

2017-2018

FLORIDA A&M UNIVERSITY DEVELOPMENTAL RESEARCH SCHOOL



Wellness Policy 2017-2018  
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## FAMU DEVELOPMENTAL RESEARCH SCHOOL WELLNESS POLICY

FAMU DRS  
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.

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## 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 Florida Agricultural and Mechanical University Developmental Research School (FAMU DRS) 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.

### Local School Wellness Policy Leadership

FAMU DRS 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 is responsible for:

- Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
- Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003;
- And reporting its school’s compliance of the aforementioned regulations to the Food Service Manager, the person responsible for ensuring overall compliance with FAMU DRS’s wellness policy.

#### **THE WELLNESS TEAM:**

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## **Nutrition Promotion**

FAMU DRS aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- 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;
- Provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.
- 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;

## **Nutrition Education**

FAMU DRS will provide faculty and staff with necessary resources (such as professional development, educational strategies, nutrition education material, and support) to conduct an effective nutrition education that:

- is offered at each grade level or integrated into other core subjects (math, science, language arts and social sciences), as part of a sequential, comprehensive, Standards-based program designed to provide students with the knowledge and skills necessary to promote healthy eating behaviors and protect their health;
- Demonstrates how food reaches the table and the implications that it has for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities and enrichment activities such as farmer’s market tours and visits to community gardens with the core curriculum.
- Encourages the staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition combined with skill practice in program-specific activities (calorie balanced-meals, energy expenditure, and interpretation of nutrition facts labels), and instructional techniques and strategies designed to promote healthy eating habits;
- Sets goals for future growth, with nutritional education as our number one priority. Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.

## Physical Activity

### 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.)

### 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.

**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.

### **Other School-Based Activities**

FAMU DRS will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

#### **General Guidelines**

- The goals outlined by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- FAMU DRS 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.
- Each school within FAMU DRS shall be in compliance with drug, alcohol and tobacco-free polices.

#### **Eating Environment**

- Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to facilities for hand washing and oral hygiene will be available during meal periods.



## **HealthierUS School Challenge**

- All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

## **Recycling**

- Each school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

## **Health Services**

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

## **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.

## **Behavior Management**

- FAMU DRS is committed to prohibiting the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- 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.

## **Guidelines for All Foods and Beverages Available During the School Day**

FAMU DRS shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulation of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

### General Guidelines

- All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.

- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, all schools in FAMU DRS will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be made available to all children during each meal service.

### Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
  - *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*
  - *School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
- Unless being sold by FAMU DRS food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

### General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

### **Nutrient standards for competitive foods:**

<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes (including any added accompaniments)</b>	<b>Entrée Items (including any added accompaniments)</b>
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Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

**Exemptions:**

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

*\*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

**Nutrition standards for beverages:**

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.

Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

*For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.*

**Standards for food and beverages available during the school day that are not sold to students:**

- The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
- Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

**Fundraising**

- Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

- Each school’s Healthy School/Wellness Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

## Policy for Food and Beverage

### Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- FAMU DRS nutrition department's replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

### Evaluation and Measurement of the Implementation of the Wellness Policy

FAMU DRS Wellness Team will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

#### Triennial Progress Assessments

FAMU DRS will conduct an assessment of the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy, and include:

- The extent to which FAMU DRS is in compliance with the local school wellness policy;
- The extent to which the local school wellness policy compares to model local school wellness policies; and
- A description of the progress made in attaining the goals of the local school wellness policy.

### Informing the Public

FAMU DRS will ensure the wellness policy and triennial assessments are available to the public at all times. FAMU DRS will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

- FAMU DRS will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.



- FAMU DRS will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.
- Wellness updates will be provided to students, parents and staff, as applicable, in the form of handouts, FAMU DRS website, articles and each school's newsletter, to ensure that the community is informed and that public input is encouraged.
- Each school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year.

### **Community Involvement**

FAMU DRS is committed to being responsive to community input, which begins with awareness of the wellness policy. FAMU DRS will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

- FAMU DRS will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- FAMU DRS will use electronic mechanisms, such as email or displaying notices on FAMU DRS website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- At the final public school board meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

**SCHOOL BOARD APPROVED JUNE 15<sup>TH</sup>, 2017**