



# 2014- 2015

## FAMU DRS WELLNESS POLICY

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Approved by the School Board on:

# **FAMU DEVELOPMENTAL RESEARCH SCHOOL**

## **WELLNESS POLICY**

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400 West Orange Avenue

Tallahassee, Florida 32307

A new requirement has been established by the U.S. Congress for the Child Nutrition and WIC Reauthorization Act of 2004. All school districts with a federally funded school meals program must develop and implement wellness policies that address nutrition and physical activities by the start of the 2006 – 2007 school year. FAMU Developmental Research School has developed a team from within the educational institution to draft guidelines for the Wellness Policy.

- i. Preamble
- ii. Policies
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  - b. Nutrition and Physical Activity
  - c. Promotion and food Marketing
  - d. Physical Activity Opportunities and Physical Education
  - e. Monitoring and Policy Review

FAMU DEVELOPMENTAL RESEARCH SCHOOL

WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

**PREAMBLE**

Whereas, Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72 % of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the MyPlate;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies

Thus, the FAMU DRS School is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Therefore, it is the policy of the FAMU DRS School that:

- The School will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All Students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, which will be provided by the Cafeteria Manager.
- The School Food Service Manager will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

TO ACHIEVE THESE POLICY GOALS:

**I. School Wellness Team: "GO RATTLERS, GET HEALTHY"**

The FAMU Developmental Research School will create a school wellness team to develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. The team also will serve as resources to the school for implementing these policies. (A school wellness team consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, and healthcare professionals such as but not limited to FAMU Allied Health or School of Nursing and the Leon County Health Dept., and members of the public.)

THE WELLNESS TEAM:

- i. PARENT-Mrs. Cecka Green  
(850-570-8782), [Ceckarosegreen@gmail.com](mailto:Ceckarosegreen@gmail.com)
- ii. STUDENT- Ms. Ericka Willis – Vice President SGA
- iii. SCHOOL FOODSERVICE PERSONNEL -Ms. Audrey Franklin  
(850-412-5846, [audrey.franklin@famuedu](mailto:audrey.franklin@famuedu))
- iv. THE SCHOOL BOARD – Mr. Terry Watson, Chairperson  
(850-251-0153)
- v. SCHOOL ADMINISTRATOR – Mrs. Sandra Grant, DRS Administrator  
(850-412-5842, [sandra.grant@famuedu](mailto:sandra.grant@famuedu))
- vi. PHYSICAL EDUCATION - Ericka Cromartie  
(850-412-5889, [ericka.cromartie@famuedu](mailto:ericka.cromartie@famuedu))
- vii. NURSE – Mrs. Thomasina Brock  
(850-412-5837)
- viii. SCIENCE EDUCATION – Mr. Willie Williams  
(850-412-5880, [willie.williams@famuedu](mailto:willie.williams@famuedu))
- ix. AFTER SCHOOL PROGRAM DIRECTOR – Dr. Vivian Wilson  
(850-412- 5878)vivian1.wilson@famuedu

## II. Nutrition and Physical Activity Promotion and Food Marketing

### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that meals served are “whole grain-rich” grain product.
- FAMU Developmental Research School should engage students and parents, 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, FAMU DRS should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- FAMU Developmental Research School will, to the extent possible, operate the School Breakfast Program.
- FAMU Developmental Research School will, to the extent possible, utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast.
- FAMU Developmental Research School will notify parents and students of the availability of the School Breakfast Program.
- FAMU Developmental Research School will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.
- To seek the opportunity to provide a free reimbursable breakfast program for all students.

**Free and Reduced-priced Meals.** FAMU Developmental Research School will make every effort to make free and reduced application available for all students and their parents.

We may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

**Meal Times and Scheduling:** FAMU DRS will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule at least one recess periods per day (for elementary students).
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Sharing of Foods and Beverages:** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

## **SMART SNACKS IN SCHOOL RULE**

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The smart snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day. Smart Snacks in School also support effort by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### **Nutrition Standards for Foods**

Any food sold in school must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and or/vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:  
Approved by Board January, 2012

#### Calorie Limits

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

#### Sodium limits

- Snack items: ≤ 230 mg
- Entrée items: ≤ 480 mg

#### Fat limits

- Total fat: ≤ 35% of calories
- Saturated fat: ≤ 10% of calories
- Trans fat: Zero grams

Sugar limit ≤ 35% of weight from total sugars in foods

### **Nutrient Standards for Beverages**

All schools are allowed to sell:

- Plain water (carbonated or uncarbonated);
- Unflavored low-fat milk;
- Flavored or unflavored non-fat milk (and milk alternatives); and
- 100% fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.

Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages, while middle and high schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.

Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students:

- Calorie-free beverages, in up to 20-ounce portions; and
- Lower-calorie beverages with up to 40 calories per 8 ounces or 60 calories per 12 ounces. These may be sold in up to 12 ounce portions.

### **Healthy Fundraisers**

- No entrees (meat & grain combination items) can be sold by anyone outside of the food service staff at any time during the school day.
- School-sponsored fundraisers are only allowed 30 minutes after the conclusion of lunch. Vending machines, school stores, and/or snack bars are not considered school-sponsored fundraisers.
- Elementary schools may conduct exempt food fundraisers no more than 5 days out of the school year.
- High school may conduct exempt food fundraisers no more than 15 days out of the school year.
- A Healthy School Team at each school must be established by June 30, 2015, that:
  - Ensure compliance with competitive foods
  - Maintains records of exempt fundraisers
  - Reports compliance to our districts wellness policy official

Approved by Board January, 2012

For more information, please visit: <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

**Rewards:** Rewards will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations:** FAMU Developmental Research School will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no food or beverage that does not meet nutrition standards for food. The wellness team will disseminate a list of healthy party ideas to parents and teachers.

**School Sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).



### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** FAMU Developmental Research School aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits.
- Promotes fruits, vegetables, “whole grain-rich” grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.
- The wellness team will set goals for future growth, with nutritional education as our number one priority.

#### **Integrating Physical Activity into the Classroom Setting.**

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Towards that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. (This can begin immediately and the wellness team will formulate a plan for other classroom activities that will help reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle.)

**Communications with Parents.** The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.

- School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.
- The school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above) School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, "whole grain-rich" grain product, and low-fat dairy products is encouraged.

**Staff Wellness.** FAMU Developmental Research School highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school should establish and maintain a wellness team composed of at least one staff member, health professional, recreation program representative, and employee benefits specialist. The committee should develop, promote, and oversee a multi-faceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The wellness team should distribute its plan to the school principal and his or her staff annually.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** Elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. High school, and middle school as appropriate, will offer interscholastic sports programs. School will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Use of School Facilities Outside of School Hours.** School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

## V. Monitoring and Policy Review

**Monitoring:** The Wellness Team will ensure compliance with established school-wide nutrition and physical activity wellness policies. In each class the teacher or designee will ensure compliance with those policies in his/her class and will report on the class compliance to the school wellness team designee.

School food service staff at the school will ensure compliance with nutrition policies within school food service areas and will report on this matter to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The Wellness Team will develop a summary report annually on compliance with the school established nutrition and physical activity wellness policies, based on input from the wellness team. The summary report will be provided to the Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness. It will also be distributed to all school team members, parent/teacher organizations, school principals, and school health services personnel in the school.

**Policy Review:** To help with the initial development of the school's wellness policies, we will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of this assessment will be compiled to identify and prioritize needs. Assessments will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity; and nutrition and physical education policies and program elements. The school will revise the wellness policies and develop work plans to facilitate their implementation as necessary.

**Other Resources:** Book for Life Management Skills class, Glencoe Health 2007 Edition; Books for personal fitness class Foundations of Personal Fitness 2005.

**Informing/Updating Public Section:** The school will provide all parents with a complete copy of the policy at the beginning of the school year and will ensure

the most updated version of the policy is always available on the school website for the public to view.

School wellness updates will be provided in the form of handouts, the school website, articles and information provided in the school newsletter etc. to ensure the school community is informed and that public input is engaged.

**Stakeholder Participation:** At the final public school board meeting of each year, the policy will be discussed and all stakeholders will be asked to provide feedback. All comments and recommendations will be reviewed and considered.

Students will be asked for input and feedback through the use of surveys and attention will be given to their comments, regarding a healthy nutrition environment.

The approved wellness policy is posted at: [www.famudrs.org](http://www.famudrs.org).

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