

# **Student Wellness Policy Implementation Status Report 2016-2017**



**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  
December 2017**

# Wellness Policy Implementation Survey

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

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

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

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

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

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

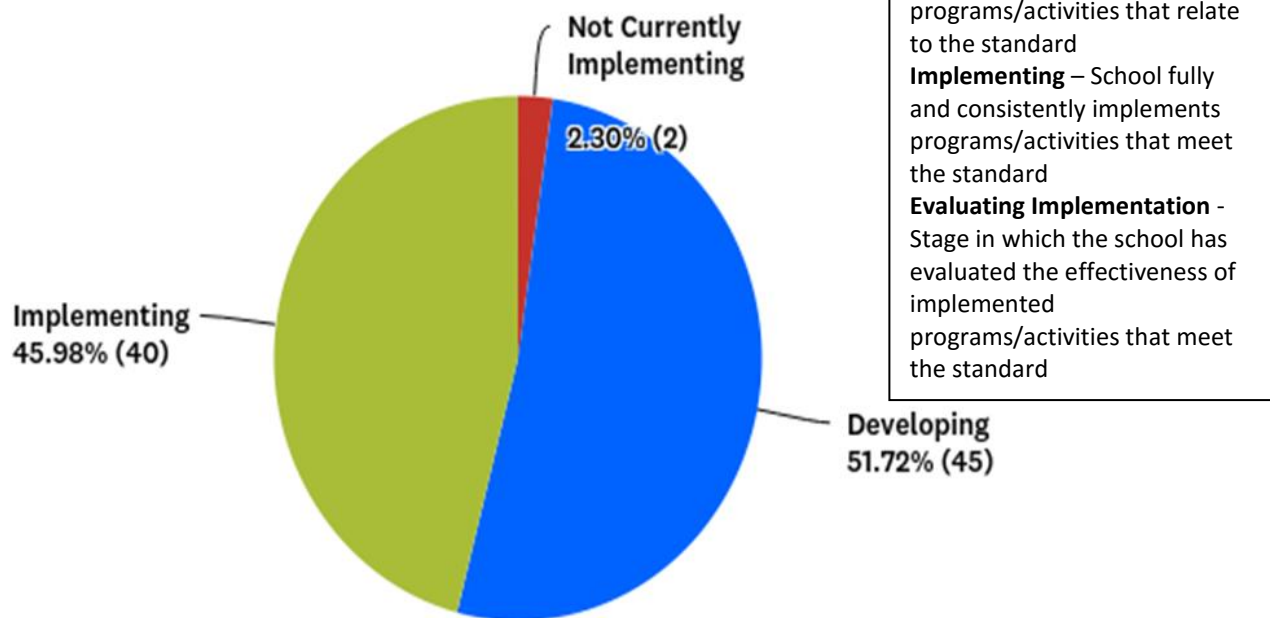
**Implementing** – School fully and consistently implements programs/activities that meet the standard.

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

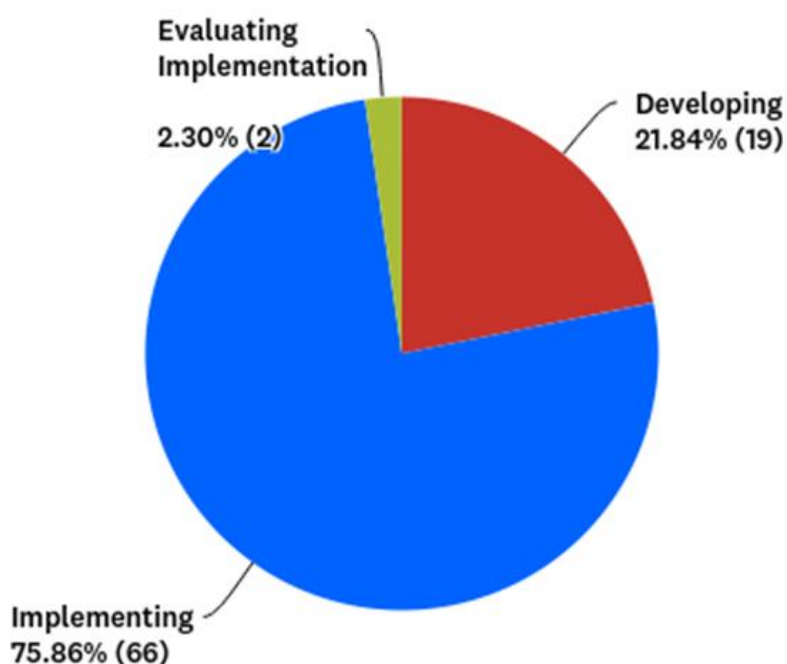
Administrators were asked to share any additional information on wellness programs the school implemented during 2016-2017 as well as challenges or obstacles they encountered in reaching full implementation of the Wellness Policy Guidelines. Program names, descriptions and comments are presented as entered 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, physical education, career and technical courses).

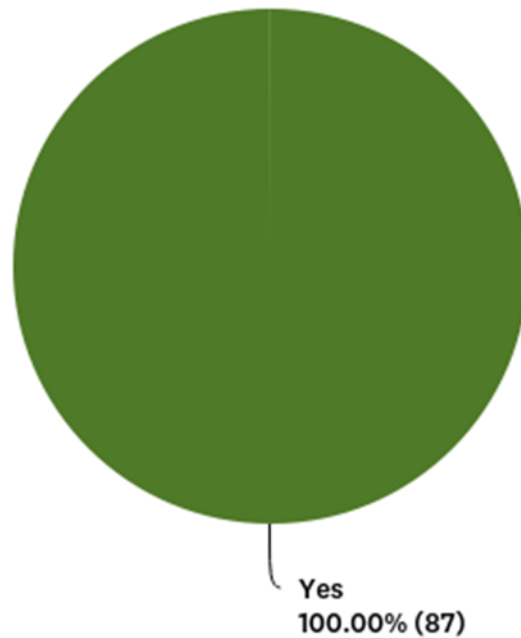


## 1. Nutrition Education Standards - Prior Year Comparisons:

| Nutrition Education Standards   |                |                |                   |
|---|----------------|----------------|-------------------|
|   |                |                |                   |
| <b>A. Health/Nutrition standards were integrated into the core curriculum areas.</b>  | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 2.35%          | 2.30%          | -0.05%            |
| Developing  | 40.00%         | 51.72%         | 11.72%            |
| Implementing  | 55.29%         | 45.98%         | -9.31%            |
| Evaluating Implementation   | 2.35%          | 0.00%          | -2.35%            |
|   |                |                |                   |
| <b>B. Health/Nutrition standards were aligned with existing courses (i.e. HOPE course, physical education, career and technical courses).</b> | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 1.18%          | 0.00%          | -1.18%            |
| Developing  | 20.00%         | 21.84%         | 1.84%             |
| Implementing  | 74.12%         | 75.86%         | 1.74%             |
| Evaluating Implementation   | 4.71%          | 2.30%          | -2.41%            |

## 2. Physical Education/Activity Standards

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



### KEY

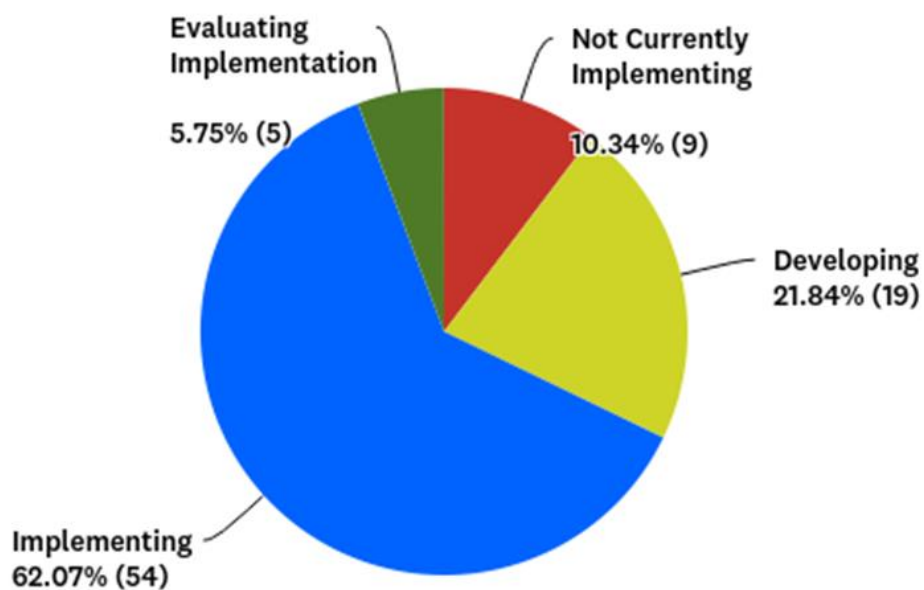
**Not Currently Implementing** - Stage in which school has not implemented the program.

**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

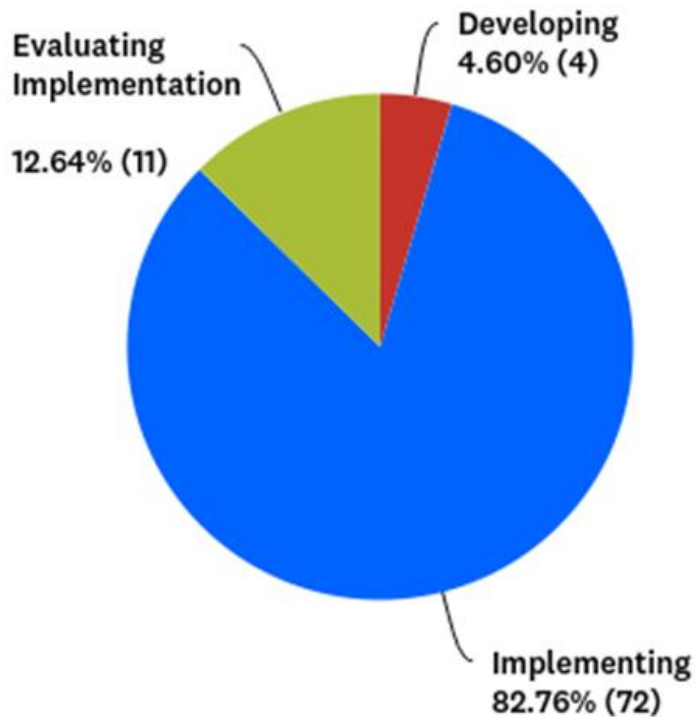
**Evaluating Implementation** - Stage in which the school has evaluated the effectiveness of implemented programs/activities that meet the standard

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

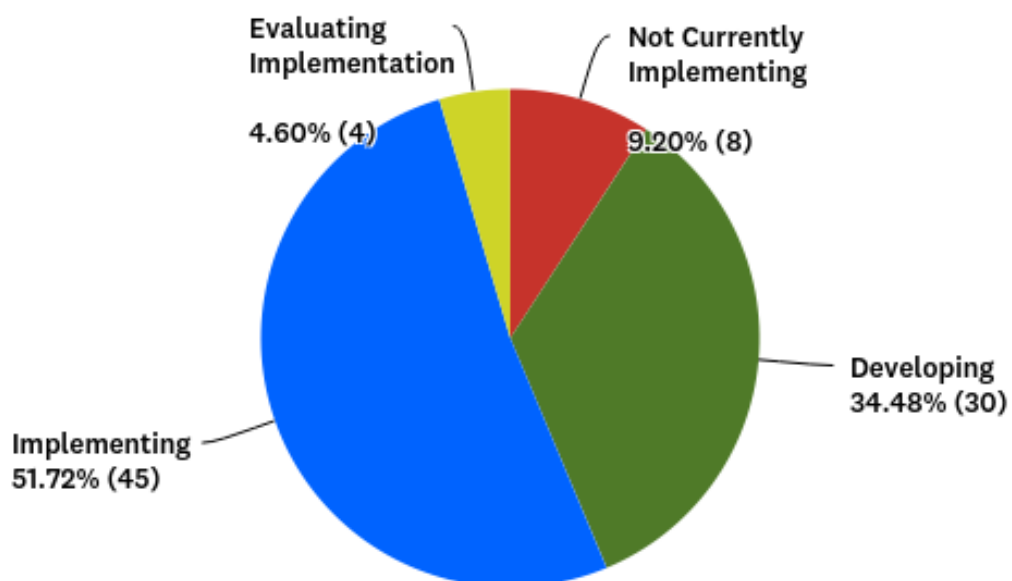


## 2. Physical Education/Activity Standards (continued)

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

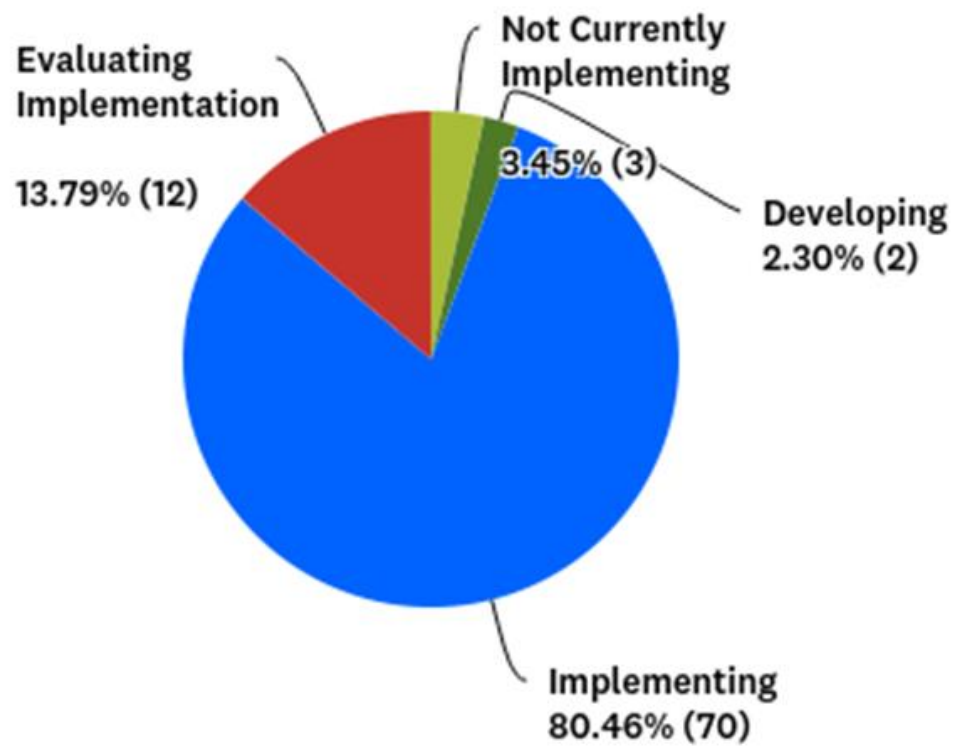


- D. School had a wellness community that consisted of families, teachers, administrators and students who planned and implemented physical activity in the school environment.



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

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



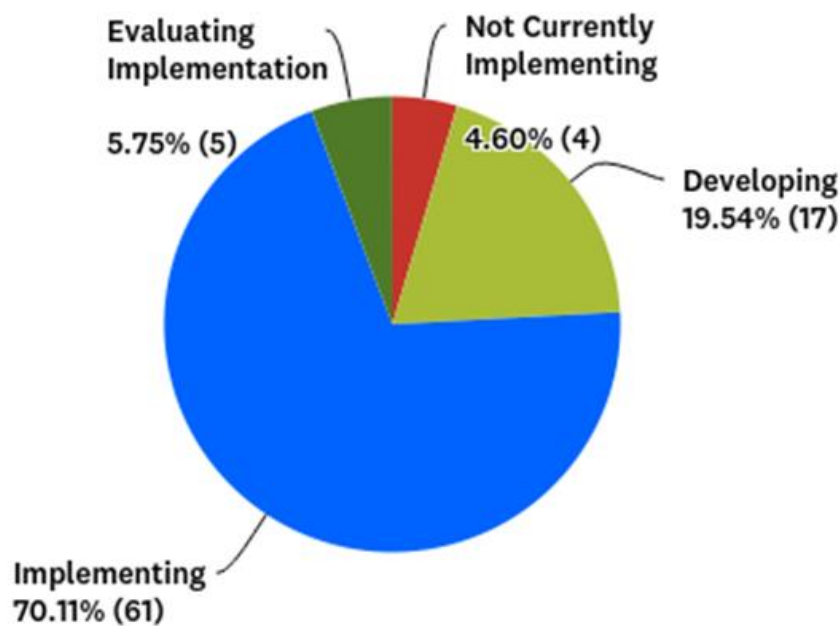
## 2. Physical Education/Activity Standards - Prior Year Comparisons:

| Physical Education/Activity Standards  |         |         |            |
|--|---------|---------|------------|
|  | 2015-16 | 2016-17 | Difference |
| <b>A. Physical education classes were available at all grade levels.</b>   |         |         |            |
| No   | 0.00%   | 0.00%   | 0%         |
| Yes  | 100.00% | 100.00% | 0%         |
| <b>B. Physical activities were integrated across curricula and throughout the day.</b>   |         |         |            |
| Not Currently Implementing   | 8.24%   | 10.34%  | 2.10%      |
| Developing   | 24.71%  | 21.84%  | -2.87%     |
| Implementing   | 62.35%  | 62.07%  | -0.28%     |
| Evaluating Implementation  | 4.71%   | 5.75%   | 1.04%      |
| <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   | 1.18%   | 0.00%   | -1.18%     |
| Developing   | 1.18%   | 4.60%   | 3.42%      |
| Implementing   | 83.53%  | 82.76%  | -0.77%     |
| Evaluating Implementation  | 14.12%  | 12.64%  | -1.48%     |
| <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   | 10.59%  | 9.20%   | -1.39%     |
| Developing   | 24.71%  | 34.48%  | 9.77%      |
| Implementing   | 56.47%  | 51.72%  | -4.75%     |
| Evaluating Implementation  | 8.24%   | 4.60%   | -3.64%     |
| <b>E. School discouraged withholding of participation in physical activity as a punishment.</b>  |         |         |            |
| Not Currently Implementing   | 2.38%   | 3.45%   | 1.07%      |
| Developing   | 4.76%   | 2.30%   | -2.46%     |
| Implementing   | 80.95%  | 80.46%  | -0.49%     |
| Evaluating Implementation  | 11.90%  | 13.79%  | 1.89%      |



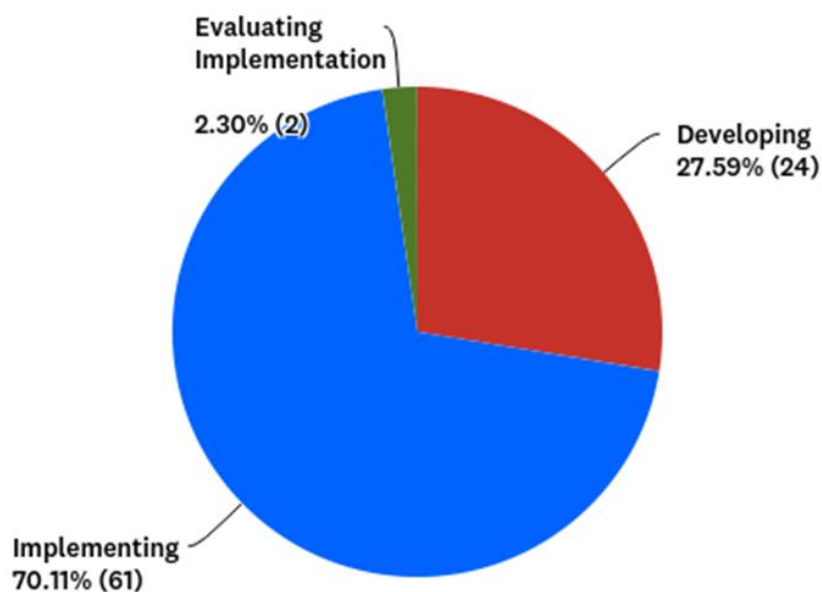
### 3. Other School-Based Activities Standards

- 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)

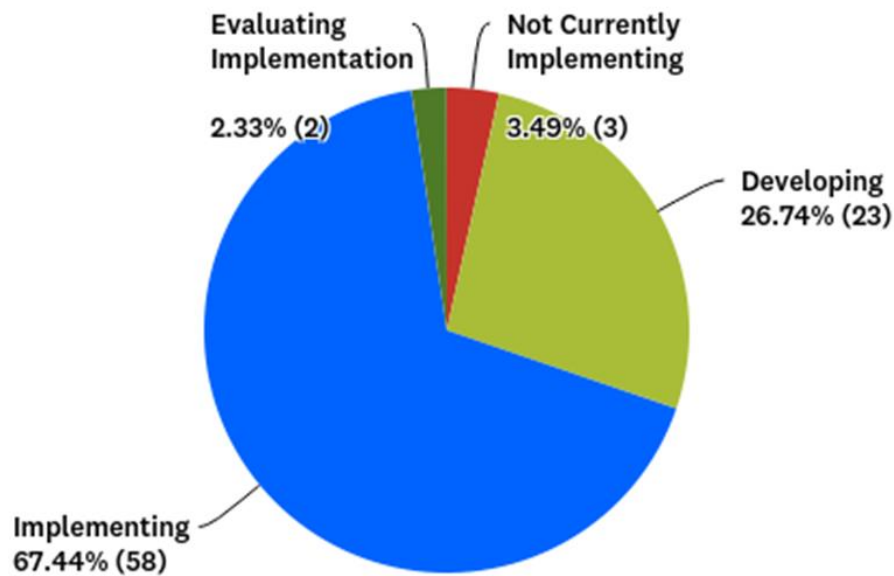
B2. When food incentives or rewards are offered, The Dietary Guidelines for Americans and competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools USDA's "All Foods Sold in Schools" standards are followed.

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

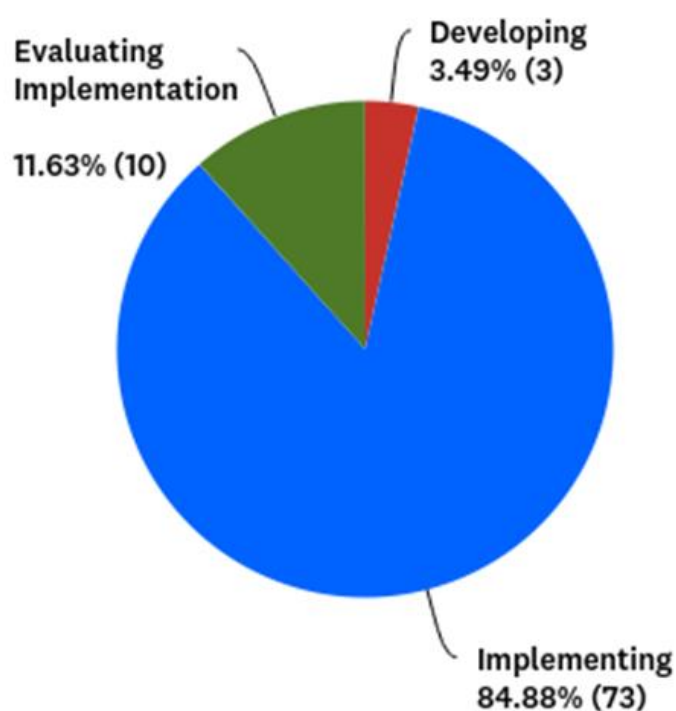
Sodium Limits: Snack items: < 200 mg. Entrée items: < 480 mg.

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

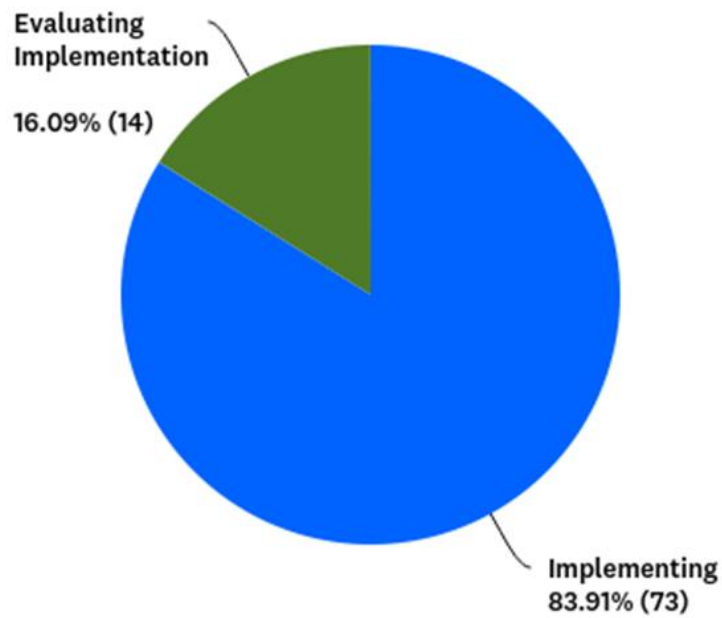


C. All food items sold on campus comply with District Policy 8550 regarding competitive sales.



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

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



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

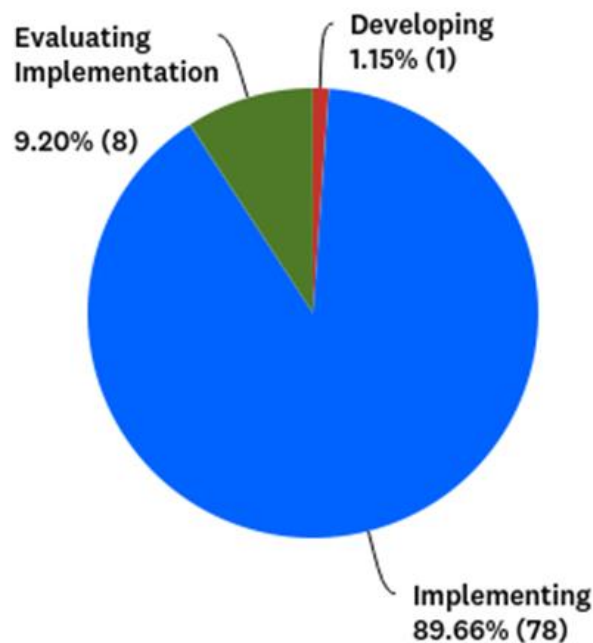
| School-Based Activities Standards  |                |                |                   |
|--|----------------|----------------|-------------------|
|  |                |                |                   |
| <b>A. Fundraising efforts promoted healthful nutrition and physical activity. Community and business partnerships were considered as an alternative to traditional food-based fundraising efforts.</b>   | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 2.38%          | 4.60%          | 2.22%             |
| Developing   | 29.76%         | 19.54%         | -10.22%           |
| Implementing   | 59.52%         | 70.11%         | 10.59%            |
| Evaluating Implementation  | 8.33%          | 5.75%          | -2.58%            |
|  |                |                |                   |
| <b>B1. When offering incentives or rewards, non-food items are used.</b>   | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 0.00%          | 0.00%          | 0.00%             |
| Developing   | 32.94%         | 27.59%         | -5.35%            |
| Implementing   | 60.00%         | 70.11%         | 10.11%            |
| Evaluating Implementation  | 7.06%          | 2.30%          | -4.76%            |
|  |                |                |                   |
| <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.<br/>Calorie Limits: Snack items: &lt; 200 calories. Entrée items: &lt; 350 calories<br/>Sodium Limits: Snack items: &lt; 200 mg. Entrée items: &lt; 480 mg.<br/>Fat Limits: Total fat: &lt; 35% of calories.<br/>Saturated fat: &lt; 10% of calories. Trans fat: 0 g<br/>Sugar Limits: &lt; 35% of weight from total sugars in foods</b> | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 3.53%          | 3.49%          | -0.04%            |
| Developing   | 27.06%         | 26.74%         | -0.32%            |
| Implementing   | 55.29%         | 67.44%         | 12.15%            |
| Evaluating Implementation  | 14.12%         | 2.33%          | -11.79%           |
|  |                |                |                   |
| <b>C. All food items sold on campus comply with District Policy 8550 regarding competitive sales.</b>  | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 1.19%          | 0.00%          | -1.19%            |
| Developing   | 2.38%          | 3.49%          | 1.11%             |
| Implementing   | 77.38%         | 84.88%         | 7.50%             |
| Evaluating Implementation  | 19.05%         | 11.63%         | -7.42%            |
|  |                |                |                   |
| <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. 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>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 0.00%          | 0.00%          | 0.00%             |
| Developing  | 0.00%          | 0.00%          | 0.00%             |
| Implementing  | 76.47%         | 83.91%         | 7.44%             |
| Evaluating Implementation   | 23.53%         | 16.09%         | -7.44%            |

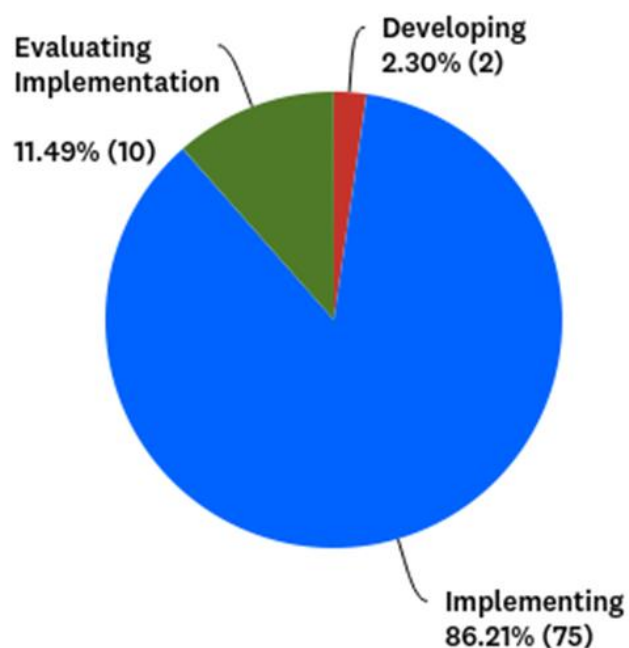
#### 4. Nutrition Standards

- 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.



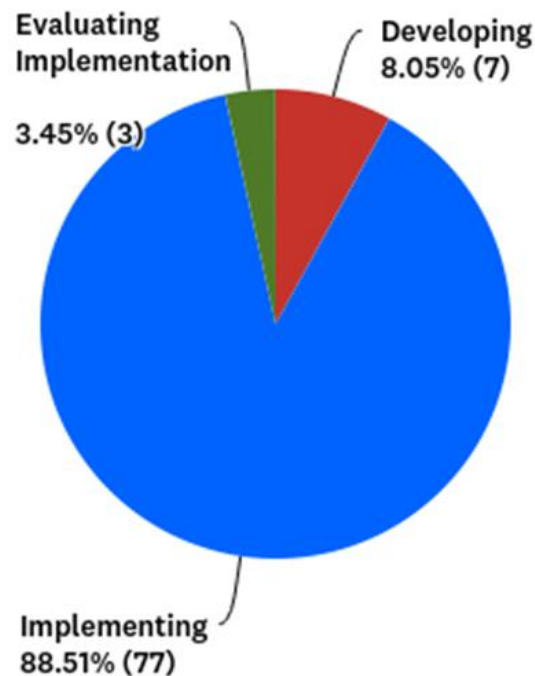
| KEY                                 |   |
|-------------------------------------|---|
| <b>Not Currently Implementing</b> - | Stage in which school has not implemented the program.  |
| <b>Developing</b> –                 | School is implementing a few programs/activities that relate to the standard  |
| <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.

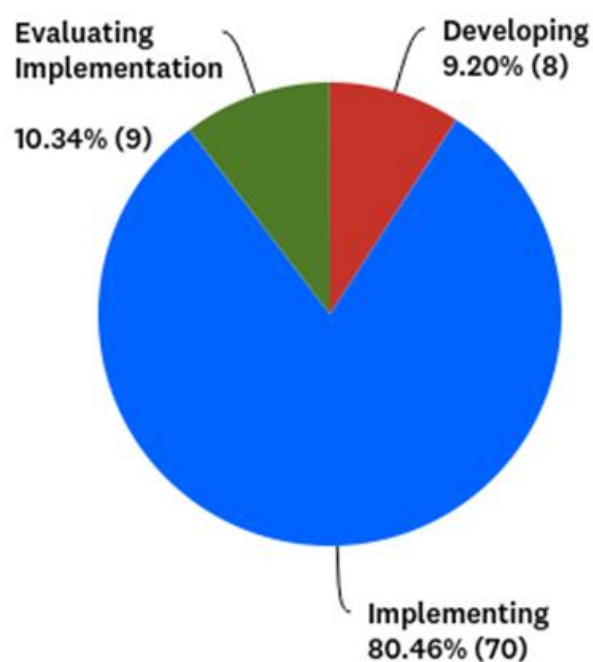


#### 4. Nutrition Standards (continued)

C. Healthful food choices were identified to encourage consumption.

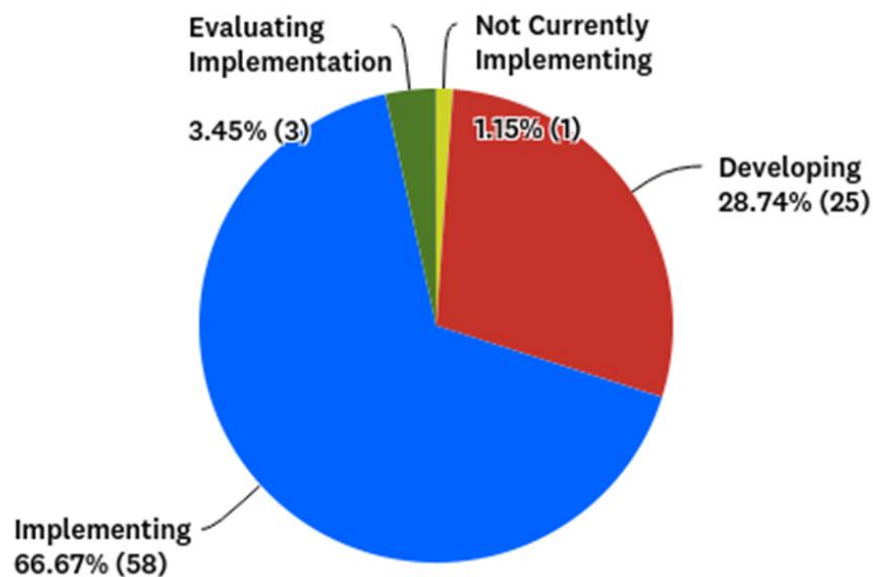


D. All foods available to students in the dining area, as well as foods that are served as classroom snacks and from vending machines meet the Competitive Food / Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



#### 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 75% of those items comply with the Competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.



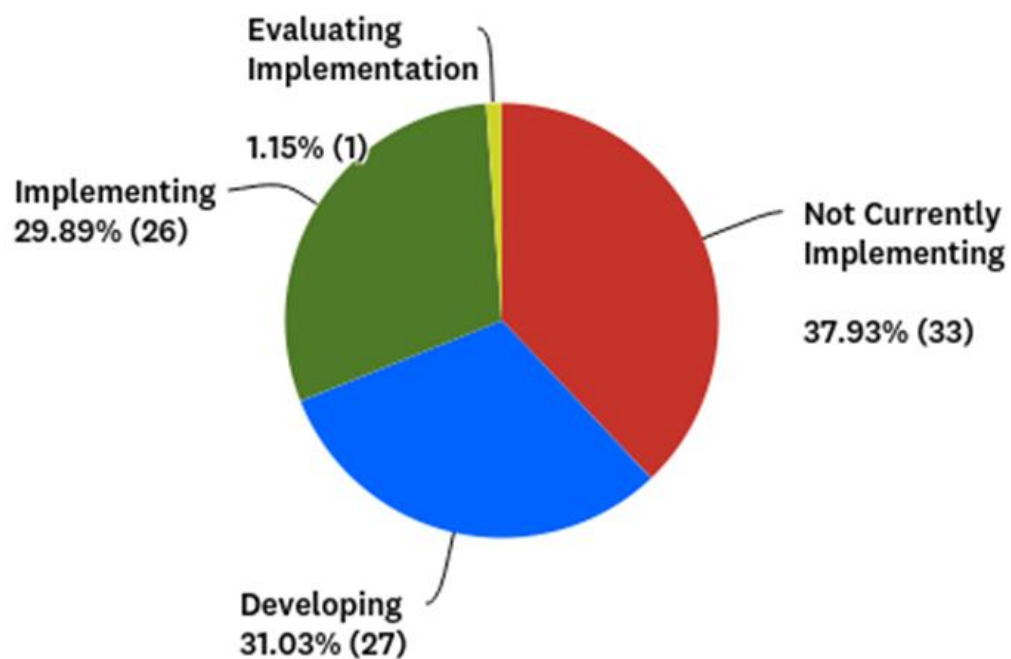


#### 4. Nutrition Standards - Prior Year Comparisons:

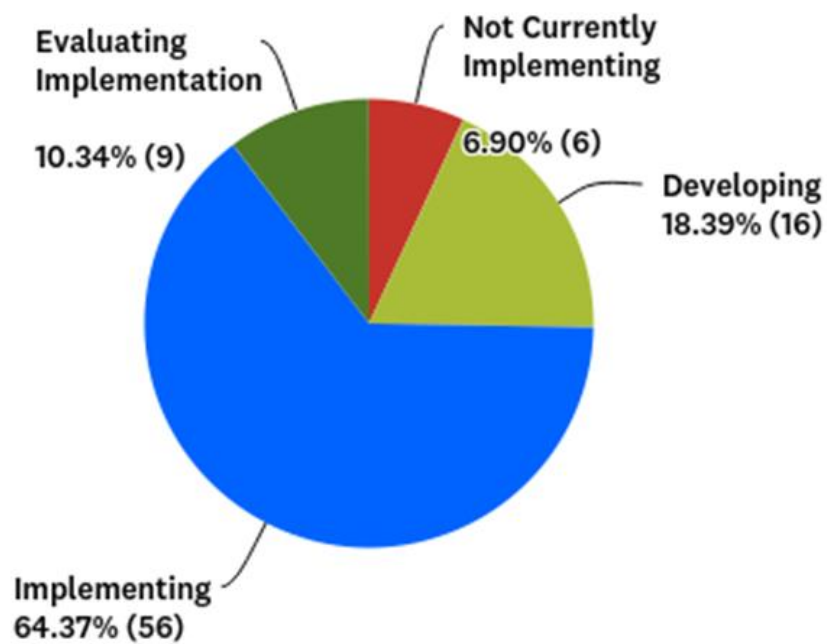
| Nutrition Standards   |                |                |                   |
|---|----------------|----------------|-------------------|
|   |                |                |                   |
| <b>A. Nutritious and appealing foods and beverages such as water, fruits, vegetables, low-fat dairy foods, and whole grain products were available wherever and whenever food was sold or otherwise offered at school.</b>  | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 0.00%          | 0.00%          | 0.00%             |
| Developing  | 5.88%          | 1.15%          | -4.73%            |
| Implementing  | 74.12%         | 89.66%         | 15.54%            |
| Evaluating Implementation   | 20.00%         | 9.20%          | -10.80%           |
|   |                |                |                   |
| <b>B. School allowed bottled water (with cap) in the classrooms to encourage hydration.</b>   | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 1.18%          | 0.00%          | -1.18%            |
| Developing  | 1.18%          | 2.30%          | 1.12%             |
| Implementing  | 76.47%         | 86.21%         | 9.74%             |
| Evaluating Implementation   | 21.18%         | 11.49%         | -9.69%            |
|   |                |                |                   |
| <b>C. Healthful food choices were identified to encourage consumption.</b>  | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 0.00%          | 0.00%          | 0.00%             |
| Developing  | 5.88%          | 8.05%          | 2.17%             |
| Implementing  | 77.65%         | 88.51%         | 10.86%            |
| Evaluating Implementation   | 16.47%         | 3.45%          | -13.02%           |
|   |                |                |                   |
| <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>  | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 0.00%          | 0.00%          | 0.00%             |
| Developing  | 8.24%          | 9.20%          | 0.96%             |
| Implementing  | 71.76%         | 80.46%         | 8.70%             |
| Evaluating Implementation   | 20.00%         | 10.34%         | -9.66%            |
|   |                |                |                   |
| <b>E. When multiple food and beverage items are offered after school hours (i.e. holiday celebrations, concession stands, school carnivals) approximately 75% of those items comply with the Competitive Food/Beverage Guidelines recommended by the Smart Snacks in Schools: USDA's "All Foods Sold in Schools" Standards.</b> | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing  | 1.18%          | 1.15%          | -0.03%            |
| Developing  | 34.12%         | 28.74%         | -5.38%            |
| Implementing  | 57.65%         | 66.67%         | 9.02%             |
| Evaluating Implementation   | 7.06%          | 3.45%          | -3.61%            |

## 5. Nutrition Promotion Standards

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

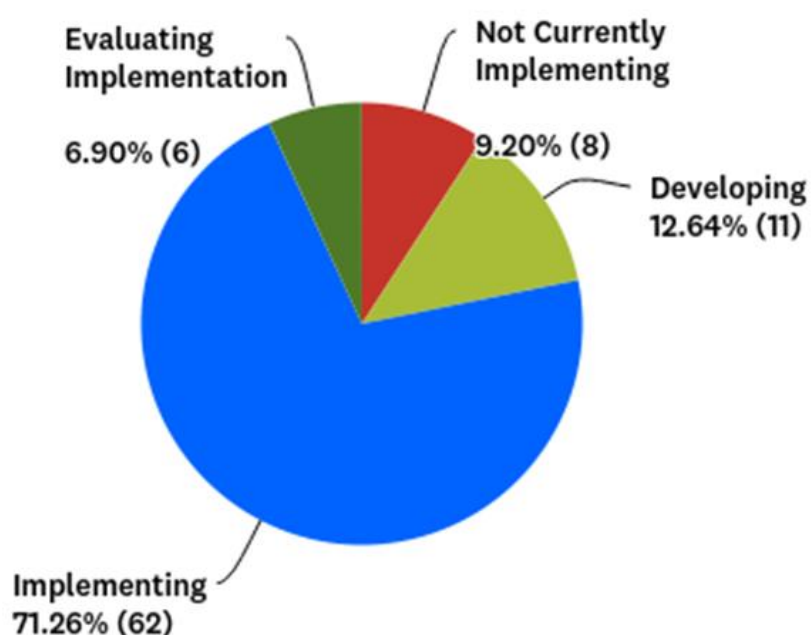


B. School has an established Healthy School Team.



## 5. Nutrition Promotion Standards (continued)

C. Fundraiser Calendar is posted on School website.

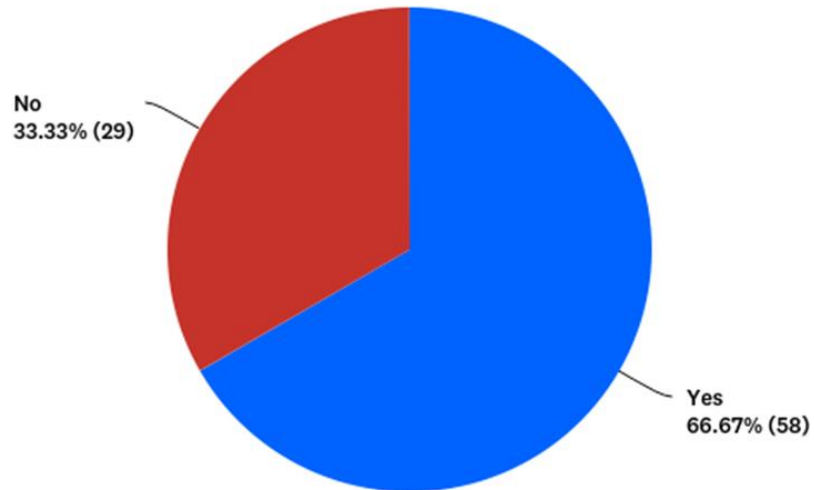


## 5. Nutrition Promotion - Prior Year Comparisons:

| Nutrition Standards  |                |                |                   |
|--|----------------|----------------|-------------------|
|  |                |                |                   |
| <b>A. School includes a goal for health and wellness in their School Improvement Plan.</b> | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 37.65%         | 37.93%         | 0.28%             |
| Developing   | 47.06%         | 31.03%         | -16.03%           |
| Implementing   | 12.94%         | 29.89%         | 16.95%            |
| Evaluating Implementation  | 2.35%          | 1.15%          | -1.20%            |
|  |                |                |                   |
| <b>B. School has an established Healthy School Team.</b>                                   | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 8.24%          | 6.90%          | -1.34%            |
| Developing   | 18.82%         | 18.39%         | -0.43%            |
| Implementing   | 60.00%         | 64.37%         | 4.37%             |
| Evaluating Implementation  | 12.94%         | 10.34%         | -2.60%            |
|  |                |                |                   |
| <b>C. Fundraiser Calendar is posted on School website.</b>                                 | <b>2015-16</b> | <b>2016-17</b> | <b>Difference</b> |
| Not Currently Implementing   | 18.82%         | 9.20%          | -9.62%            |
| Developing   | 24.71%         | 12.64%         | -12.07%           |
| Implementing   | 50.59%         | 71.26%         | 20.67%            |
| Evaluating Implementation  | 5.88%          | 6.90%          | 1.02%             |

### Additional Questions

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



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

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

#### **Crew's Lake Middle School**

##### **Incentive Program**

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

#### **Denham Oaks Elementary School**

##### **Career Club Opportunities – Gardening Clubs, Growing Fruits and Vegetables**

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

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

##### **Physical activity before standardized testing**

On mornings when students were testing, they were to report directly to PE area upon arrival. Students participated in approximately 20 minutes of physical activity. After physical activity, students were fed breakfast from the cafeteria and paraded through our row of champions which was decorated with posters of encouragement.

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

#### **Gulfside Elementary School**

##### **One Community Now Partnership**

Basketball, Soccer, Cheerleading

##### **Community School Partnership**

After-school yoga

##### **UF Nutrition Partnership**

Monthly parent/child meetings where healthy food is prepared. Monthly classes for kindergarten and first grade to learn about healthy foods.

##### **Master Gardner and Nutrition Program from UF**

Biweekly visits to third grade where students work on their garden and learn how to grow healthy foods. Students get to take home food that is grown there. The opposite biweekly visits are where Chef Vince prepares healthy food for students to try. They are taught about healthy food choices as well.

### **Gulf Trace Elementary School**

#### **Sea Star Family Moves**

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

### **Quail Hollow Elementary School**

#### **Healthy School Team Healthy Give Away**

The Healthy School Team was present at a PTSA sponsored event where we had guests take a picture of a healthy recipe. After doing so, they were entered in a drawing to win a blender and a healthy smoothie recipe book.

#### **Quail Hollow Fun Run Fundraiser**

Students collected flat donations to benefit our school from family and friends. The students participated in running laps to add to their Fast and Furious mileage cards on a specific event date.

### **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.

### **Sunray Elementary**

#### **Girls Running Club**

The girls running club not only teaches perseverance in the students, but also works in varied types of social skills, healthy eating and mindfulness.

#### **Boys Run Hard**

Run Hard, much like the national Girls on the Run program, aim to teach kids the value of exercise and also to impart positive character traits like self-confidence and determination. Run Hard is a part of Crossover Athletics, a nonprofit founded by Harmon that offers sports teams, kids' triathlons and 5K runs and walks to Sunray Elementary students..

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

#### **Healthier Me Club**

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

### **Veterans Elementary School**

#### **Kids Care Club (School Garden)**

The Kids Care Club involves activities for the school and surrounding community, including the incorporation of the preceding "Garden Club". We are renovating our entire garden areas so that each classroom can participate in garden activities right outside their own classroom doors in their very own labeled garden plot. Our new goal is to teach every child the importance of plants, health, and the power of gardening. While the renovations happen, the Kids Care Club has taken over after school gardening activities.

#### **Coaches' Corner**

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

#### **I Tried It Letter**

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

#### **Jammin' Minute**

This segment airs once per week on the news show. The news crew leads the school in a minute of exercise to encourage movement.

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

### **Crew's Lake Middle School**

#### **Recess**

Students are able to participate in daily recess prior to school starting each day to provide movement to increase stamina in classrooms in addition to increasing appetites.

### **Gulf Trace Elementary School**

#### **Healthy Minds, Healthy Bodies**

Second through fifth graders attend health classes each week. The focus of the classes rotate every 10 weeks. Focuses include nutrition, body parts, etc.

### **Gulf Trace Elementary School**

#### **Sports Club**

Intermediate students are offered the opportunity to be part of our Sports Club three mornings a week. Every few weeks the sport/activity rotates. The students learn the skills needed to participate in the sport/activity and then play the game.

### **J.W. Mitchell High School**

#### **Walking Club**

Students walk the campus for the last 15 minutes of lunch

### **Odessa Elementary School**

#### **After School Clubs**

Fee based clubs run for 6-7 weeks: Painting, PE, Drama, and Fun with Clay

#### **Odyssey of the Mind**

Challenging problem-solving activity and competition for teams of students.

#### **Orff Ensemble**

Students learn to play percussion instruments and perform in shows throughout the year.

#### **Chorus**

Students participate in singing group and perform in shows throughout the year.

### **Quail Hollow Elementary School**

#### **School-Wide Duathlon**

Weekend student activity where students participate in a duathlon including biking and running.

### **Shady Hills Elementary School**

#### **Shady Hills Running Club**

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

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

#### **Garden and Greenhouse Effect!**

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

### **Connerton Elementary School**

#### **Girls on the Run and Run Hard**

Fitness and running program for students

### **Wiregrass Ranch High School**

#### **Bulls Olympics**

Promote healthy competition between classes. A nutritious snack was provided along with a healthy beverage.

### **Wiregrass Ranch High School**

#### **Healthy Stampede**

Provided an area for students to visit and get information from different vendors. All vendor topics involved healthy behaviors and activities.



**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.**

- Goal for School Improvement plan – we have more academically focused goals to work on along with attendance thus a goal for health and wellness was not a priority for our SuP.
- We need to work on getting everyone in the staff trained for healthy food choices when giving snacks especially.
- Both administrators were new to the school this year and we are still building systems knowledge.
- SIP focuses on the whole child and awareness of social and emotional development
- For implementing health curriculum, other than science, some PE units, and health occupations, we do not offer a true health program. Beginning in the 2018-19 school year, we will be required to offer health as an elective.
- Two challenging areas are: Fundraising and After School Activities, such as Fall Carnival. We will continue to work to improve the percentages in these areas.
- Parental and community involvement. Not included in current School Improvement and not sure how this can be accomplished and monitored. Unsure of how to implement across all curriculum areas.
- SIP addresses EWS & Gallup concerns related directly to student achievement for middle to high school promotion.
- Before/after school PTA events are being evaluated.
- Transportation for students after school to participate in activities. Concessions as primary fundraiser and have to offer what will sell.
- We do not participate in fundraising activities.
- As an education center, not all activities such as fundraising exist on our campus, nor is it possible to conduct before or after school activities.
- Small staff with varying roles and responsibilities.
- Being a full service high school it is hard to implement a full program. We do offer sports and activities after normal school hours but it is very difficult to get students not involved in sports to stay after school. We organize over 30 clubs which are mostly academic based which meet the current needs of our population. We are implementing during the day and will continue to seek ways to offer programs after hours.
- We have been focused on academic and behavioral challenges and have yet to focus on this area consistently.
- Some of our students desire non-preferred items as their reward; that is a challenge for us. Teachers do offer up alternatives.
- The school continues to build a culture of healthy choices for all student activities, both before school, during school, and after school. We need to continue to expand student knowledge on healthy choices, as well as expand health opportunities to students. We additionally need to work on providing fundraisers that are non-food based, and getting information regarding fundraisers to families well in advance. Also, sharing the fundraiser calendars and updating the calendar regularly needs to be prioritized.

- Our School Success Plan goals are centered on the district focus areas of High Impact Instruction, Data Driven Decisions, and Collaborative Culture.
- We still need to work on putting standards into the curriculum. We also need to include students in our committee.
- Stakeholder participation is difficult to attain and retain. We have just enough members in SAC and forming a SHAC could potentially take away participating members of other groups.
- Our school must align activities and resources in a more systematic way so that programs have alignment across all areas of the academic school day.
- Monitoring teacher food incentives in their classrooms is often challenging. Also teaching nutrition within the elementary curriculum is challenging due to lack of resources.
- Finding healthy alternatives that fans want to purchase at evening sporting events.
- Participation with the SAC committee has been less than desirable this year. We will be changing the time of our meetings next year to encourage more family participation.
- After school/before school programs: We currently only offer Chorus before school. Next year--we plan on hosting clubs for all students, every Wednesday afternoon. Clubs will include Girls Just Want to Run Club, Boys Run Hard Club, Dance, Musical Performance, Culinary Arts, Yoga, Zumba, etc...(Spanish Club, Chess, Sewing....). Classrooms are still sneaking in occasional starburst treats, candy....but we are making progress in offering teddy grams, pretzels, etc.....
- We have not included a wellness goal in the official school improvement plan as it has not been clearly conveyed that this is a requirement. However, we do set wellness goals and strategies to meet them as part of the work we do on the Healthy School Team. For example, we set a goal to grow our running club which had phenomenal participation by students, staff, and parents.
- Cross curricular implementation continues to be a challenge.
- We are still working closely with our school's PTA and encouraging them to offer more healthy food items during evening functions.
- I'm a new principal so I am still exploring the depth of these initiatives.
- New principal to school. We will analyze our developing areas for implementation next year.
- Finding incentives for students that are not food base, inexpensive, and apply to a large percentage of our student body is a challenge.
- We do not have a specific goal in our SIP that directly relates to the wellness policy guidelines. We simply need to create a goal in our SIP when we create it for next year.
- We are a new school and did not have a School Improvement Plan for this school year. We are currently developing the School Success Plan for next year.
- In some classes 'health/nutrition' standards were integrated, but not in all core curriculum areas.
- There is a need for continued education with staff for complete implementation.

- With all the other required and needed goals and expectations, we simply don't have the time promote, educate and monitor all the aspects of this plan. Ex. bottled water in classrooms, 75% of food at evening family fun events meetings, promoting healthful consumption. We share information and some staff members follow through but it is not prioritized enough to ensure full implementation across the whole school.
- The standards and time required for basic education courses does not permit us to always blend wellness activities throughout the school day.
- There is a need for continued education with staff for complete implementation.

## **Wellness Policy Council Recommendations for 2017-2018**

The Wellness Council reviewed the policy and procedures during the 2016-2017 school year and made the following recommendations:

- 1) For the 2017-2018 school year, update the Wellness Policy as needed in order to be compliant with all State Regulations.**
- 2) For the 2017-2018 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.**

## 2016-2017 Wellness Policy Council Members

|                         |  |
|-------------------------|--|
| Cynthia Armstrong       | School Board Member  |
| Scott Leu               | Clinical Coordinator, Employee Assistance Program                                  |
| Stephanie Spicknall     | Program Manager, Food and Nutrition Services                                       |
| Amanda Musick           | Program Manager, Food and Nutrition Services                                       |
| Lisa Kern               | Supervisor, Student Health Services  |
| Kathy Browning          | School Nurse   |
| Kathy Giarratano        | School Nurse   |
| Jeanmarie Batto         | School Nurse   |
| Claudine Nipps          | Teacher, Thomas E. Weightman Middle School   |
| Lisa Miller             | Office of Teaching and Learning  |
| Laura Rulison-Lange     | Office of Teaching and Learning  |
| Susan McKenna           | Office of Teaching and Learning  |
| Matt Wicks              | Program Coordinator of Physical Education/Athletics                                |
| Katie Wright            | Secretary, Employee Assistance Program/EBARM; Parent                               |
| Madonna Vance           | Supervisor SSPS ESE Comp, Student Support Programs & Services                      |
| Elizabeth Purcell       | Assistant Principal, Wesley Chapel Elementary School                               |
| Alondra Beatty-Woodall  | Assistant Principal, Anclote High School   |
| Tammy Downing           | Parent; Nutrition Associate, Food and Nutrition Services                           |
| Katie Wright            | Parent; School Support Specialist, Food and Nutrition Services                     |
| Meg Gamero              | Parent   |
| Amina Ahmed             | Health Educator, Florida Department of Health in Pasco County                      |
| Naomi Docilait          | Students Working Against Tabaco Coordinator, Florida Department of Health in Pasco |
| Kelli Curl              | Florida Department of Health in Pasco  |
| Donna Mullens           | Senior Community Health Nurse Supervisor, Florida Department of Health in Pasco    |
| Monica Rousseau         | Coordinator, Pasco County Alliance for Substance Abuse Prevention                  |
| Cheryl Pollock          | Premier Community Healthcare   |
| Rachel Blaasch          | Premier Community Healthcare   |
| Christine Parris        | Baycare Behavioral Health  |
| Shari Bresin            | Family & Consumer Sciences Faculty, UF/IFAS extension-Pasco                        |
| Amanda Palumbo          | Community Health Director, Tampa Bay American Heart Association                    |
| Kelly McCullough        | Rasmussen College  |
| Janine Gordan           | Intern, Food & Nutrition Services  |
| Bianca Alejandro        | Student, Land O Lakes High School  |
| Victor Rivera           | Student, Land O Lakes High School  |
| <b><u>Co-Chairs</u></b> |  |
| Julie Hedine            | Director, Food and Nutrition Services  |
| Sarah Wood              | Nutrition & Wellness Specialist, Food and Nutrition Services                       |

**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 - STUDENT WELLNESS POLICY PROCEDURES

### Nutrition Education

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

### Physical Education/Activity

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

### Other School Based Activities

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

## Nutrition Standards

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

## Nutrition Promotion

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

Revised 3/26/14