

**Flagler County Public Schools
Wellness Plan
Revised April 2011
Board Approved on October 18, 2011**

Background

In March 2006, the Flagler County School District issued the Flagler Public School Wellness Policy to promote a healthy school environment. This policy was the result of a collaborative effort of school authorities, student representative, and community partners with a

shared responsibility to dedicate time and effort towards a common goal.

The SHAC (School Health Advisory Committee) facilitates the interrelationships between schools, communities, health organizations, and other groups to annually review and revise this policy, spanning the areas of nutrition education, physical activity, and other school-based activities in addition to setting guidelines for the measurement and evaluation of the areas aforementioned.

I. Introduction

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools shall establish a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

II. Setting Nutrition Education Goals

Academic performance and optimal wellness is affected by the choice and availability of nutritious foods in our schools. Nutrient dense foods support student physical growth, cognitive function, emotional stability and resistance to disease.

A. Nutrition Guidelines

1. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's School Food Services Department or contracted vendors. Menu and product selection shall utilize input from students, staff and SHAC whenever possible.
2. School Food Services policies and guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines established by local, state, and federal statutes and regulations.
3. Meals served through the National School Lunch and Breakfast Programs will:
 - a) Be appealing and attractive to children;
 - b) Be served in clean and pleasant surroundings;
 - c) Offer a variety of fruits and vegetables
 - d) Serve only low fat milk (1% or lower).
 - e) Promote the selection and consumption of whole grains.

4. Food and Nutrition Services will engage students through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Food and Nutrition Services will share information about the nutritional content of meals with parents and students. Such information will be made available on the Food and Nutrition Services website.
5. A la carte offerings to students shall meet federal recommended guidelines and offer a variety of choices. Input from students, staff and the SHAC shall be utilized whenever possible.
6. All snack vending machines shall meet or exceed the following criteria as determined by the Alliance for a Healthier Generation, Healthier US School Challenge, U.S.D.A. and *Florida State Board of Education Administrative Rules, Chapter 6A-7.0411 (2c & 2d)*:
 - a) All snack vending machines shall provide only single serving snacks that meet the following guidelines: Foods of Minimal Nutritional Value (USDA Regulation 7CFR 210 and 220) will not be available anytime during the school day (**See Table 6**), < 200 or fewer calories per serving, calories from total fat must be < 35% (**See Table 1**), calories from saturated fat must be below 10% (**See Table 1**), At least 50% of grains offered will be whole grain (**See Table 2**), Items will contain < 35% sugar by weight (includes naturally occurring and added sugars) (**See Table 1**), Items will not contain sugar as the first ingredient (**See Table 4**), Items will provide minimal to none trans-fatty acids, (< .5 grams per serving (trans-fat free) (**See Table 5**) Items will not be fried (**See Table 3**), Items will contain < 480 mg. of sodium per serving.
 - b) All snack vending machines items shall meet USDA standards for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts.)
 - c) Vending machines where student meals are served or eaten shall not include carbonated beverages.
 - d) All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:
 1. water

- 2.100% fruit juice
- 3.non-carbonated drinks with less than 150 calories per container
- 4.no more than 1/3rd of the choices will be carbonated drinks

e) The beverage vending machines may also include:

- 1.non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
- 2.other non-carbonated drinks

f) School Food Services shall support classroom activities for all elementary students that promote good nutrition practices and reduce obesity.

g) The sale of food items for non-related school events (i.e., an outside entity rents the school property and holds an event featuring a food sale) are not subject to the districts nutrition guidelines of the policy.

h) Ice cream, ice milk, and water ices that include fruit or fruit juices shall not be restricted.

8. Energy Drinks are prohibited on campus.

B. Nutrition Education Program

1. The Flagler County School District education policies comply with all nutrition activity standards and benchmarks set forth in the Sunshine State Standards for all grade levels.
2. All nutrition education course contents are provided by a certified teacher (i.e., science, health, or physical education, etc.)
3. A Registered Dietitian is available to review nutrition educational material or to provide in-class instruction as deemed necessary.

C. Nutrition Standards for Foods Available on School Campus during the School Day

1. Food and Nutrition Services adheres to guidelines set forth by the US Department of Agriculture for foods and beverages sold in foodservice areas during meal periods. Meals served must meet the Federal nutrition requirements. Menu offerings shall be based on the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard RDA (one-third for lunch and one-fourth for

breakfast) for protein, Vitamin A, Vitamin C, iron, calcium, and calories. Input from students, staff and SHAC shall be utilized whenever possible.

2. Food and Nutrition Services adheres to guidelines set forth by the US Department of Agriculture for foods and beverages sold in vending machines. Offerings shall meet federal recommended guidelines. Input from students, staff and the SHAC shall be utilized whenever possible.
3. The school district sets guidelines for foods and beverages sold at concession stands on school campuses. Offerings shall meet federal recommended guidelines. Input from students, staff and SHAC shall be utilized whenever possible.
4. The school district sets guidelines for foods and beverages sold as part of school sponsored fundraising activities. Offerings shall meet federal recommended guidelines. Input from students, staff and the SHAC shall be utilized whenever possible.
5. The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day. Foods prepared in a private home shall not be used, or offered to the public by Food and Nutrition Services. All food items offered to students must contain a standard of identity (label declaring ingredients in the product). Input from students, staff and the SHAC shall be utilized whenever possible.

Competitive Food Law

Florida law states that:

No competitive foods may be sold in elementary schools. No competitive foods may be sold until one hour after the last lunch period in secondary schools. However, in high schools, the sale of carbonated beverages is allowed at all times if a 100% fruit juice is sold at each location where the carbonated beverages are sold. The location cannot be where breakfast or lunch are served or eaten; 100% juice may be sold at all times during the day at any location.

(Simply stated, except in the cafeteria, there should never be any foods sold to students at any time during the school days; these items may only be sold at the high schools one (1) hour after the end of the last serving period).

Food Allergies

Food and Nutrition Services will work with parents, students and nurses to make appropriate and reasonable accommodations to students, and will assist them in navigating the school

environment according to the Protocols and Guidelines for Students with Life Threatening Allergies (LTA) in School.

III. Physical Activity Goals

A. Physical Education Program

1. Certified teachers are hired to teach physical education and supervise physical activities in the District.
2. Students are provided with and encouraged to develop the skills, knowledge, attitudes, and behavior necessary to participate in a lifetime of physical activity.
3. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
4. Students are regularly assessed for attainment of physical education skills.
5. Students are provided many choices of physical activity including cooperative and competitive games.
6. Students are provided with physical activity choices that take into account gender, cultural differences, and physical disabilities or limitations.

B. District Physical Education Policy

1. The Flagler County School District education policies comply with all physical activity standards set forth in the Sunshine State Standards for all grade levels.
2. Elementary School Grades (K-6) require physical education at each grade level, for a total of 150 minutes per week, 30 consecutive minutes per day.
3. For Middle School Grades (7-8), students will be enrolled in one class period per day of physical education for at least one semester of the school year.
4. High School Grades (9-12) require students to earn 1 credit in Physical Education to include the integration of Health for graduation.

C. Physical Activity Opportunities Before and After School

1. The district will work with local municipalities, county government, and law enforcement departments to make it safer and easier for students to walk and bike to school.
2. The district will work with parents/guardians and community agencies to promote safe walking to and from school through the implementation of Safe Routes to School Programs such as the Walking School Bus.
3. Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

D. District Wellness Promotion

1. Resources are readily available for students, teachers and staff about physical education.
2. The district encourages teachers and other adults in the school setting to serve as role models for students.
3. The district has a "wellness program" in place for adults. The district and each work site shall provide information about wellness resources and services.
4. Recreational facilities are safe, clean, and accessible for all students, faculty, and staff as well as visitors.
5. The district shall provide a reasonable break time for nursing mothers. A private area, free from intrusion, shall be made available to the employee.
6. Each school and district site shall be in compliance with relevant State Statutes to be drug, alcohol, and tobacco free.
7. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
8. Employees shall be encouraged to engage in daily physical activity.

IV. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

A. Health Education and Life Skills

School Health Education encompasses the whole student, physically, mentally, emotionally, and socially. One of the key components is to focus on motivating students to maintain, improve, and take responsibility for their own health. The structure of health education is planned, sequential instruction that is both developmentally and culturally appropriate for all students.

1. The Sunshine State Standards are addressed at all grade levels through the following strands:
 - a. Health literacy
 - b. Responsible health behavior
 - c. Advocate and promote healthy living
2. Elementary School Grades (K-6) provide health education at each grade level to include human growth and development, and alcohol and substance abuse prevention as stated in the Next Generation Sunshine State Standards.

Middle / High School Grades (7-12) require comprehensive health education at each grade level to include alcohol, tobacco and other drug prevention education, Acquired Immune Deficiency Syndrome (AIDS) and communicable disease prevention, human growth and development, and personal health and hygiene. The health education curriculum for students in grades 7 through 12 shall include a teen dating violence and abuse component that includes, but is not limited to, the definition of dating violence and abuse, the warning signs of dating violence and abusive behavior, the characteristics of healthy relationships, measures to prevent and stop dating violence and abuse, and community resources available to victims of dating violence and abuse. Health Education may include the following:

- a. Abstinence from sexual activity is the expected standard for all school-aged children; and
 - b. Abstinence from sexual activity is a way to avoid AIDS and sexually communicable diseases.
2. Each school shall provide for an interdisciplinary, sequential skill-based health education program.
3. Students shall have access to valid and useful health information and health promotion products and services.
4. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks.

5. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

B. Healthy and Safe Environment

A healthy and safe environment for all, before, during and after school supports academic success. Flagler County Public Schools utilizes the coordinated efforts of instructional staff as well as Risk Management, Maintenance Department, and Custodial Services to help provide a safe and healthy school environment. Healthier students do better in school and make greater contributions to their community.

1. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
2. Schools and district offices shall maintain an environment that is free of alcohol, tobacco, and other drugs.
 - a. The District recognizes that the use of tobacco products is a health, safety, and environmental hazard for students, employees, visitors, and school facilities. The Board acknowledges that adult employees and visitors serve as role models for students, and the adults can set a non-tobacco-use example.
 - i. For purposes of this policy, "tobacco" is defined to include any product that contains tobacco, is manufactured from tobacco, or contains nicotine. This excludes any FDA-approved nicotine replacement therapy. Possessing and/or using tobacco in any form, including but not limited to, in or as a lighted or unlighted cigarette, cigar, pipe, snuff, chewing tobacco and smokeless tobacco; or possessing or using tobacco use paraphernalia, including but not limited to, lighters or matches. The definition also includes the electronic cigarette, or as it is more commonly called the "e-cigarette", and the e-cigarette's components/accessories.
 - b. In order to protect students and staff from the safety hazards of tobacco use, the Flagler County School Board prohibits tobacco use. No student, staff member, or school visitor is permitted to smoke, inhale, dip, or chew tobacco at any time, including non-school hours:
 - In any building or facility;

- On school grounds, athletic grounds, or parking lots;
 - In any vehicle owned or otherwise used by the school;
and
 - At any school-sponsored event on or off campus.
- c. No student is permitted to possess a tobacco product on school grounds. School authorities shall consult with local law enforcement agencies to enforce laws that prohibit the possession of tobacco by minors within the immediate proximity of school grounds. The Student Code of Conduct shall prohibit the possession of tobacco for all students, regardless of age.
- d. Tobacco promotional items, including clothing, bags, lighters, and other personal article, are not permitted on school grounds, in school vehicles, or at school-sponsored events. Tobacco industry advertising, including advertising of commercial films in which tobacco smoking is featured, is prohibited in schools, school-sponsored publications, and school sponsored events.
- e. No student may leave the school campus during breaks in the school day to use a tobacco product. Signs to this effect will be posted at appropriate locations.
- f. The District shall notify students, families, education personnel, and school visitors of the tobacco-free policy by posted notices or signs at entrances and other prominent locations, and by other efficient means. To the extent possible, schools and districts will use local media to publicize the policies and help influence community norms about tobacco use.
- g. It is the responsibility of all students, employees, and visitors within the Flagler County School District to verbally admonish any person using or possessing a tobacco product or promotional item. Any tobacco product found in the possession of a student who is a minor shall be confiscated by staff and submitted into evidence for law violation. Students who fail to comply with this policy shall be subject to Federal, State, and Local law.
- h. The District shall develop and administer a range of helping and punishing enforcement responses to tobacco use

violations appropriate to the violation and the individual student or staff member.

3. Safety procedures and appropriate training for students and staff shall support personal safety, and a violence and harassment free environment.
4. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
5. School resource officers are available to each school to provide safety and education (drug and gang awareness etc.) to all students and staff.
6. The Student Services Department provides attendance monitoring, home-to-school communication, and a linkage with community agencies for family services.
7. The Flagler County School District in its effort to provide a safe learning environment for all students, will not tolerate bullying, threats, or intimidation by any student. Any act of coercion, bullying, or making a person fearful of being harmed or any declaration of intent through words or acts to do bodily harm to another person or to destroy, damage, or steal his/her property will be considered a violation of the Code of Student Conduct and this policy. Students who violate this policy shall be subject to disciplinary action in accordance with the provisions of the code of Student Conduct and Florida Statutes.

C. Social and Emotional Well-Being

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

1. Each school shall provide a supportive environment that includes school counseling, and school social work services that encourage students, families and staff to request assistance when needed and links them to school or community resources.
2. Students shall be provided the skills to express thoughts and feelings in a responsible manner, and give and receive support from others.
3. Students shall be taught to understand and respect the diversity of others, and how to build positive interpersonal relations.

4. Students and staff shall be encouraged to balance work and recreation, and shall be helped to become aware of stressors which may interfere with health.

D. Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

1. Primary coordination of health services shall be through SHAC, with the support and direction of the Administrator for School Health and the Flagler County Health Department.
2. The Flagler County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff.

E. Dining Environment

1. The school district provides a clean and safe meal environment for students.
2. The school district provides enough space and serving areas to ensure all students have access to school meals.
3. The school district encourages all students to participate in school meal programs and protect the identity of students who eat free and reduced-price meals.
4. The National Association of State Boards of Education recommends that students should be provided adequate time to eat breakfast and lunch, i.e., at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
5. School Food Service employees will exhibit an attitude conducive to promoting optimal customer relations.

F. District and School Activities

1. The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.

2. The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating habits.
5. The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
6. The school district encourages all students to participate in available school meal programs.

V. Setting Goals for Measurement and Evaluation

A. Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

1. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
4. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

B. Assessments

The School Health Index (SHI) is an annual self-assessment and planning guide that enables the district to identify the strengths and weaknesses of our policy for promoting health and safety within our schools. This tool provides our SHAC and schools with information needed to develop an action plan which involves teachers, parents,

students, and the community in improving school policies, programs, and services. The SHI is completed each year by a team of district and school staff.

C. Continuous Improvement

Each year, the policy is reviewed and updated as needed.

VI. Tables

Table 1 - Formulas

% Total Fat= [(grams of total fat per serving x 9)/calories per serving] x 100

% Saturated Fat = [(grams of saturated fat per serving x 9)/calories per serving] x 100

% of Sugar by weight = (grams of sugar per serving / gram weight for serving size) x 100

Table 2 - Whole Grains

A whole grain food is one labeled with the whole grain as first ingredient. The Food and Drug Administration requires foods that bear the "whole grain health claim" to contain 51% or more whole grain ingredients by weight per reference amount and are low in fat. Whole grains will usually contain at least 2 grams of fiber per serving. Examples of whole grain terms are:

- Whole/entire wheat flour
- Whole grain barley (hulled or lightly pearled_
- Whole oats/oatmeal
- Wild rice
- Cracked/crushed wheat Buckwheat
- Graham flour Wheat berries (whole wheat kernels)
- Old fashioned oatmeal Triticale
- Quick cooking oats
- Bulgur
- Cornmeal Millet
- Whole grain corn Quinoa
- Popcorn Sorghum
- Brown rice Spelt
- Whole rye

Table 3- Fried Foods

Fried Foods: Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." "This definition does not include foods that are stir-fried or sautéed, but does include foods that have been pre-fried, or deep fat fried.

Table 4- Added Sugar

- Brown sugar
- Invert sugar
- Corn sweetener
- Lactose*
- Corn syrup
- Maltose*
- Dextrose
- Malt syrup
- Fructose*
- Molasses
- Fruit juice concentrate
- Raw sugar
- Glucose*
- Sucrose
- High fructose corn syrup
- Sugar
- Honey
- Syrup
- *Naturally occurring. Will not show up on food ingredient list unless added. Will be included as "sugars" listed on the food label.

Table 5-Trans Fatty Acid

Trans-fats: Occurs in food when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Sources of trans-fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods and margarine. Trans-fatty acids are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef and lamb.

Table 6- Foods of Minimal Nutritional Value

The federal competitive food services regulation for the National School Lunch Program (7 CFR Part 210.11) and School Breakfast Program (7 CFR Part 220.12) prohibits the sale of foods of minimal nutritional value (FMNV) during meal periods. The federal FMNV definition is limited to the following four specific categories of foods and beverages:

- Soda water (any carbonated or aerated beverages, i.e., beverages that are labeled as "aerated" or that bubble and fizz for several minutes after opening);
- Water ices (any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit, fruit juice, milk, milk ingredients or egg ingredients other than egg whites);
- Chewing gum (regular and sugarless); and
- Certain candies (regular and sugarless), including hard candy (e.g., sour balls, candy sticks, lollipops,
- Starlight mints, after-dinner mints, sugar wafers, rock candy, cinnamon candy), jellies and gums (e.g., gum drops, jelly beans, jellied and fruit-flavored slices and "Gummi-bear"-type products), marshmallow candies, fondant, such as candy corn and soft mints, licorice, spun candy and candy coated popcorn).

The federal definition of FMNV does not include any other competitive foods or beverages of low nutrient density (e.g., cake, cookies, chips, chocolate and sweetened beverages) except for the four categories listed above. However, state statutes and regulations require further restrictions for all competitive foods including FMNV (see "State Statutes and Regulations" below).

USDA Exemptions for FMNV: Product manufacturers may petition the USDA requesting that, based on a statement of nutrient content, a particular food or beverage is exempt from the FMNV definition under the federal competitive food services regulation. If approved, the company will have a letter from the USDA stating which products are exempted and why. Only the company's products listed in the letter from the USDA are exempted. The exemption of one product does not mean that similar products or a family of products are exempted.

Foods and beverages that the USDA has exempted from the FMNV definition are listed on *Exemptions under the U.S. Department of Agriculture's Competitive Foods Regulation for School Nutrition Programs*. However, products that are exempted under the federal regulation may still be prohibited by Florida's regulations and statutes.

VII. Responsibility and Authority

A. School District

The district school system is part of the state system of public education and includes all public schools, classes, courses of instruction, and all services and activities which are under the district school officials' directions and directly related to education in the district.

Any individual with a documented disability that may limit a major life function is protected from discrimination and is entitled to certain rights under this policy.

B. School Board

The school board is responsible for the organization and control of the public schools of the district and is empowered to determine the policies necessary for the effective operation and general improvement of the school system. Policies and regulations shall not be less restrictive than those set forth by the state board of education and by law.

STATUTORY AUTHORITY:

1001.41, 1012.22, 1012.23, 1001.42, FS

LAW(S) IMPLEMENTED

CHILD NUTRITION ACT OF 1966 (42 USC 1771 et seq)

RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204

1001.43, 1006.06, 1006.0606, FS

383.015, 1012.23

Fair Labor Standards Act of 1938 (29 USC 207, Section 7)

STATE BOARD OF EDUCATION RULE(S)

6A-7.040, 6A-7.041, 6A-7.042, 6A-7.0411

HISTORY

Adopted March 21, 2006