

# **Student Wellness Policy Implementation Status Report 2021-2022**



**Pasco County Schools**

Providing a world-class education for all students

**Kurt S. Browning, Superintendent of Schools**

# **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 2021-2022 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.

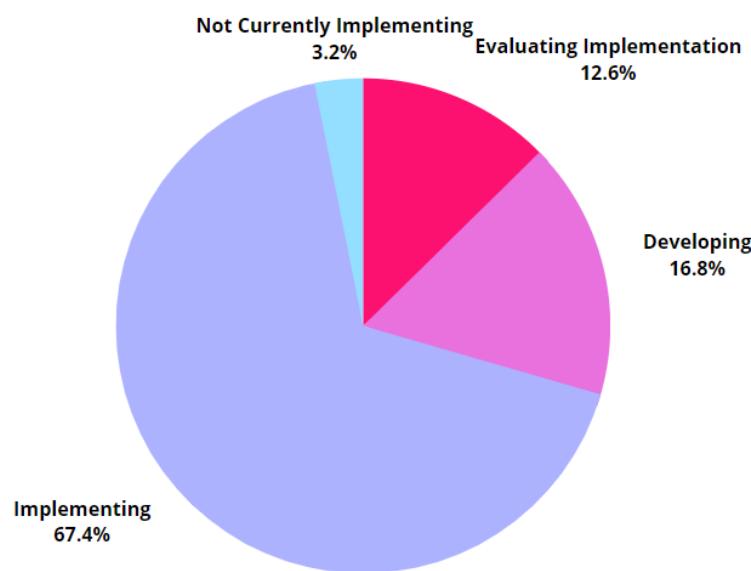
**Implementing** – School fully and consistently implements programs/activities that meet the standard.

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

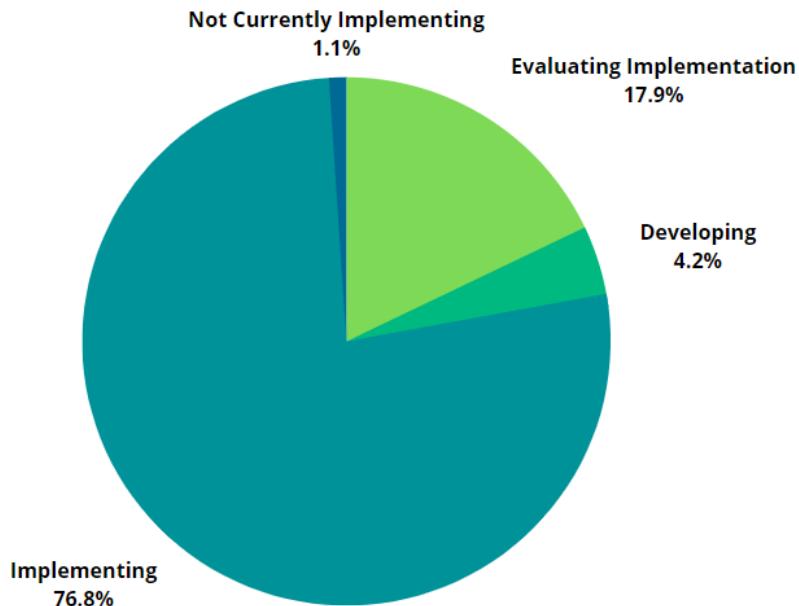
Administrators were asked to share any additional information on wellness programs the school implemented during 2021-2022 as well as challenges or obstacles they encountered in reaching full implementation of the Wellness Policy Guidelines. Program names, descriptions and comments are presented as entered by the school administrator or his/her designee.

## 1. Nutrition Education Standards

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



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



### 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

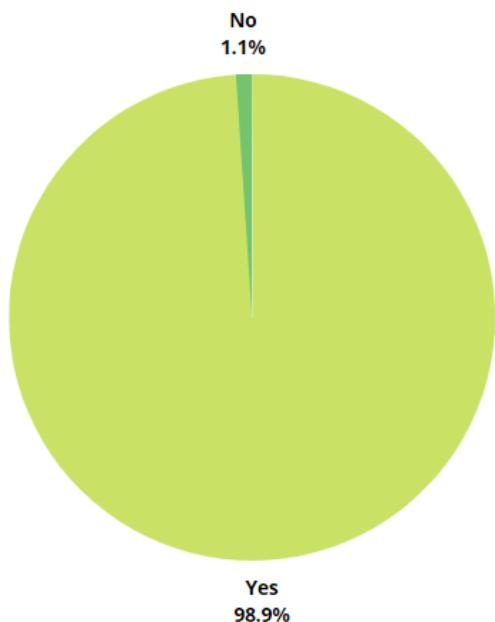
**Evaluating Implementation** - Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet the standard

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

| <b>Nutrition Education Standards</b>  |                |                |                |
|---|----------------|----------------|----------------|
|   | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| <b>A. Health/Nutrition standards were integrated into the core curriculum areas.</b>  |                |                |                |
| Not Currently Implementing  | 2.94%          | COVID          | 3.2%           |
| Developing  | 23.53%         | COVID          | 16.8%          |
| Implementing  | 66.18%         | COVID          | 67.4%          |
| Evaluating Implementation   | 7.35%          | COVID          | 12.6%          |
| <br>  |                |                |                |
| <b>B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, physical education, career and technical courses).</b> |                |                |                |
| Not Currently Implementing  | 2.94%          | COVID          | 1.1%           |
| Developing  | 10.29%         | COVID          | 4.2%           |
| Implementing  | 72.06%         | COVID          | 76.8%          |
| Evaluating Implementation   | 14.71%         | COVID          | 17.9%          |

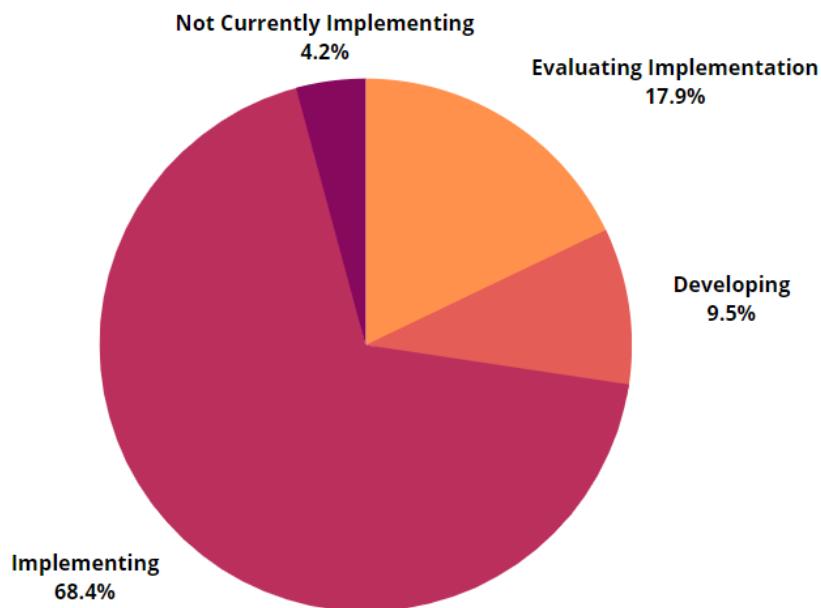
## 2. Physical Education/Activity Standards

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



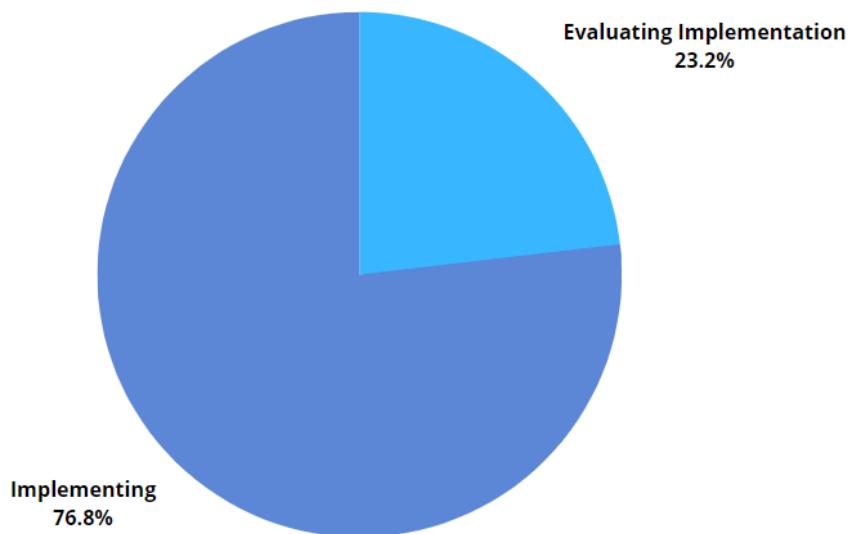
| KEY                               |   |
|-----------------------------------|---|
| <b>Not Currently Implementing</b> | - Stage in which school has not implemented the program.  |
| <b>Developing</b>                 | - School is implementing a few programs/activities that relate to the standard  |
| <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. Physical activities were integrated across curricula and throughout the day.

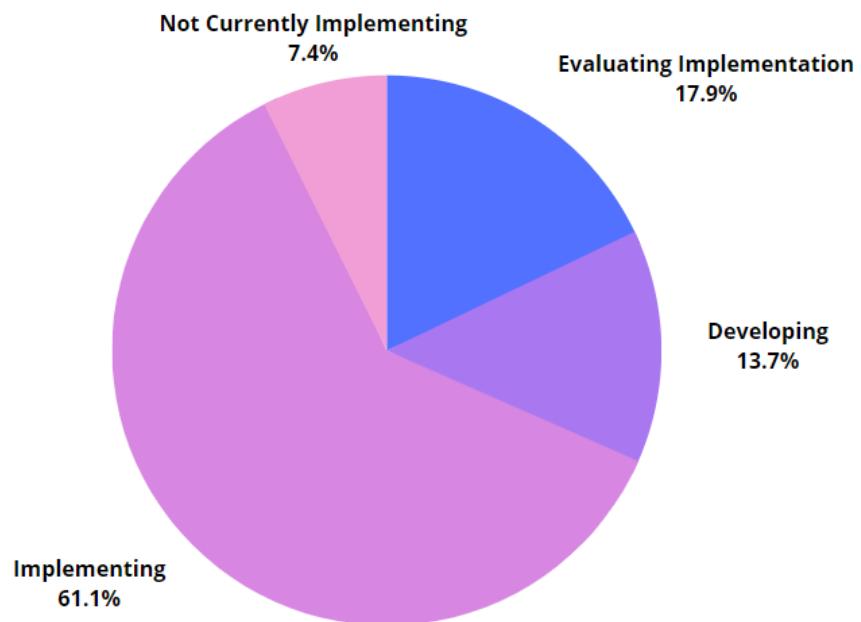


## 2. Physical Education/Activity Standards (continued)

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

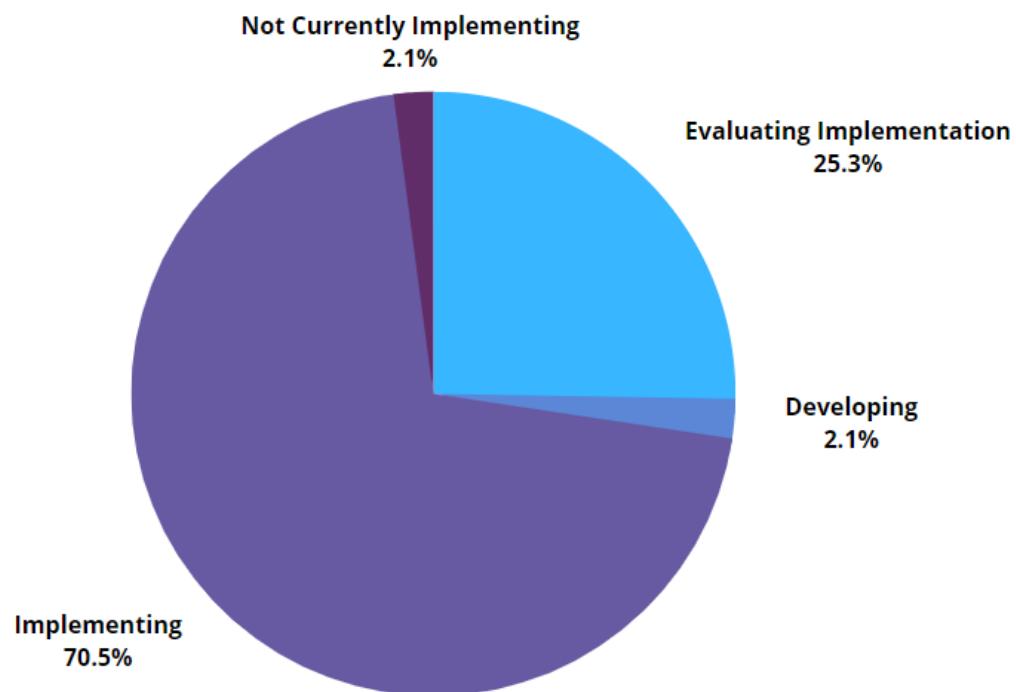


D. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.



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

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

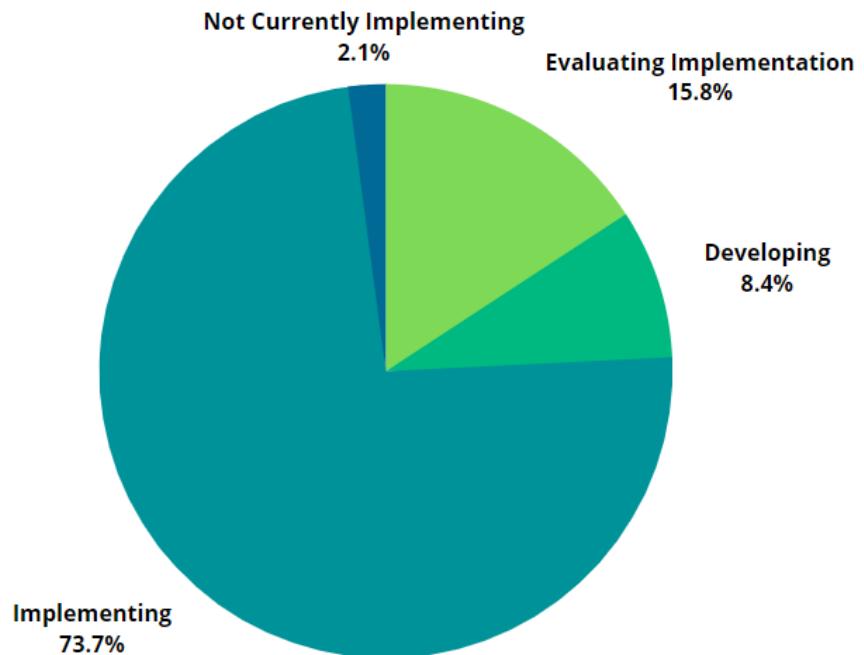


## 2. Physical Education/Activity Standards - Prior Year Comparisons:

| <b>Physical Education/Activity Standards</b>   |                |                |                |
|--|----------------|----------------|----------------|
|  | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| <b>A. Physical education classes were available at all grade levels.</b>   |                |                |                |
| No   | 1.47%          | COVID          | 1.1%           |
| Yes  | 98.53%         | COVID          | 98.9%          |
| <b>B. Physical activities were integrated across curricula and throughout the day.</b>   |                |                |                |
| Not Currently Implementing   | 4.48%          | COVID          | 4.2%           |
| Developing   | 11.94%         | COVID          | 9.5%           |
| Implementing   | 67.16%         | COVID          | 68.4%          |
| Evaluating Implementation  | 16.42%         | COVID          | 17.9%          |
| <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%          | COVID          | 0.0%           |
| Developing   | 1.47%          | COVID          | 0.0%           |
| Implementing   | 75.00%         | COVID          | 76.8%          |
| Evaluating Implementation  | 23.53%         | COVID          | 23.2%          |
| <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   | 2.94%          | COVID          | 7.4%           |
| Developing   | 22.06%         | COVID          | 13.7%          |
| Implementing   | 66.18%         | COVID          | 61.1%          |
| Evaluating Implementation  | 8.82%          | COVID          | 17.9%          |
| <b>E. School discouraged withholding of participation in physical activity as a punishment.</b>  |                |                |                |
| Not Currently Implementing   | 0.00%          | COVID          | 2.1%           |
| Developing   | 1.47%          | COVID          | 2.1%           |
| Implementing   | 79.41%         | COVID          | 70.5%          |
| Evaluating Implementation  | 19.12%         | COVID          | 25.3%          |

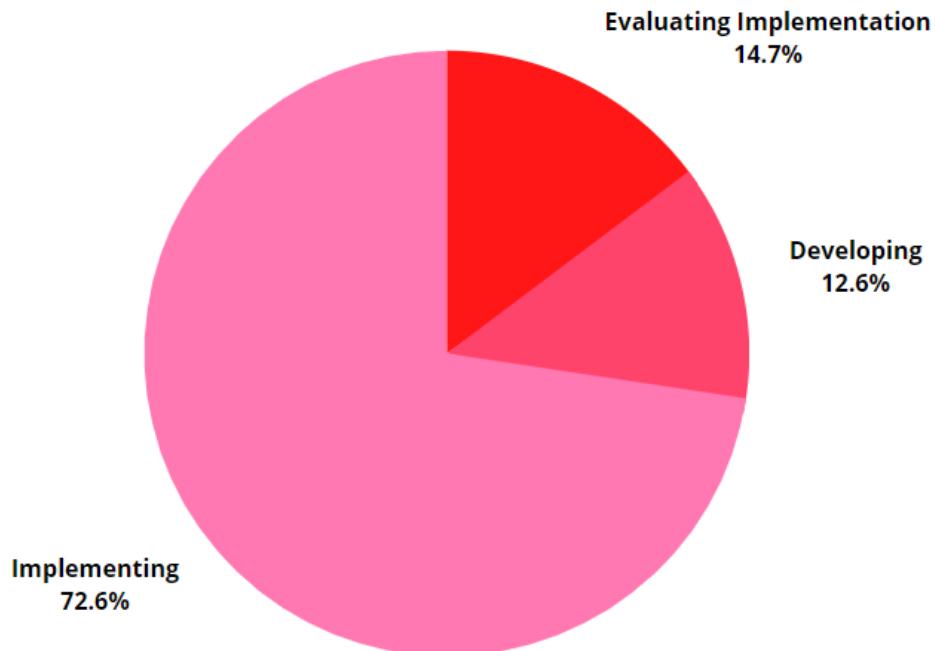
### 3. Other School-Based Activities Standards

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)

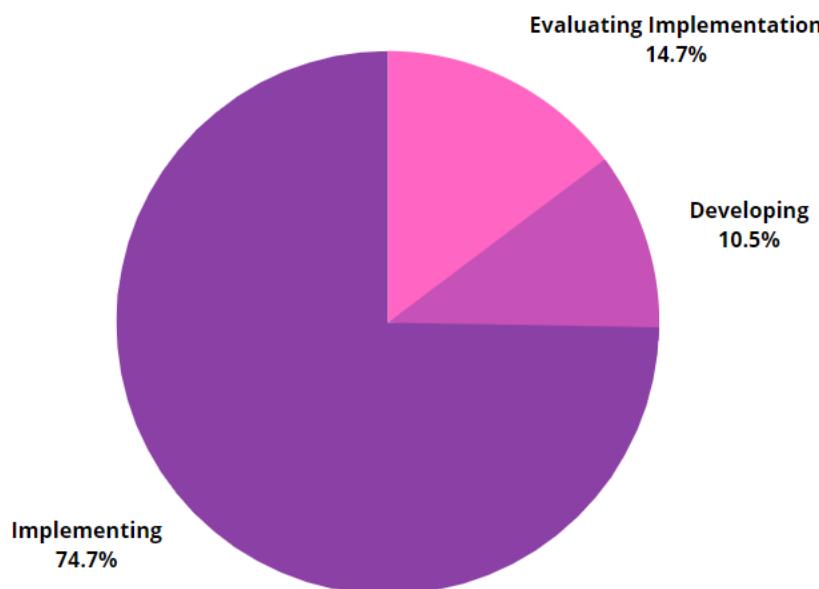
B2. When food incentives or rewards are offered, The Dietary Guidelines for Americans and competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools USDA's "All Foods Sold in Schools" standards are followed.

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

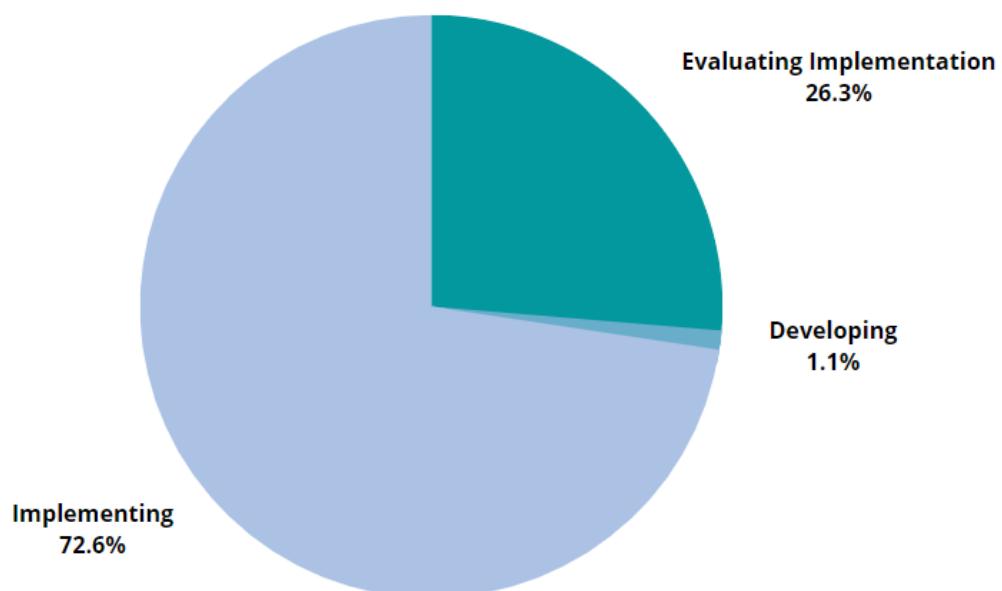
Sodium Limits: Snack items: < 200 mg. Entrée items: < 480 mg.

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

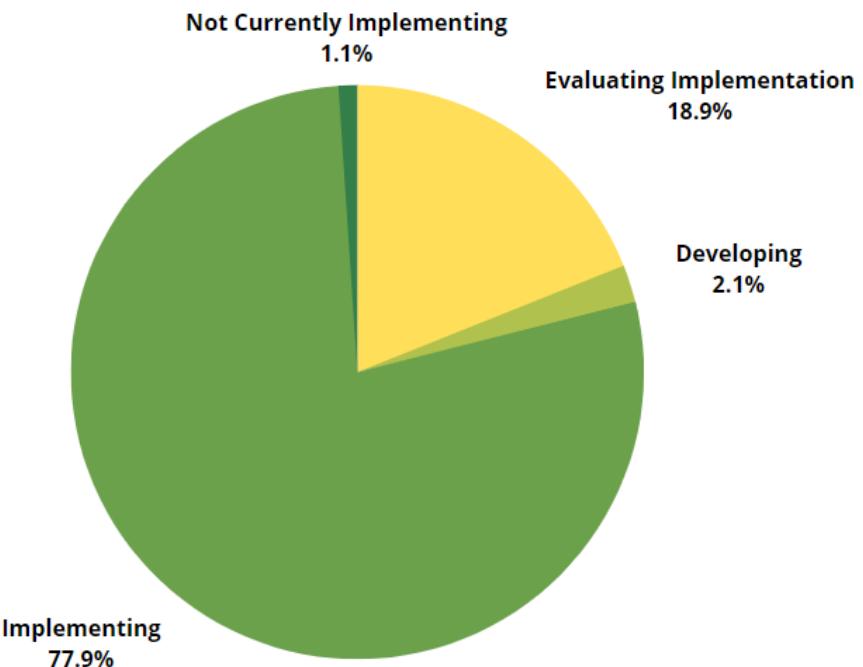


C. Any food items sold or given as an incentive/reward to students during the school day, are prepared in a commercial kitchen (not homemade).

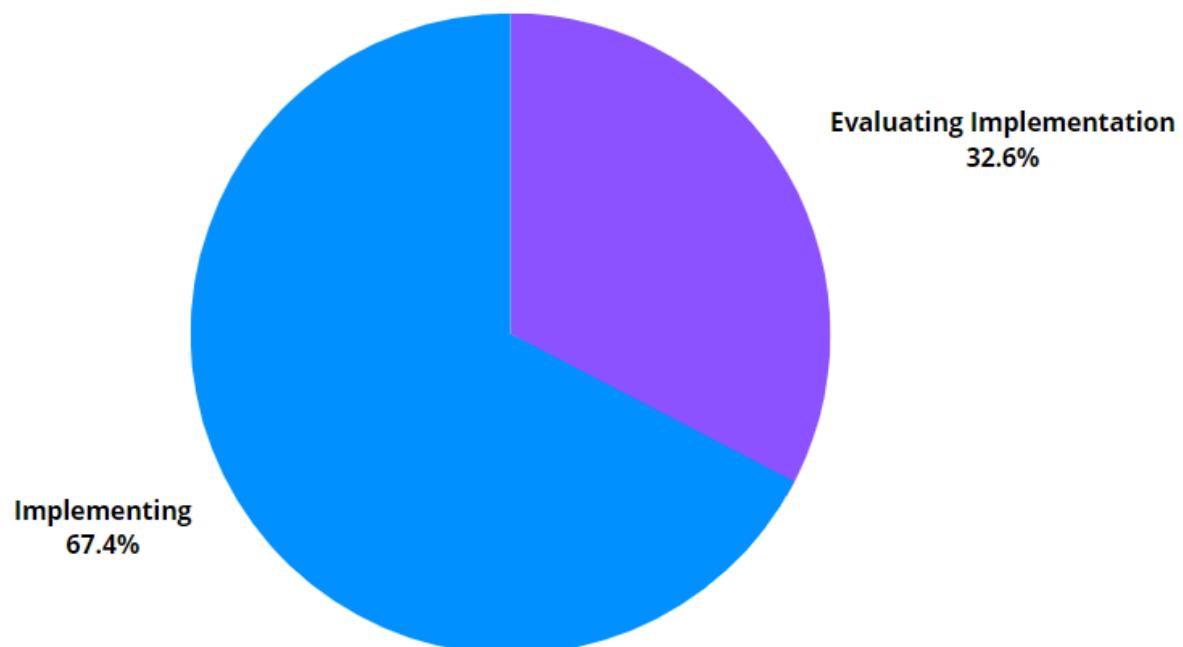


### 3. Other School-Based Activities Standards (continued)

E. 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:

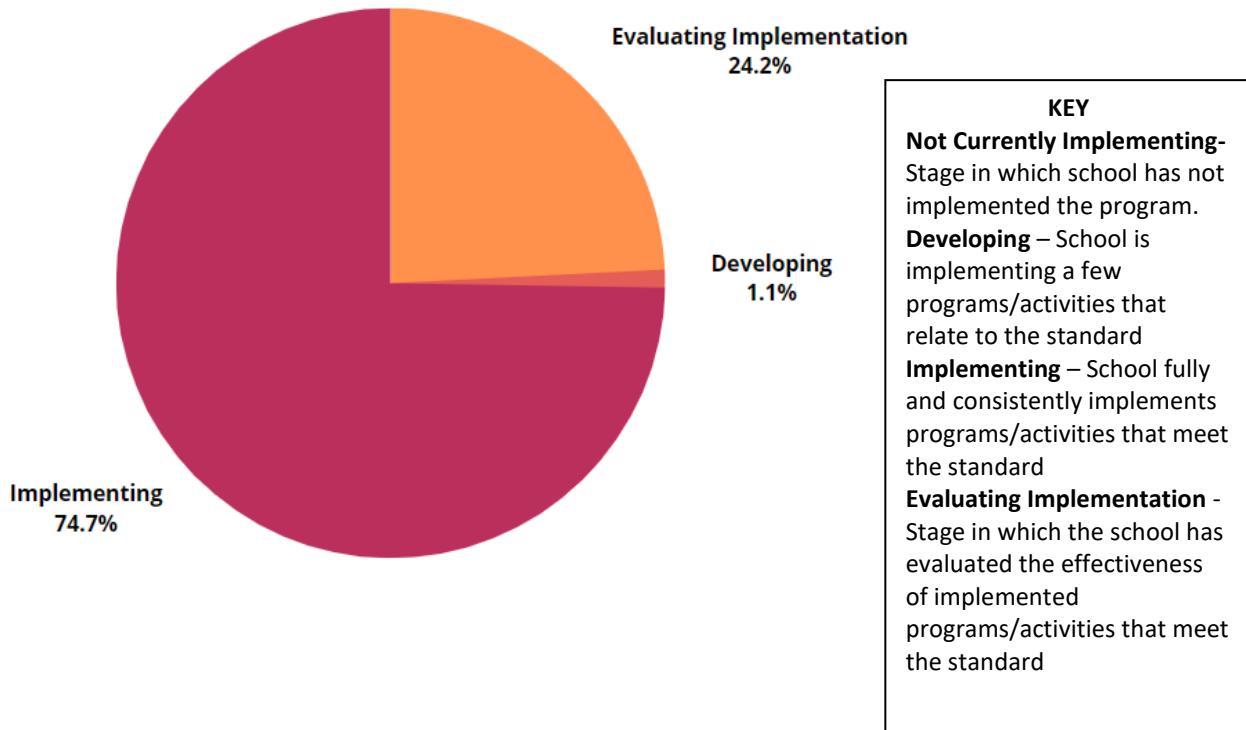
| <b>School-Based Activities Standards</b>   |                |                |                |
|--|----------------|----------------|----------------|
|  | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| <b>A. Fundraising efforts promoted healthful nutrition and physical activity. Community and business partnerships were considered as an alternative to traditional food-based fundraising efforts.</b>   |                |                |                |
| Not Currently Implementing   | 2.94%          | COVID          | 2.1%           |
| Developing   | 8.82%          | COVID          | 8.4%           |
| Implementing   | 73.53%         | COVID          | 73.7%          |
| Evaluating Implementation  | 14.71%         | COVID          | 15.8%          |
| <b>B1. When offering incentives or rewards, non-food items are used.</b>   | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| Not Currently Implementing   | 0.00%          | COVID          | 0.0%           |
| Developing   | 13.24%         | COVID          | 12.6%          |
| Implementing   | 76.47%         | COVID          | 72.6%          |
| Evaluating Implementation  | 10.29%         | COVID          | 14.7%          |
| <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><br><br>Calorie Limits: Snack items: < 200 calories. Entrée items: < 350 calories<br><br>Sodium Limits: Snack items: < 200 mg. Entrée items: < 480 mg.<br><br>Fat Limits: Total fat: < 35% of calories.<br><br>Saturated fat: < 10% of calories. Trans fat: 0 g<br><br>Sugar Limits: < 35% of weight from total sugars in foods | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| Not Currently Implementing   | 0.00%          | COVID          | 0.0%           |
| Developing   | 13.24%         | COVID          | 10.5%          |
| Implementing   | 75.00%         | COVID          | 74.7%          |
| Evaluating Implementation  | 11.76%         | COVID          | 14.7%          |
| <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>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| Not Currently Implementing   | 0.00%          |                | 0.0%           |
| Developing   | 0.00%          | COVID          | 1.1%           |
| Implementing   | 77.61%         | COVID          | 72.6%          |
| Evaluating Implementation  | 22.39%         | COVID          | 26.3%          |
| <b>"D." Continued on page 13</b>   |                |                |                |

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

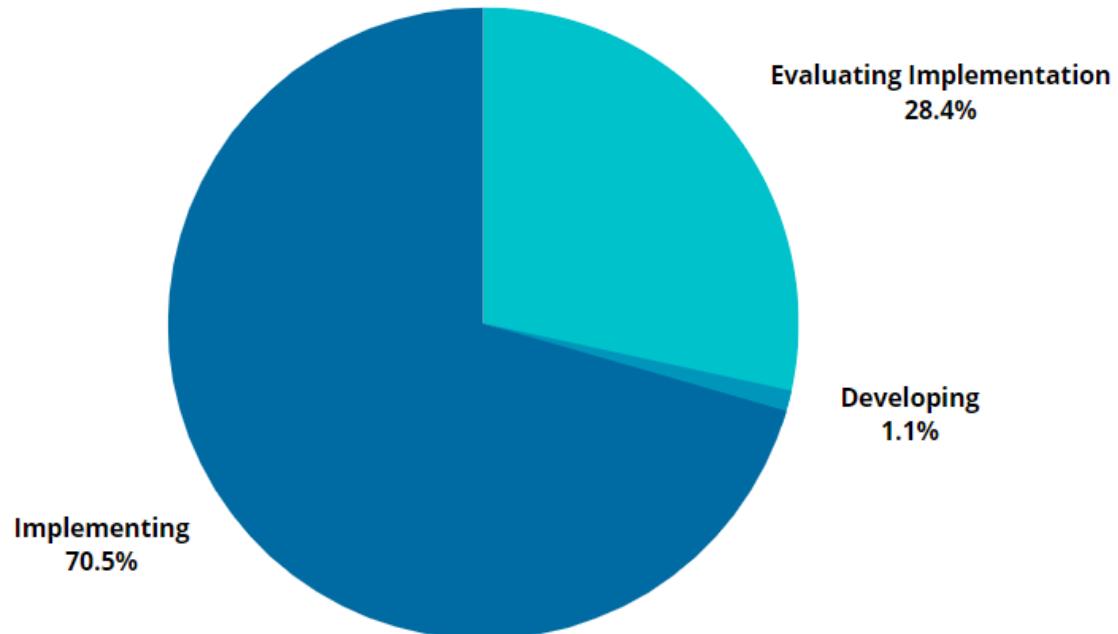
| <b>School-Based Activities Standards Continued</b>  |                |                |                |
|---|----------------|----------------|----------------|
| <b>D. All food items sold on campus comply with District Policy 8550 regarding competitive sales.</b>   |                |                |                |
|   | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| Not Currently Implementing  | 1.47%          | COVID          | 1.1%           |
| Developing  | 1.47%          | COVID          | 2.1%           |
| Implementing  | 75.00%         | COVID          | 77.9%          |
| Evaluating Implementation   | 22.06%         | COVID          | 18.9%          |
|   |                |                |                |
| <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> |                |                |                |
|   | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| Not Currently Implementing  | 0.00%          | COVID          | 0.0%           |
| Developing  | 0.00%          | COVID          | 0.0%           |
| Implementing  | 72.06%         | COVID          | 67.4%          |
| Evaluating Implementation   | 27.94%         | COVID          | 32.6%          |

#### 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.

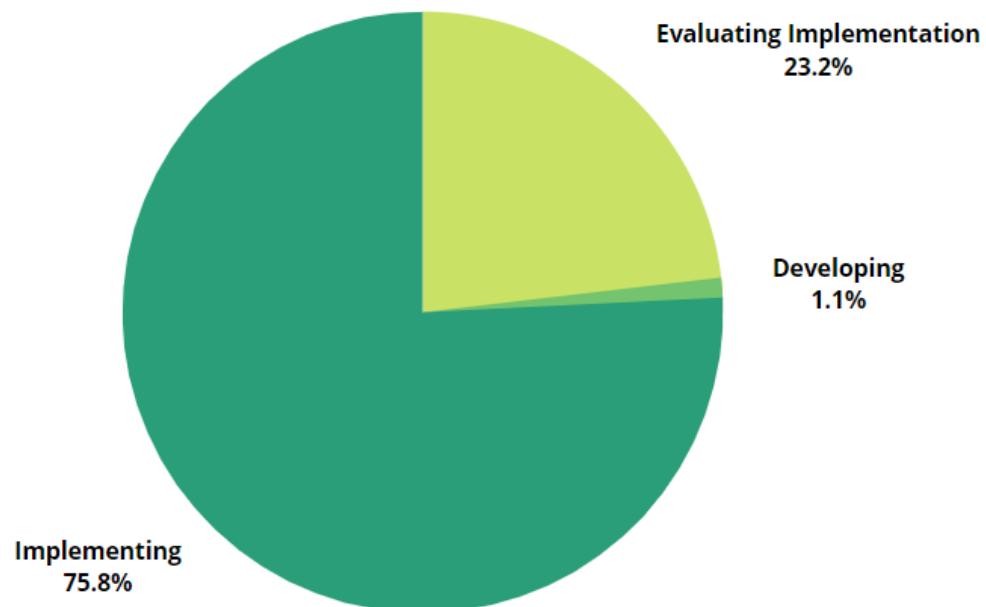


B. School allowed bottled water (with cap) in the classrooms to encourage hydration.

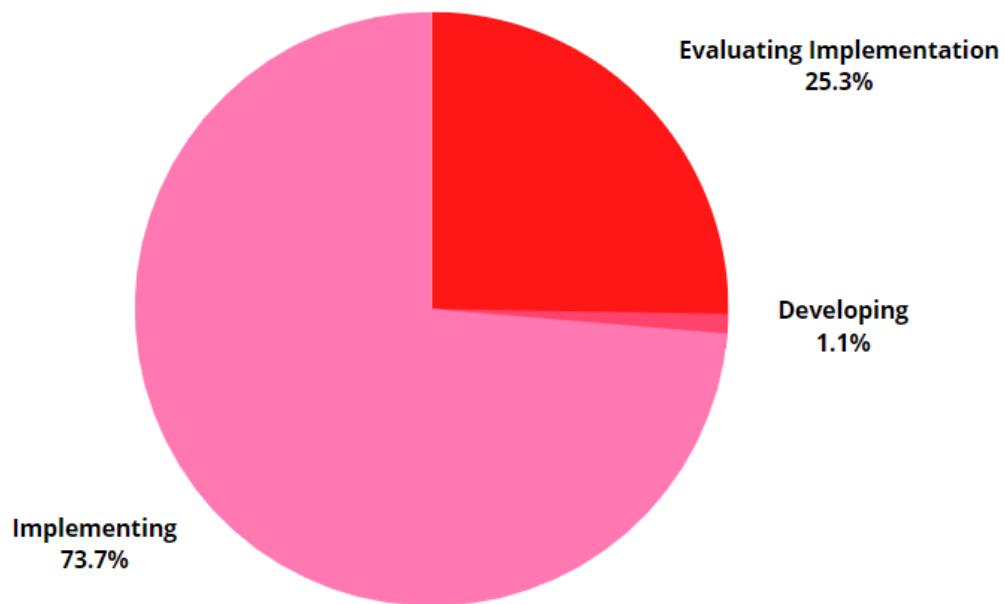


#### 4. Nutrition Standards (continued)

C. Healthful food choices were identified to encourage consumption.

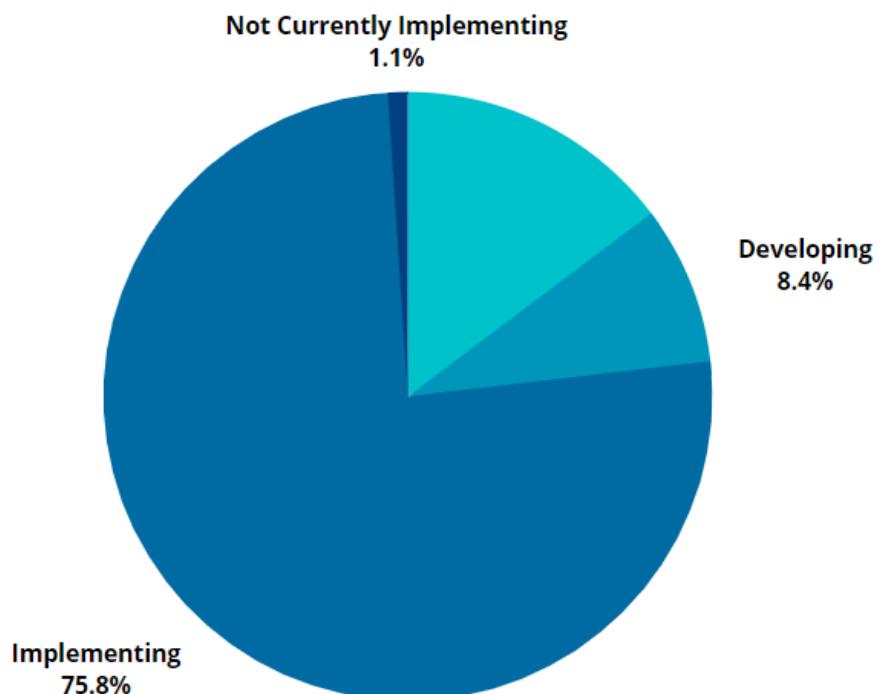


D. All foods available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines meet the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



#### 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 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:

| Nutrition Standards   |         |         |         |
|---|---------|---------|---------|
|   | 2019-20 | 2020-21 | 2021-22 |
| <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  | 0.00%   | COVID   | 0.0%    |
| Developing  | 5.88%   | COVID   | 1.1%    |
| Implementing  | 73.53%  | COVID   | 74.7%   |
| Evaluating Implementation   | 20.59%  | COVID   | 24.2%   |
| <b>B. School allowed bottled water (with cap) in the classrooms to encourage hydration.</b>   |         |         |         |
| Not Currently Implementing  | 0.00%   | COVID   | 0.0%    |
| Developing  | 0.00%   | COVID   | 1.1%    |
| Implementing  | 72.06%  | COVID   | 70.5%   |
| Evaluating Implementation   | 27.94%  | COVID   | 28.4%   |
| <b>C. Healthful food choices were identified to encourage consumption.</b>  |         |         |         |
| Not Currently Implementing  | 0.00%   | COVID   | 0.0%    |
| Developing  | 1.47%   | COVID   | 1.1%    |
| Implementing  | 80.88%  | COVID   | 75.8%   |
| Evaluating Implementation   | 17.65%  | COVID   | 23.2%   |
| <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%   | COVID   | 0.0%    |
| Developing  | 4.41%   | COVID   | 1.1%    |
| Implementing  | 66.18%  | COVID   | 73.7%   |
| Evaluating Implementation   | 29.41%  | COVID   | 25.3%   |
| <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  | 0.00%   | COVID   | 1.1%    |
| Developing  | 11.76%  | COVID   | 8.4%    |
| Implementing  | 73.53%  | COVID   | 75.8%   |
| Evaluating Implementation   | 14.71%  | COVID   | 14.7%   |

## 5. Nutrition Promotion Standards

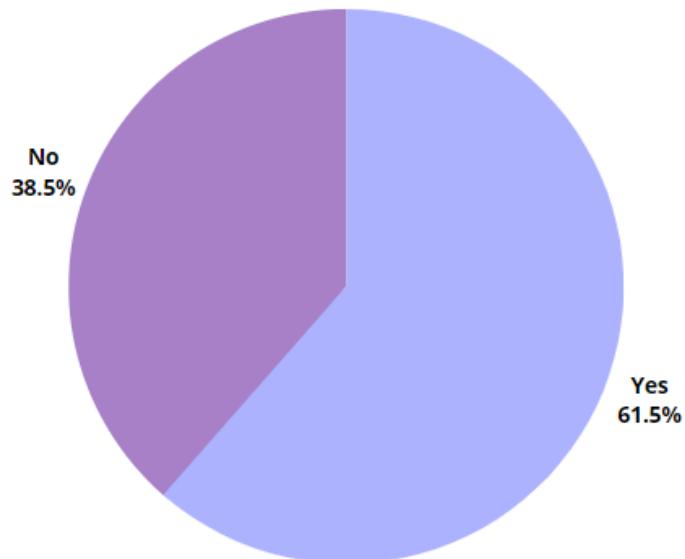
- A. School has an established Healthy School Team.
- B. Fundraiser Calendar is posted on School website.

### 5. Nutrition Promotion - Prior Year Comparisons:

| <b>Nutrition Standards</b>                                 |                |                |                |
|--|----------------|----------------|----------------|
|  | <b>2019-20</b> | <b>2020-21</b> | <b>2021-22</b> |
| <b>A. School has an established Healthy School Team.</b>   |                |                |                |
| Not Currently Implementing                                 | 1.47%          | COVID          |                |
| Developing   | 7.35%          | COVID          |                |
| Implementing   | 73.53%         | COVID          |                |
| Evaluating Implementation                                  | 17.65%         | COVID          |                |
|  |                |                |                |
| <b>B. Fundraiser Calendar is posted on School website.</b> |                |                |                |
| Not Currently Implementing                                 | 0.00%          | COVID          |                |
| Developing   | 8.82%          | COVID          |                |
| Implementing   | 75.00%         | COVID          |                |
| Evaluating Implementation                                  | 16.18%         | COVID          |                |
|  |                |                |                |

## **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   | 2019-20 | 2020-21 | 2021-22 |
|---|---------|---------|---------|
| <b>A. Before-school or after-school activity-based programs were available for students (i.e., walking programs, kickball, dance, flag football).</b> |         |         |         |
| Yes   | 73.13%  | COVID   | 61.5%   |
| No  | 26.87%  | COVID   | 38.5%   |

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

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

#### **Schrader Elementary School**

We are hopeful that no Covid restrictions will be in place at the start of the 22-23 school year....As we are planning fitness programs such as Coaches Corner, Girls on the Run before school for the students! We are also hoping to participate in NFL Play 60 and Jump Rope for Heart as long as large gatherings and groups are allowed next year!!

#### **West Zephyrhills Elementary School**

PBIS Rewards: We are moving to these rewards program this year and it will focus on providing students with incentives that are not food or candy based.

#### **John Long Middle School**

Kickball Teams and brackets used as a fundraiser for PE equipment.

#### **Thomas E Weightman Middle School**

Quarterly Celebration: Students that earn this reward used PBIS points to buy a class period of activity. There was kickball day, dance day, and all sports day.

#### **Wendell Krinn Tech High School**

Quarterly intramural sports: Volleyball, flag football, etc. Students put together teams and practice for the tournament which is held during the day one time a quarter.

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

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

#### **Hudson Primary Academy**

**Wellness Garden:** Students grow vegetables and cook them in our kitchen for all the students to enjoy.

#### **Paul R Smith Middle School**

**Eagle Encounter:** A fun, project-based afterschool program that assists students in meeting performance standards in core academic areas that also increases student engagement and personal enrichment.

#### **Pasco Middle School**

**Weightlifting Conditioning:** Voluntary program for students who wanted to stay conditioned for athletic programming throughout the year.

#### **Woodland Elementary School**

**Turkey Trot:** Annually, students at Woodland participate in a Turkey Trot. Students are encouraged to jog or walk around the ZHS track to promote wellness and enjoy a healthy activity.

#### **New River Elementary School**

**Running Club:** Students from grade levels 2<sup>nd</sup>-5<sup>th</sup> attend 1 day a week before school starts to run.

### **Gulf Middle School**

**Athletic Conditioning:** Open participation w/ general conditioning for students.

### **Rodney B Cox Elementary School**

**Sarah Vande Berg Tennis Program:** An after-school program where students play tennis.

### **Cypress Elementary School**

**Girls on the Run:** Girls on the Run inspires girls of all abilities to recognize their individual strengths, while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion.

### **Hudson Academy**

**Cobra Encounter:** A fun, project-based afterschool program that assists students in meeting performance standards in core academic areas that also increases student engagement and personal enrichment.

### **Gulfside Elementary School**

**Enrichment & Expanded Learning:** We offer before and after school enrichments including Art, Dance, Drama, Karate, and Yoga. Enrichments vary by age and session length each quarter. Our Dance, Drama, and Art Enrichment conclude with a showcase at the end of each semester.

### **Watergrass Elementary School**

**Running Club:** fitness & wellness for students

### **Lake Myrtle Elementary School**

**Run Hard:** Students run in 5k after weekly training

### **Gulf High School**

**Physical Activity Group:** During monthly activity time, Mrs. Joens and Mrs. Winterling organized a schoolwide student group who engage in physical activities, walking the track, etc. as a means of getting more students up and moving. This is extremely popular among the students.

### **Moon Lake Elementary School**

**Girls on the Run:** Girls on the Run inspires girls of all abilities to recognize their individual strengths, while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion for 3-5 graders.

### **Classical Preparatory Charter School**

**Girls Flag Football:** Girls Flag Football program

### **Cypress Creek Middle School**

**CCMS Basketball Program:** After School Basketball Program on Fridays for students.

### **Richey Elementary School**

**Pawsome Performers:** Drama Club & **Girls on the Run:** Grades 3-5

### **Charles S Rushe Middle School**

**Fit Club:** Students engage in academic and physical fitness Monday -Thursday after school.

### **Zephyrhills High School**

**Color Guard:** Students train year-round for color guard and perform at school activities (during sporting seasons)

### **Academy at the Farm**

**Street Hockey:** After school hockey program for the students.

**Bexley Elementary School**

**Girls on the Run:** Girls learn to be strong both mentally and physically through Girls on the Run.

**Trinity Elementary School**

**Run Club:** After school club open to intermediate students to walk/jog/run together. The club worked on stretching prior to exercise and movement for staying healthy.

**Pine View Middle School**

**Cheerleading:** implemented dance and movement into extracurricular activities.

**Athenian Academy of Technology and the Arts**

**Performing Arts, Sports, and Dance:** We have multiple after school programs such as our performing arts program that includes a great deal of dance choreography. We also have our after-school sports program, which focused on soccer, flag football, and volleyball. We also started a yoga program after school this year, which has been very popular with students.

**Learning Lodge Academy**

**Happy Feet:** soccer program that is for the students.

**Chasco Middle School**

**Boys and Girls club:** After school program for students.

**Plato Academy Trinity Charter School**

**Basketball Team:** Students may engage in joining a basketball team.

**Mitty P. Locke Elementary School**

**Girls on the Run:** Students will train and run a 5K

**James M. Marlowe Elementary School**

**Martial Arts Club:** Third - fifth graders participate in program before school.

**Pine View Elementary School**

**Morning Mile:** 20 min before school students may join running incentive program.

**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.**

- As an alternative school, it is very difficult to get parent and community involvement. Many of the questions in this survey should be marked N/A. For example, we do not have after school or before school activities for kids due to the alt school setting. We also do not have a cafeteria on campus, and all of our food is shipped down to us from the HS. – East Pasco Education Academy
- Developing staff capacity around guidelines will continue to be emphasized into the 22-23 school year. – Fox Hollow Elementary School
- We will bring back our before/after school programs this year. – Calusa Elementary School
- We do not have a consistent plan to implement physical activity across the entire day and all curriculums/core content areas. – Bayonet Point Middle School
- Unable to find staff members willing to run after school wellness programs; when considering food/beverages for after school activities, cost and popularity are a strong consideration. – Shady Hills Elementary School
- Some of our teachers and staff are providing candy to students as an incentive. – West Zephyrhills Elementary School
- Physical activity used across the curriculum. Some rooms may have student movement in the room but there are not “physical activities” occurring regularly across academic curriculum areas that contribute to student wellness. Not sure what that would even look like without taking the focus off academics required. – Gulf Middle School
- Incentives seem to be the biggest obstacle in providing healthy food that meets the standards. Our cafeteria food programs are outstanding, but special events are usually not meeting expectation. – Anclote High School
- School use of FNS provided options that fit the healthy snack criteria for recognition or incentive days could be explored in addition to exemption events. – West Pasco Education Academy
- Our SAC committee includes parents, teachers, and community members. We need to involve students in our wellness committee and engage them in planning for healthy physical activity. – Sunray Elementary School
- We are implementing the Wellness policy guidelines at Gulf Trace Elementary. – Gulf Trace Elementary School
- It’s sometimes hard to involve the parents in planning the physical activities since they are not with us on a daily basis. – John Long Middle School
- We will be more cognizant of the 50% rule in regards to after hour food vendors. – Deer Park Elementary School
- Continued focus in healthful food choices is needed across elementary classes. – Pepin Academies
- We were not aware that our school could move forward with this program due to COVID-19. We will re-implement next school year. – Quail Hallow Element
- After hours carnivals and events are serving pizza, chips, and water or other drinks. Other ideas are welcomed. – Cypress Elementary School
- We are trying to define more clearly what it means to have physical activities integrated across curriculum and throughout the day in 9-12th grade. We are also working on how to add families into the wellness community at our school. – Classical Preparatory Charter School
- Staff continue to integrate wellness into core curriculum. – Richey Elementary School
- Teachers find food items successful to reward student behaviour and effort and is a big mindset to overcome. It is difficult to control the items parents send for birthday celebrations. – Pasco Elementary School
- Difficult to get campus on board with healthy snacks and rewards. We are disappointed in not offering more during or after school wellness activities mainly due to covid. We have that on high priority for next year! – Thomas E Weightman Middle School
- We are working to create a fully implemented health and wellness team/school. – Wiregrass Ranch High School
- Due to Covid, our after-school activities ceased except for Extended School Day. Next year we have plans for after school clubs including Girls on the Run. – Veterans Elementary School

- We have been using a similar accountability tool, so we have worked throughout the years to ensure that we are doing what is needed and more. – Zephyrhills High School
- We have a PBIS team who works on school incentives. – Land O Lakes High School
- We still need to spread awareness of the sugar limits mentioned above. – Bexley Elementary School
- For specific student populations and specific Behavioural Plans/FBA's items have been identified as reinforcers for students that do not meet the wellness criteria nutritional guidelines. These are only utilized with one to two students on campus and are not the norm. – Trinity Elementary School
- Always evaluating ways to incorporate more healthy snacks at our concession stand. – Pine View Middle School
- Our parent involvement and operations has started to return to pre-covid levels. We are pleased with our overall implementation of our student wellness program. – Athenian Academy of Technology and the Arts
- We continue to seek volunteers to build a wellness community. Although we have made gains in reducing food-based fundraisers and food as incentives or rewards, it still occurs in isolated instances. – Mitty P. Locke Elementary
- Snacks through FNS are very expensive, both to use as incentives and for families to purchase. – James M. Marlowe Elementary School
- Elementary birthday treats from outside of the cafe sometimes pose an obstacle. For the most part, parents buy from cafe. – Pine View Elementary School

## **Wellness Policy Council Recommendations for 2022-2023**

The Wellness Council reviewed the policy and procedures during the 2021-2022 school year and made the following recommendations:

- 1) For the 2022-2023 school year, update the Wellness Policy as needed in order to be compliant with all State Regulations.**
- 2) For the 2022-2023 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.**

## 2021-2022 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 Fox             | 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)), 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**