standards in Core Curriculum Areas is inconsistent due to awareness of standards and how they can align. SIP focuses on the whole child and the awareness of social and emotional development.

Wellness Policy Council Recommendations for 2016-2017

The Wellness Council reviewed the policy and procedures during the 2015-2016 school year and made the following recommendations:

- 1) For the 2016-2017 school year, update the Wellness Policy as needed in order to be compliant with all State Regulations.**
- 2) For the 2016-2017 school year, revise the Wellness Policy Procedures to better address Healthy School Teams, fundraising, celebrations, rewards, and special events.**
- 3) Develop a Healthy School Team/Student Wellness Audit Awareness resource guide to aid in the continued compliance of the federally mandated guidelines.**
- 4) Continue to provide accessible resources to schools for healthy alternatives for fundraising, celebrations, rewards, and special events.**

2015-2016 Wellness Policy Council Members

Cynthia Armstrong	School Board Member
Scott Leu	Clinical Coordinator, Employee Assistance Program
Stephanie Spicknall	Program Manager, Food and Nutrition Services
Amanda Musick	Program Manager, Food and Nutrition Services
Lisa Kern	Supervisor, Student Health Services
Kathy Browning	School Nurse
Kathy Giarratano	School Nurse
Jeanmarie Batto	School Nurse
Claudine Nipps	Teacher, Thomas E. Weightman Middle School
Richard Tonello	Supervisor, Planning Department
Lisa Miller	Office of Teaching and Learning
Amy Lipovetsky	Office of Teaching and Learning
Matt Wicks	Program Coordinator of Physical Education/Athletics
Katie Wright	Secretary, Employee Assistance Program/EBARM; Parent
Madonna Vance	Supervisor SSPS ESE Comp, Student Support Programs and Services
Raneitra Grover	Team Nutrition Coordinator, Florida Dept. of Agriculture
Meg Gamero	Parent/Community Member
Tammy Downing	Parent; Nutrition Associate, Food and Nutrition Services
Katie Wright	Parent; School Support Specialist, Food and Nutrition Services
Deanna Krautner	Health Educator, Florida Department of Health in Pasco County; Parent
Naomi Docilait	Students Working Against Tabaco Coordinator, Florida Department of Health in Pasco
Kelli Curl	Florida Department of Health in Pasco
Donna Mullens	Senior Community Health Nurse Supervisor, Florida Department of Health in Pasco
Monica Rousseau	Coordinator, Pasco County Alliance for Substance Abuse Prevention
Cheryl Pollock	Premier Community Healthcare
Betsy Crisp	Family & Consumer Sciences Faculty, UF/IFAS extension-Pasco
Amanda Palumbo	Community Health Director, Tampa Bay American Heart Association
Kelly McCullough	Rasmussen College
Janine Gordan	Intern, Food & Nutrition Services
Bianca Alejandro	Student, Land O Lakes High School

Co-Chairs

Julie Hedine	Director, Food and Nutrition Services
Saybra Chapman	Clinical Coordinator, Employee Assistance Program

Coordinator

Sarah Wood	Nutrition & Wellness Specialist, Food and Nutrition Services
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**District School Board of Pasco County
Wellness Policy Implementation
Supporting Documents**

Section 204 of Public Law 108-265—June 30, 2004

Child Nutrition and WIC Reauthorization Act of 2004

SEC. 204 LOCAL WELLNESS POLICY

(a) **IN GENERAL** - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum—

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- 3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools;
- 4) Establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 5) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

(b) TECHNICAL ASSISTANCE AND BEST PRACTICES. -

(1) **IN GENERAL.** - The Secretary, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local educational agencies, school food authorities, and State educational agencies, on request, information and technical assistance for use in—

- (A) Establishing healthy school nutrition environments;
- (B) Reducing childhood obesity; and
- (C) Preventing diet-related chronic diseases.

(2) **CONTENT.** - Technical assistance provided by the Secretary under this subsection shall—

- (A) Include relevant and applicable examples of schools and local educational agencies that have taken steps to offer healthy options for foods sold or served in schools;
- (B) Include such other technical assistance as is required to carry out the goals of promoting sound nutrition and establishing healthy school nutrition environments that are consistent with this section;
- (C) Be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies; and
- (D) Be for guidance purposes only and not be construed as binding or as a mandate to schools, local educational agencies, school food authorities, or State educational agencies.

(3) FUNDING. –

(A) IN GENERAL. – On July 1, 2006, out of any funds in the Treasury not otherwise appropriated, the Secretary of the Treasury shall transfer to the Secretary of Agriculture to carry out this subsection \$4,000,000, to remain available until September 30, 2009.

(B) RECEIPT AND ACCEPTANCE. – The Secretary shall be entitled to receive, shall accept, and shall use to carry out this subsection the funds transferred under subparagraph (A), without further appropriation.

The School Board of Pasco County

Bylaws & Policies

8510 - STUDENT WELLNESS POLICY

The Board is committed to provide a school environment that enhances learning and development of lifelong wellness practices. The District shall promote school environments that encourage and protect children's health, well-being, and ability to learn by supporting healthful nutrition and physical activity.

The Board establishes the following goals in an effort to enable students to adopt good health and nutrition habits:

- A. With regard to nutrition education, healthful living skills shall be taught through interdisciplinary programs in all grade levels based upon State standards and goals identified in the Student Wellness Policy Procedures.
- B. With regard to physical education and physical activity, physical education and physical activity shall be an essential element of all schools' curriculum. The instructional program will instill patterns of meaningful physical activity which foster a healthy lifestyle and meet the goals identified in the Student Wellness Policy Procedures.
- C. With regard to other school-based activities, school-based activities shall support and value the social and emotional well-being of students, families, and staff to build a healthy school environment and meet the goals identified in the Student Wellness Policy Procedures.
- D. With regard to nutrition standards, the District will provide nutrition guidelines/standards, consistent with the US Department of Agriculture (USDA) Smart Snack Standards, for all food served and/or sold on each school campus during the school day and meet the goals identified in the Student Wellness Policy Procedures.
- E. With regard to nutrition promotion, the District and school culture should consistently project positive nutrition and lifestyle messages throughout the entire campus and at all school activities and meet the goals identified in the Student Wellness Policy Procedures.
- F. The District assures that the guidelines for the reimbursable meals are not less restrictive than the guidance and regulations issued by the USDA.

The Superintendent will establish and support a Student Wellness Policy Council to oversee development, implementation, and evaluation of the Student Wellness Policy and Procedures. All stakeholders may participate in the activities of the Student Wellness Policy Council.

The Student Wellness Policy Council shall conduct periodic reviews of the progress toward implementation of the Student Wellness Policy Procedures, identify areas for improvement, revise procedures as necessary, and make recommendations to the Board for changes in the Student Wellness Policy as needed.

The Superintendent will designate one or more District or school officials, as appropriate, to ensure that each school complies with the Student Wellness Policy. Principals shall ensure that the Student Wellness Policy Procedures are implemented.

The Student Wellness Policy Council shall prepare and submit an annual report to the Board regarding the progress toward implementation of the Student Wellness Policy and Procedures.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 1001.41(2), 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

F.A.C. 6A-7.0411

P.L. 108-265, Section 204

Revised 12/16/14

8510 - STUDENT WELLNESS POLICY PROCEDURES

Nutrition Education

- A. Health/Nutrition standards shall be integrated into the core curriculum areas when applicable.
- B. Health/Nutrition standards should be aligned with existing courses (i.e., HOPE course, physical education, career and technical courses).
- C. Nutrition education will involve sharing information and resources with families and the broader community to positively impact students and the health of the community.

Physical Education/Activity

- A. Physical education classes shall be available at all grade levels.
- B. Physical activity shall be integrated across curricula and throughout the day.
- C. Schools should provide a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations shall be made for students with limitations.
- D. Withholding of participation in physical activity should be discouraged as a form of consequence or punishment.
- E. The use of physical activity as a consequence or punishment should be discouraged.

Other School Based Activities

- A. Fundraising efforts shall promote healthful nutrition and physical activity. Community and business partnerships should be considered as an alternative to traditional food-based fundraising efforts.
- B. The use of non-food incentives or rewards is encouraged. When food is used, Schools should follow the *Dietary Guidelines for Americans* and *Competitive Food / Beverage Guidelines* recommended by the *Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards*.
<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>
 - 1. Calorie Limits
 - i. Snack items: ≤ 200 calories
 - ii. Entrée items: ≤ 350 calories
 - 2. Sodium Limits:
 - i. Snack items: ≤ 230 mg
 - ii. Entrée items: ≤ 480 mg
 - 3. Fat Limits:
 - i. Total fat: $\leq 35\%$ of calories
 - ii. Saturated fat: $< 10\%$ of calories
 - iii. Trans fat: zero grams
 - 4. Sugar Limits
 - i. $\leq 35\%$ of weight from total sugars in foods
- C. Any food items sold on campus shall comply with District Policy regarding competitive sales.
- D. Schools should collaborate with students, teachers, administrators and families to plan and implement activities that encourage healthy behaviors in the school environment (i.e. Walking School Bus, Jump Rope for Heart, National Walk to School Day, etc.).
- E. Students should be provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their food from the line.

Nutrition Standards

- A. Nutritious and appealing foods and beverages, such as water, fruits, vegetables, low-fat dairy, and whole grain products, shall be available wherever and whenever food is sold or otherwise offered at school.
- B. Schools should allow bottled water (with cap) in classrooms to encourage hydration.
- C. Healthful food choices should be identified to encourage consumption.
- D. All foods that are available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines should meet the following *Competitive Food Guidelines* recommended by the *Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards* as outline in "Other School Based Activities", section B.
- E. When multiple food and beverage items are offered (i.e. holiday celebrations, concession stands, school carnivals) approximately 75% of those items should comply with the *Competitive Food / Beverage Guidelines* recommended by the *Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards*.
https://schools.healthiergeneration.org/focus_areas/snacks_and_beverages/smart_snacks/product_calculator/

Nutrition Promotion

- A. Schools should include a goal for health and wellness in their School Improvement Plan.
- B. The District should use a variety of media to promote the making of sound food and lifestyle choices.
- C. The District should provide to students and parents access to the nutritional content of food and beverages in accordance with the Dietary Guidelines of the USDA.

Revised 3/26/14