

8510 Wellness Policy Procedures

Nutrition Education

- A. Health/Nutrition standards shall be integrated into the core curriculum areas at the elementary, middle, and high school levels.
- B. Existing courses (i.e. HOPE course, MJ Health 4 health education, physical education, career and technical courses) should be aligned with Health/Nutrition standards.
- C. Health/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. 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.
- C. Withholding of participation in physical activity should not be employed as a form of discipline or punishment.
- D. Physical activity should not be employed as a form of discipline or punishment.

Other School Based Activities

- A. Healthy School Teams (HST)
 - Each Pasco County school site is required to establish and maintain a Healthy School Team per the Florida Department for Agriculture and Consumer Services (FDACS) published rule 5P-1.003.
 - Healthy School Team members must include 5 out of the 7 below stakeholders:
 - Parents
 - Students
 - School food service representatives
 - School administrators
 - School health professionals
 - Physical education teachers
 - The Public/Community Partners
 - Each Pasco County school site is required to report and submit required HST documentation to the appointed District Student Wellness Coordinator.
- B. Fundraisers
 - 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.
 - The school day begins at midnight the night before until 30 minutes after the last school bell rings (Federal Register / Vol. 78, No. 125).
 - Food sales consumed during school hours:
 - i. Per the District's Competitive Foods Policy 8550, only the Food and Nutrition Services department shall sell food and beverages to students in elementary schools during regular school hours.
 - ii. Sale of food items in secondary schools cannot occur until 30 minutes after the conclusion of the last designated meal service period. This does not apply to vending machines or snack bars if only selling Smart Snacks.
 - iii. Only food items that qualify as a "Smart Snack" item may be sold in secondary schools unless the secondary school is using one of their allotted "exemption days".
 - iv. Combination food fundraiser sales are prohibited (ex. Pizza, chicken sandwich), even as an exemption.
- C. Any food items sold on campus during the school day must be prepared in a commercial kitchen (not homemade) and shall comply with District Policy 8550 regarding competitive sales.
- D. The use of non-food incentives or rewards is encouraged. All food and beverages that are provided, not sold in school, on the school campus during the school day (which may include classroom parties and holiday celebrations) must be prepared in a commercial kitchen (not homemade) and shall comply with 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.
<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

- Calorie Limits
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium Limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
 - Fat Limits:
 - Total fat: $< 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: zero grams
 - Sugar Limits
 - $\leq 35\%$ of weight from total sugars in foods
- E. 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.).
- F. Students should be provided an adequate amount of time to consume their meal with a minimum of 15 minutes after receiving their lunch 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 outlined in "Other School Based Activities", section C and D.
- E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 50% 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://foodplanner.healthiergeneration.org/calculator/>

Nutrition Promotion

- A. Schools are required to establish and maintain a Healthy School Team with a goal of 100% district-wide compliance.
- B. Fundraiser Calendars are required to be posted on school websites.
- C. The District should use a variety of media to promote the making of sound food and lifestyle choices.
- D. 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.
- E. Any food and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards except for items being provided on approved exemption days in middle and high schools.

Monitoring & Evaluation

- A. All stakeholders will be communicated the schedule of Student Wellness Policy Meetings on the District's Student Wellness Website, and all stakeholders are encouraged to join at any time.
- B. Appropriate updates or modifications to the student wellness policy or procedures will be made by the student wellness policy council as necessary to remain in compliance with Federal and State Regulations. Updates will be communicated to the public on the District's Student Wellness Website
- C. The annual student wellness report and triennial assessment results will be made available to the public on the District's Student Wellness Website.

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