

# **Student Wellness Policy Implementation**

## **Status Report**

### **2019-2020**



**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**  
**October 2020**

# **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 2019-2020 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.

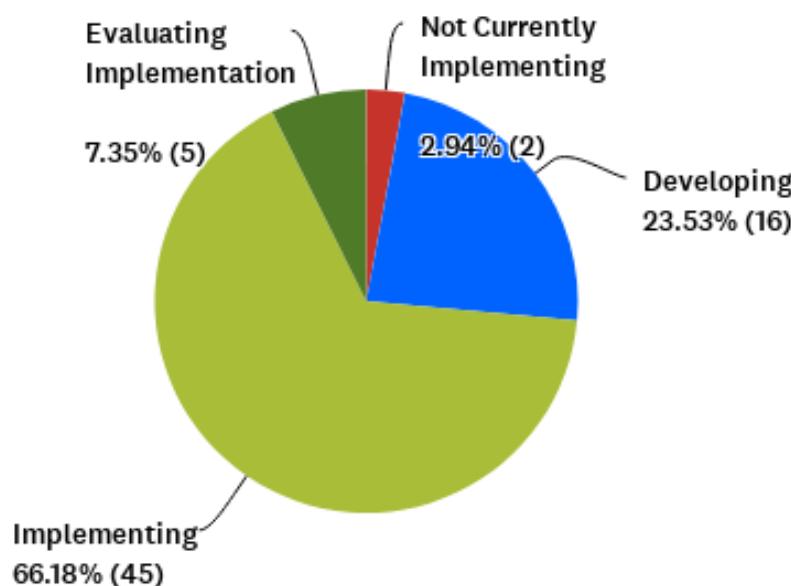
**Implementing** – School fully and consistently implements programs/activities that meet the standard.

**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 2019-2020 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.

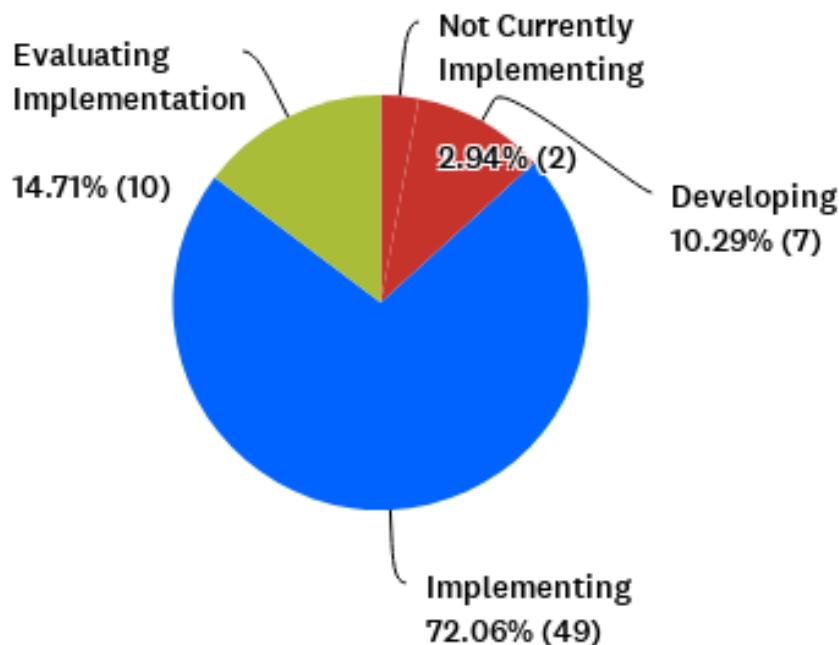
## 1. Nutrition Education Standards

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



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

B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, MJ Health 4 health education, physical education, career and technical courses).

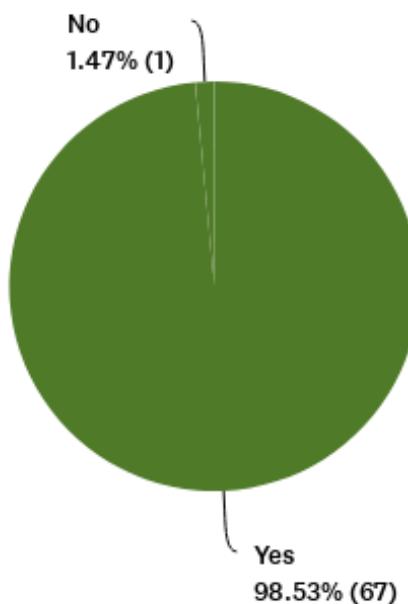


## 1. Nutrition Education Standards - Prior Year Comparisons:

<b>Nutrition Education Standards</b>			
	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
<b>A. Health/Nutrition standards were integrated into the core curriculum areas.</b>			
Not Currently Implementing	5.56%	2.94%	-2.62%
Developing	28.89%	23.53%	-5.36
Implementing	60.00%	66.18%	6.18%
Evaluating Implementation	5.56%	7.35%	1.79%
<hr/>			
<b>B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, physical education, career and technical courses).</b>			
Not Currently Implementing	3.33%	2.94%	-0.39%
Developing	16.67%	10.29%	-6.38%
Implementing	67.78%	72.06%	4.28%
Evaluating Implementation	12.22%	14.71%	2.49%

## 2. Physical Education/Activity Standards

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



### KEY

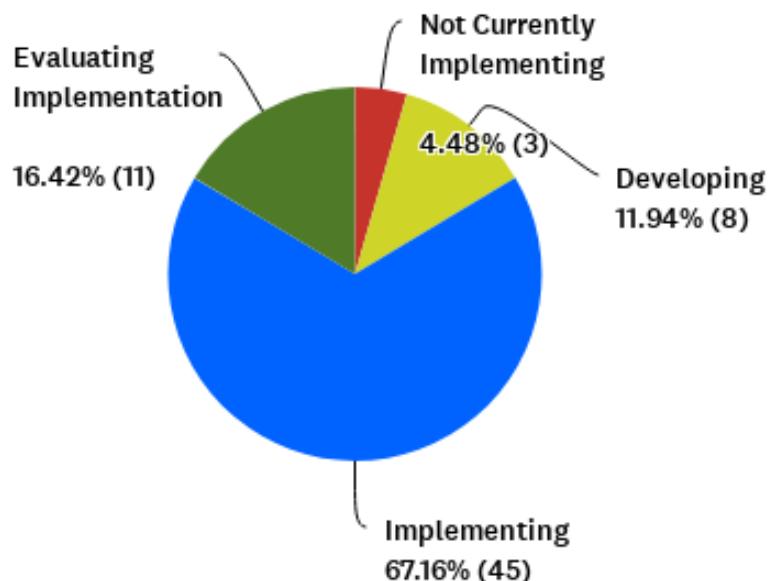
**Not Currently Implementing** - Stage in which school has not implemented the program.

**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

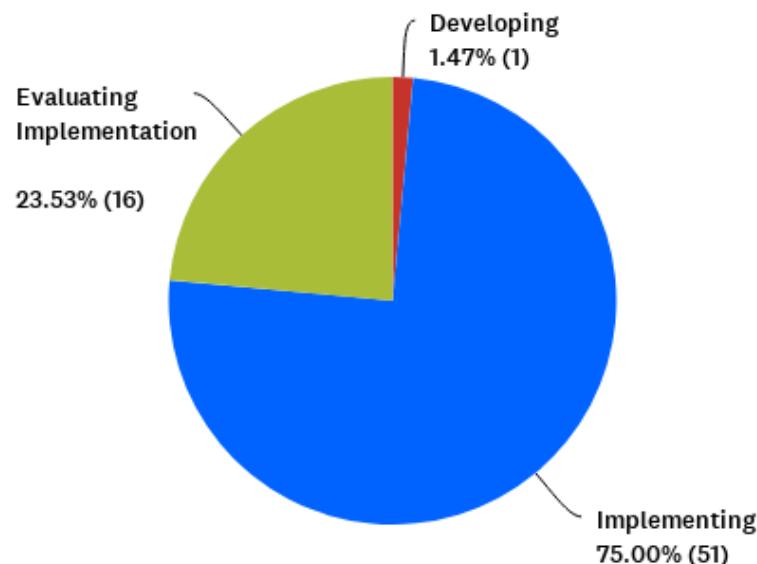
**Evaluating Implementation** - Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet the standard

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

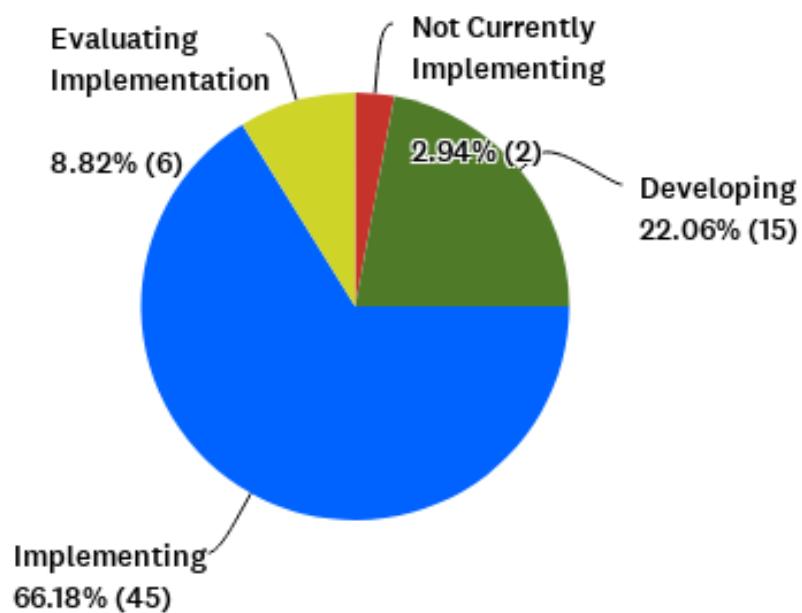


## 2. Physical Education/Activity Standards (continued)

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

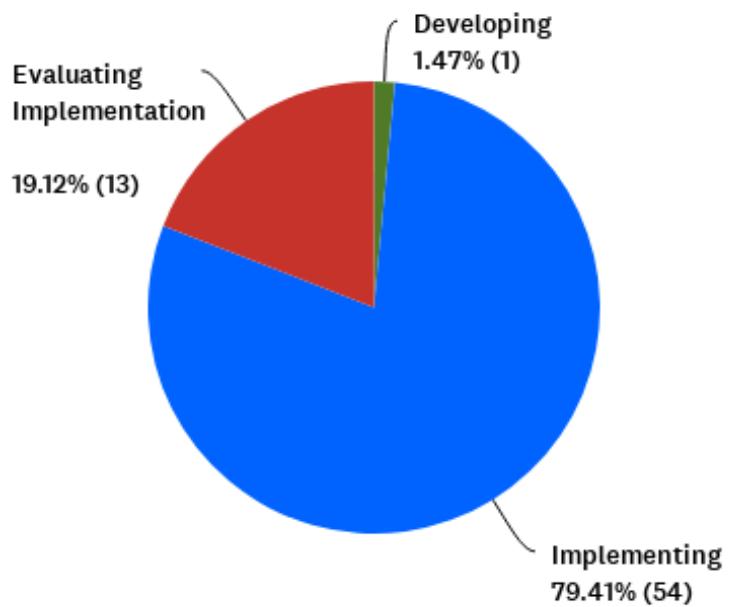


C. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.



## 2. Physical Education/Activity Standards (continued)

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

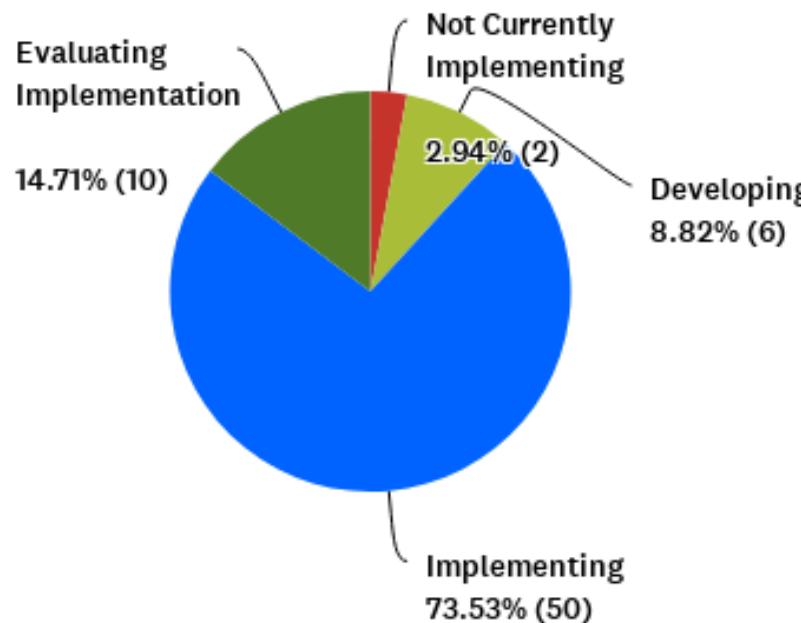


## 2. Physical Education/Activity Standards - Prior Year Comparisons:

<b>Physical Education/Activity Standards</b>			
	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
<b>A. Physical education classes were available at all grade levels.</b>			
No	1.11%	1.47%	0.36%
Yes	98.89%	98.53%	-0.36%
<b>B. Physical activities were integrated across curricula and throughout the day.</b>			
Not Currently Implementing	4.44%	4.48%	0.04%
Developing	13.33%	11.94%	-1.39%
Implementing	68.89%	67.16%	-1.73
Evaluating Implementation	13.33%	16.42%	3.09
<b>C. School provided a physical and social environment that encourages safe and enjoyable activities for all students. Accommodations were made for students with limitations.</b>			
Not Currently Implementing	0.00%	0.00%	0.00%
Developing	1.11%	1.47%	0.36%
Implementing	83.33%	75.00%	-8.33%
Evaluating Implementation	15.56%	23.53%	7.97%
<b>D. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.</b>			
Not Currently Implementing	5.56%	2.94%	-2.62%
Developing	27.78%	22.06%	-5.72%
Implementing	61.11%	66.18%	5.07%
Evaluating Implementation	5.56%	8.82%	3.26%
<b>E. School discouraged withholding of participation in physical activity as a punishment.</b>			
Not Currently Implementing	3.33%	0.00%	-3.33%
Developing	2.22%	1.47%	-0.75%
Implementing	82.22%	79.41%	-2.81%
Evaluating Implementation	12.22%	19.12%	6.90%

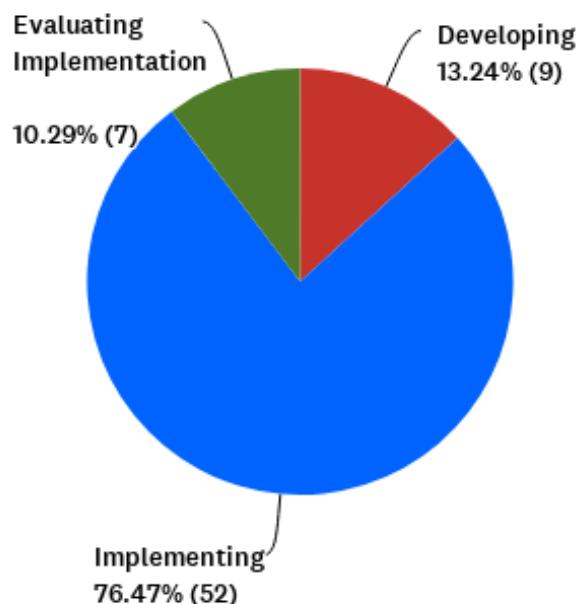
### 3. Other School-Based Activities Standards

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

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



### 3. Other School-Based Activities Standards (continued)

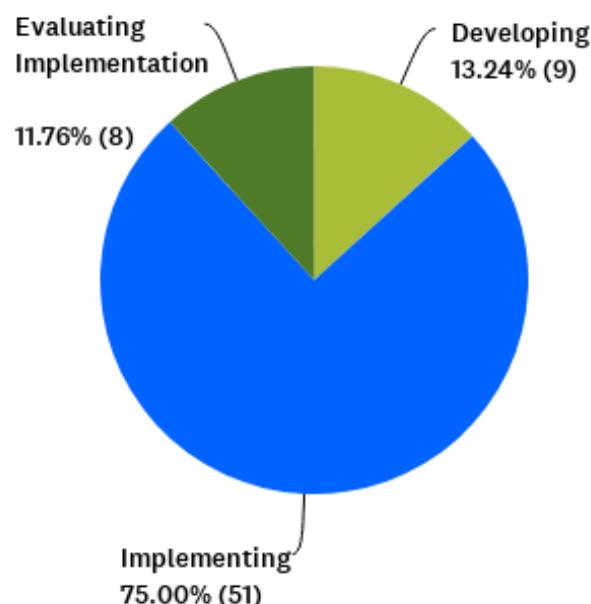
B2. When food incentives or rewards are offered, The Dietary Guidelines for Americans and competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools USDA's "All Foods Sold in Schools" standards are followed.

Calorie Limits: Snack items: < 200 calories. Entrée items: < 350 calories

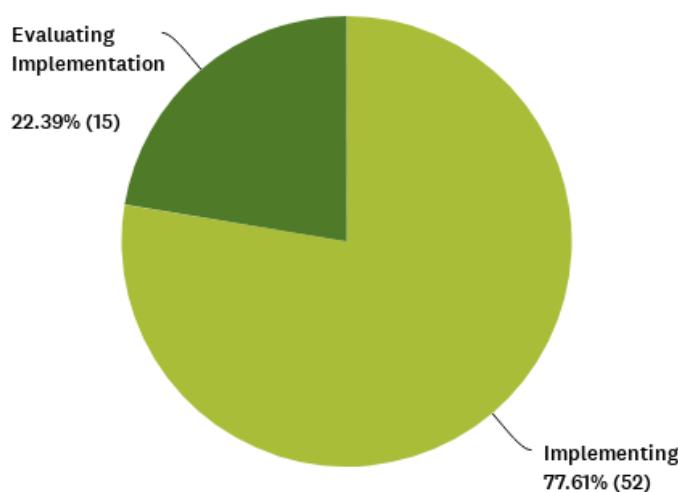
Sodium Limits: Snack items: < 200 mg. Entrée items: < 480 mg.

Fat Limits: Total fat: < 35% of calories. Saturated fat: < 10% of calories. Trans fat: 0 g

Sugar Limits: < 35% of weight from total sugars in foods

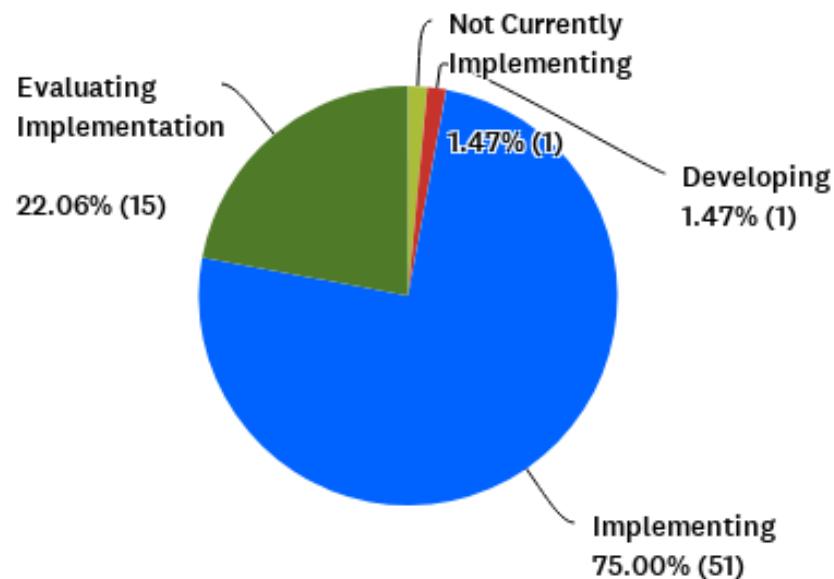


C. Any food items sold or given as an incentive/reward to students during the school day, are prepared in a commercial kitchen (not homemade).

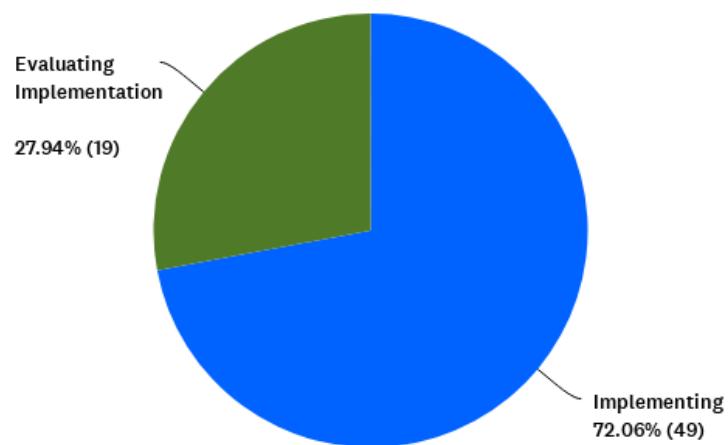


### 3. Other School-Based Activities Standards (continued)

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



E. 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.



### 3. Other School-Based Activities Standards - Prior Year Comparisons:

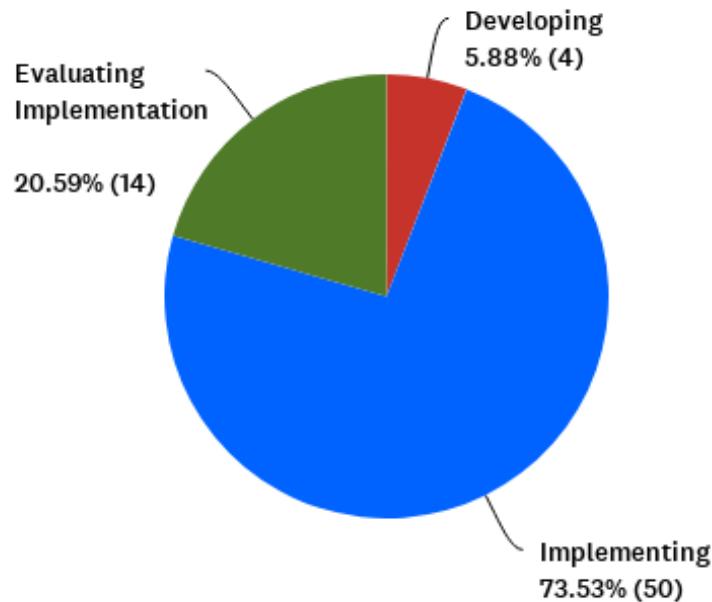
<b>School-Based Activities Standards</b>			
	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
<b>A. Fundraising efforts promoted healthful nutrition and physical activity. Community and business partnerships were considered as an alternative to traditional food-based fundraising efforts.</b>			
Not Currently Implementing	2.22%	2.94%	0.72%
Developing	13.33%	8.82%	-4.51%
Implementing	77.78%	73.53%	-4.25%
Evaluating Implementation	6.67%	14.71%	8.04%
<b>B1. When offering incentives or rewards, non-food items are used.</b>	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
Not Currently Implementing	1.11%	0.00%	-1.11%
Developing	18.89%	13.24%	-5.65%
Implementing	74.44%	76.47%	2.03%
Evaluating Implementation	5.56%	10.29%	4.73%
<b>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.</b>  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: 0 g Sugar Limits: < 35% of weight from total sugars in foods			
Not Currently Implementing	0.00%	0.00%	0.00%
Developing	16.67%	13.24%	-3.43%
Implementing	76.67%	75.00%	-1.67%
Evaluating Implementation	6.67%	11.76%	5.09%
<b>C. Any food items sold or given as an incentive/reward to students during the school day, are prepared in a commercial kitchen (not homemade).</b>	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
Not Currently Implementing	1.14%	0.00%	-1.14%
Developing	0.00%	0.00%	0.00%
Implementing	80.68%	77.61%	-3.07%
Evaluating Implementation	18.18%	22.39%	4.21%
<b>"D." Continued on page 13</b>			

### 3. Other School-Based Activities Standards - Prior Year Comparisons: (continued)

School-Based Activities Standards Continued			
	2018-19	2019-20	Difference
<b>D. All food items sold on campus comply with District Policy 8550 regarding competitive sales.</b>			
Not Currently Implementing	0.00%	1.47%	1.47%
Developing	3.33%	1.47%	-1.86%
Implementing	77.78%	75.00%	-2.78%
Evaluating Implementation	18.89%	22.06%	3.17%
<b>E. 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.</b>			
Not Currently Implementing	0.00%	0.00%	0.00%
Developing	0.00%	0.00%	0.00%
Implementing	74.44%	72.06%	-2.38%
Evaluating Implementation	25.56%	27.94%	2.38%

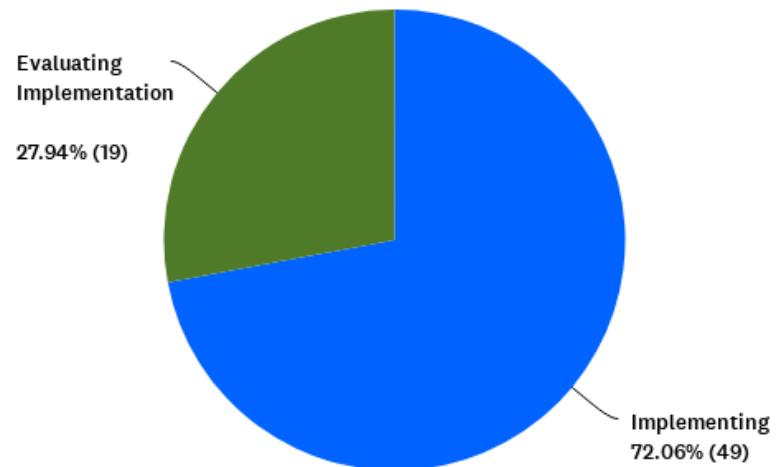
#### 4. Nutrition Standards

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.



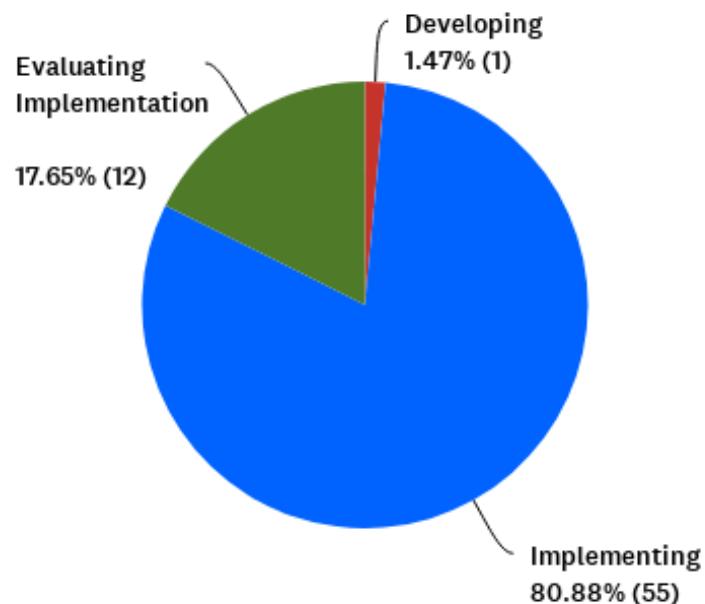
KEY
<b>Not Currently Implementing</b> - Stage in which school has not implemented the program.
<b>Developing</b> – School is implementing a few programs/activities that relate to the standard
<b>Implementing</b> – School fully and consistently implements programs/activities that meet the standard
<b>Evaluating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

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

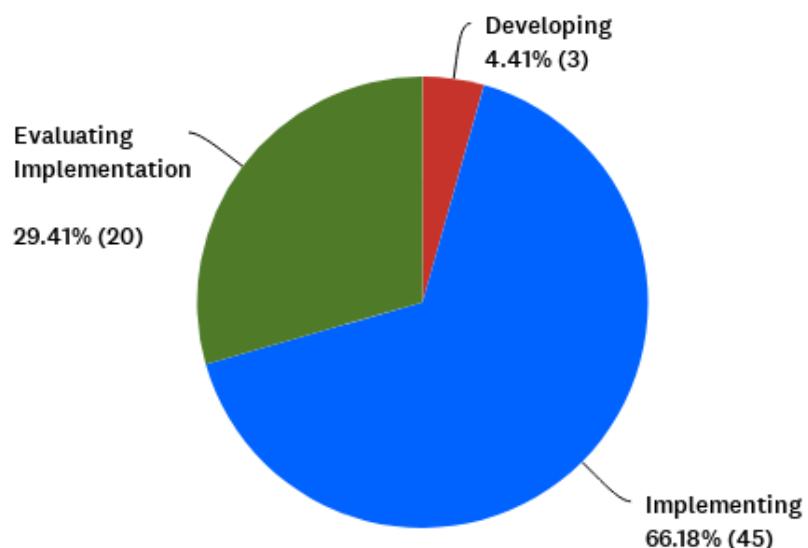


#### 4. Nutrition Standards (continued)

C. Healthful food choices were identified to encourage consumption.

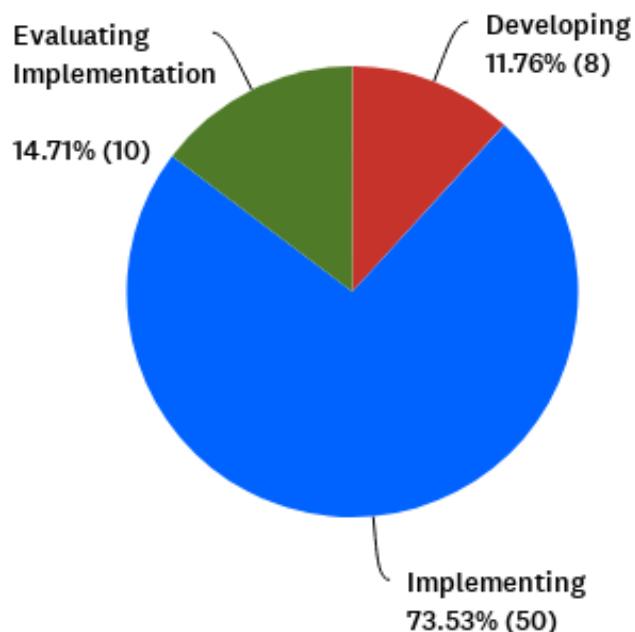


D. All foods available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines meet the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



#### 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 50% 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.

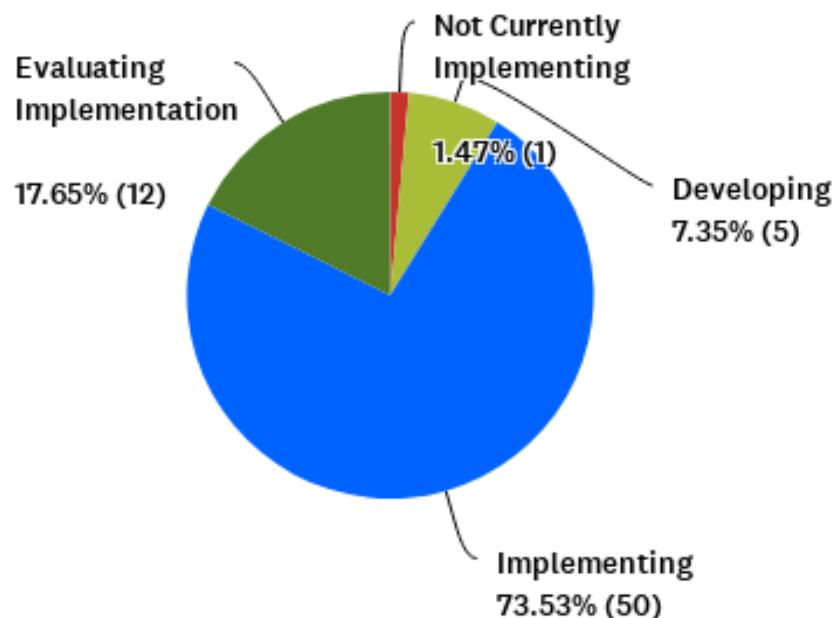


#### 4. Nutrition Standards - Prior Year Comparisons:

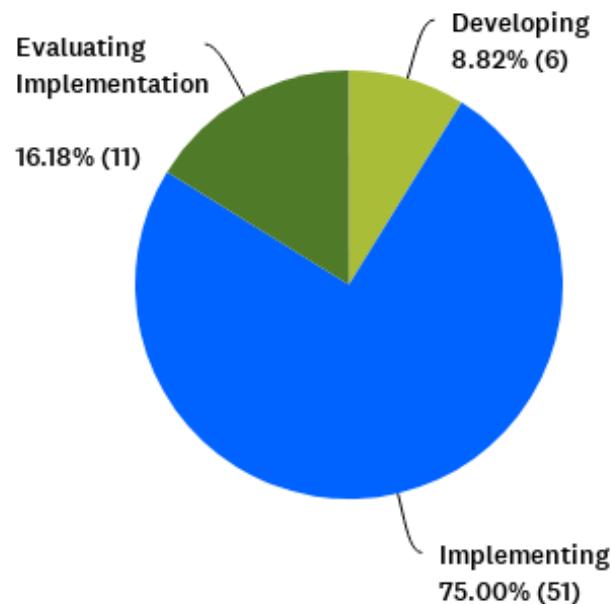
<b>Nutrition Standards</b>			
	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
<b>A. Nutritious and appealing foods and beverages such as water, fruits, vegetables, low-fat dairy foods, and whole grain products were available wherever and whenever food was sold or otherwise offered at school.</b>			
Not Currently Implementing	1.11%	0.00%	-1.11%
Developing	6.67%	5.88%	-0.79%
Implementing	73.33%	73.53%	0.20%
Evaluating Implementation	18.89%	20.59%	1.70%
<b>B. School allowed bottled water (with cap) in the classrooms to encourage hydration.</b>			
Not Currently Implementing	1.11%	0.00%	-1.11%
Developing	1.11%	0.00%	-1.11%
Implementing	68.89%	72.06%	3.17%
Evaluating Implementation	28.89%	27.94%	-0.95%
<b>C. Healthful food choices were identified to encourage consumption.</b>			
Not Currently Implementing	0.00%	0.00%	0.00%
Developing	4.49%	1.47%	-3.02%
Implementing	79.78%	80.88%	1.10%
Evaluating Implementation	15.73%	17.65%	1.92%
<b>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.</b>			
Not Currently Implementing	0.00%	0.00%	0.00%
Developing	2.22%	4.41%	2.19%
Implementing	77.78%	66.18%	-11.60%
Evaluating Implementation	20.00%	29.41%	9.41%
<b>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 comply with the Competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.</b>			
Not Currently Implementing	1.11%	0.00%	-1.11%
Developing	18.89%	11.76%	-7.13%
Implementing	74.44%	73.53%	-0.91%
Evaluating Implementation	5.56%	14.71%	9.15%

## 5. Nutrition Promotion Standards

A. School has an established Healthy School Team.



B. Fundraiser Calendar is posted on School website.

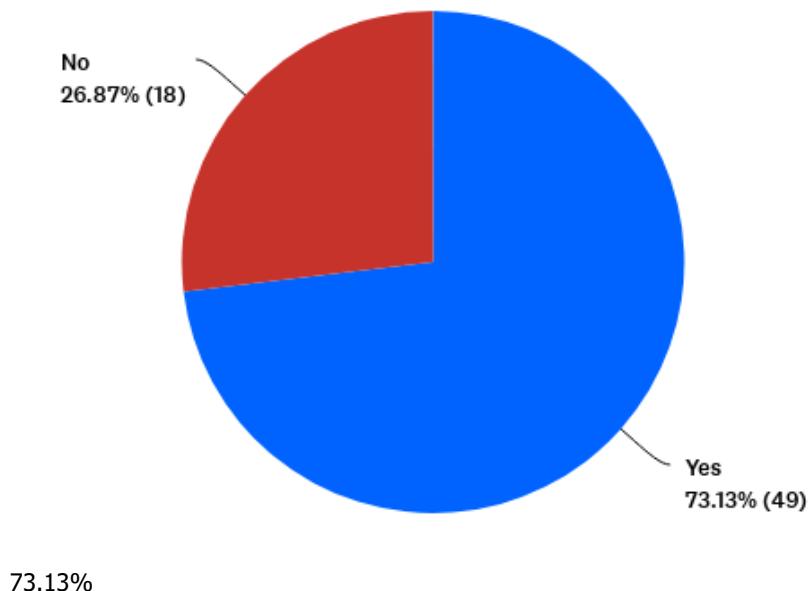


## 5. Nutrition Promotion - Prior Year Comparisons:

<b>Nutrition Standards</b>			
<b>A. School has an established Healthy School Team.</b>	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
Not Currently Implementing	2.22%	1.47%	-0.75%
Developing	11.11%	7.35%	-3.76%
Implementing	77.78%	73.53%	-4.25%
Evaluating Implementation	8.89%	17.65%	8.76%
<b>B. Fundraiser Calendar is posted on School website.</b>	<b>2018-19</b>	<b>2019-20</b>	<b>Difference</b>
Not Currently Implementing	2.22%	0.00%	-2.22%
Developing	16.67%	8.82%	-7.85%
Implementing	67.78%	75.00%	7.22%
Evaluating Implementation	13.33%	16.18%	2.85%

## Additional Questions

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



## **6. Additional Question - Prior Year Comparisons:**

Additional Question	2018-19	2019-20	Difference
A. Before-school or after-school activity-based programs were available for students (i.e., walking programs, kickball, dance, flag football).			
Yes	76.67%	73.13%	-3.54%
No	23.33%	26.87%	3.54%

## **Additional Program Information (Optional)**

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

No submissions recorded.

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

#### **Gulfside Elementary School**

##### **Before School Yoga Enrichment**

Parents were given the option to sign their children up for yoga enrichment classes starting at 9:00am to 9:30am before school twice a week. Mats and instruction were provided for students at no cost to families. Students who suffered trauma (family, homeless, food insecure) were recommended and all students were provided time for school breakfast before going to class. Yoga instructor was paid through our community school YFA Partnership.

##### **Garden and Nutrition education/ experience for all students in grades 2-3**

In Semester 1 2 classes of grade 2 and grade 3 students plan fall vegetables in individual containers and in Semester 2 the other 2 classes of grade 2 and 3 students plant a spring garden. Students and teacher meet weekly with Gardner Bob and his volunteers to plant, care for plant, record observations and then harvest and take home the vegetables they grew. We also have a chef who teaches the students about prepping fresh vegetables to eat, taste testing as well as how to make healthy foods-smoothies, etc. Food Nutrition education staff visits primary classes for monthly nutrition education lessons.

#### **Quail Hollow Elementary School**

##### **Morning Mile**

Students (before school) participate in a running/walking program, where their mileage are tracked, and they are rewarded for benchmark distances.

##### **Garden Club**

Students (before school) take care of a school garden with the hopes of sampling crops and learning the nutritional value of healthy living.

#### **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. The garden club maintains them and studies their growth. The students have taste tests with the harvest. This teaches them how to grow their food and learn good nutrition habits at an early age.

#### **Trinity Elementary School**

##### **Running Club**

After school running club. Student "trained" with staff for personal best times and completed a fun run at the end of the club.

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

**Veterans Elementary School**

**Coach's Corner**

Kids come before school starts one day a week to get some exercise and have fun.

**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.**

- The challenge that we face is when planning to offer a snack/food incentive/celebration, we often aren't planning far enough ahead so foods can be ordered and delivered by FNS in time for the event.
- All requirements are at the implementation level at WKTHS.
- We continue to be a growing school. Procedures continue to be implemented each year as we improve our wellness policy.
- Some challenges we face in having consistent stages include adult awareness, parent participation, and capacity building related to each of the areas. Once we are fully staffed, previewing and reviewing the plan will allow opportunities for growth.
- For after school events, we have relied heavily in having the cafeteria prepare the snacks/food so that we are in compliance with the guidelines. This has helped us stay on track!
- There are many initiatives and focus areas within a school. (i.e. Instructional Academic Practices, Social Emotional Learning, Distance learning, etc). This is an important process, but one of many.
- Our challenges continue with trying to implement wellness in cross curricular classes as we are bound by the curriculum maps provided by our District. As far as before and after school activities go, it is tough due to transportation and meetings that staff are engaged in prior to school starting.
- For the question regarding secondary concessions, it does not apply since we are elementary. The obstacle to offering incentive rewards and healthy classroom snacks as a school over all is that healthy food often needs to be refrigerated/prepared ahead of time, which is difficult as a classroom teacher. Plus healthy snacks often require a higher cost factor which is difficult for teachers to pay out of their own pocket. The fundraising calendar is not on our school website; however it does appear in our Facebook Page.
- We still need to create a Health Committee.
- We will ensure our team meets monthly to discuss the guidelines.
- We are currently "Developing" in the food offered throughout the day, due to the amount of food related fundraisers we had last year. We have a new procedure in place thanks to our bookkeeper that only allows the correct amount of food related fundraisers going forward.
- We need to involve families in developing physical activities.
- We would like to focus on greater participation of our Wellness Committee so that we can increase opportunities for students to engage in activities that promote health.
- After school events that are in collaboration with PTO events are a challenge, as they sometimes want to use outside vendors to cater our Fall festival event. Luckily, this happens once a year.
- This year, we were challenged with the staffing of before school/ after school programs.

- Due to the nature of High School we are still exploring options other than our established sport teams, band, drama, and dance.
- We need to continue to monitor the types of fundraising programs that are being implemented at our school to ensure that they are meeting our district's wellness policy guidelines.

## **Wellness Policy Council Recommendations for 2020-2021**

The Wellness Council reviewed the policy and procedures during the 2019-2020 school year and made the following recommendations:

- 1) For the 2020-2021 school year, update the Wellness Policy as needed in order to be compliant with all State Regulations.**
- 2) For the 2020-2021 school year, revise the Wellness Policy Procedures to better address Healthy School Teams, fundraising, celebrations, rewards, and special events.**
- 3) Provide accessible resources to schools to support the implementation and maintenance of school gardens.**
- 4) Continue to provide accessible resources to schools for healthy alternatives for fundraising, celebrations, rewards, and special events.**

## 2019-2020 Wellness Policy Council Members

Cynthia Armstrong	School Board Member
Julie Hedine	Director, Food and Nutrition Services
Stephanie Spicknall	Assistant Director, Food and Nutrition Services
Amanda Musick	Program Manager, Food and Nutrition Services
Tiffany Gosney	Specialist, Food and Nutrition Services
Ashley Jones	Specialist, Food and Nutrition Services
Lisa Kern	Supervisor, Student Health Services
Amy Ponce	School Nurse
Antonio Emperator	Specialist, Office for Leading and Learning
Elizabeth Purcell	Assistant Principal, Wesley Chapel Elementary School
Alondra Beatty-Woodall	Principal, Hudson High School
Claudine Nipps	Teacher, Thomas E. Weightman Middle School
Megan Evans	Parent; Associate, Food and Nutrition Services
Alyssa Smith	Florida Department of Health in Pasco
Christina Givon	Florida Department of Health in Pasco
Lynda Gowing	Florida Department of Health in Pasco
Kayla Jones-Willis	Tobacco, Florida Department of Health in Pasco
Liana Dean	Baycare, Commission on Human Trafficking
Shari Bresin	Family & Consumer Sciences Faculty, UF/IFAS extension-Pasco
Alexandra Santon	UF/IFAS extension-Pasco
Anna Hunsucker	UF/IFAS extension-Pasco
Lakisha Crumpler	Extension Program Manager, UF/IFAS Family Nutrition Program
Christopher Starling	Suncoast Credit Union
Johnathan Sanchez	Student, Land O Lakes High School

### Co-Chairs

Sarah Wood	Program Manager, Food and Nutrition Services
Matt Wicks	Program Coordinator, Office for Leading & Learning

**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

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### **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 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)
  - o 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.
  - o 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
  - o 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:  $\leq$  200 calories
    - Entrée items:  $\leq$  350 calories
  - Sodium Limits:
    - Snack items:  $\leq$  200 mg
    - Entrée items:  $\leq$  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.

**Revised 6.26.19**