

# FAMU Developmental Research School

## **Wellness Policy**

FAMU DRS

400 Orange Avenue

Tallahassee, FL 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 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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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 Food Guide Pyramid;

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 dietitian will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will take into consideration 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.

- Our school will provide nutrition education and physical education to foster life-long habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.
- FAMU assures for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.
- FAMU will report the effectiveness of the wellness policy and recommended revisions to the Board of Trustees on an annual basis.
- FAMU will submit this policy to the Board yearly for review and updates, if any is required at the time of the review.

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, 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:

PARENT-Ms. Patricia West (850-412-5822, Patricia.West@famuedu.edu)

STUDENT-Albert Collins

SCHOOL FOOD SERVICE PERSONNEL- Mrs. Patsy King-Snell (850-412-5846, Patsy.Snell@famuedu.edu)

THE SCHOOL BOARD-Terry Watson, Chairperson (850-251-0153)

SCHOOL ADMINISTRATORS – Mrs. Angelia Rivers, DRS Administrator (850-4125841 Angelia.Rivers@famuedu.edu)

PHYSICAL EDUCATION-Ira Reynolds (850-412-5894, Ira.Reynolds@famuedu.edu)

SCIENCE EDUCATION-Kendall Randolph (850-412-5875), Kendall.randolph@famuedu.edu

AFTER SCHOOL PROGRAM DIRECTOR: Natalie Richardson (850-412-5841)

## 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 half of the served grains are whole grain.
- 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 eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals.

Toward this end, 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.

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- Beverages
  - Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent non-dairy beverages (to be defined by USDA)
  - Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

- Foods
  - A food item sold individually:
    - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
    - will have no more than 35% of its weight from added sugars;
    - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
  - A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- Portion Sizes
  - Limit portion sizes of foods and beverages sold individually to those listed below:
  - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - One ounce for cookies;
  - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - Eight ounces for non-frozen yogurt;
  - Twelve fluid ounces for beverages, excluding water; and
  - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food. Schools will encourage fundraising activities that promote physical activity. The FAMU DRS wellness team will make available a list of ideas for acceptable fundraising activities.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The wellness team will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, we will pursue receiving reimbursements through the National School Lunch Program for snacks provided through the after-school programs

**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 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.

Toward 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<sup>12</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, 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 every three years 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 Dept of Education. 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 every three years 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 policies; provision of an environment that supports healthy eating 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

Food Services Director: \_\_\_\_\_