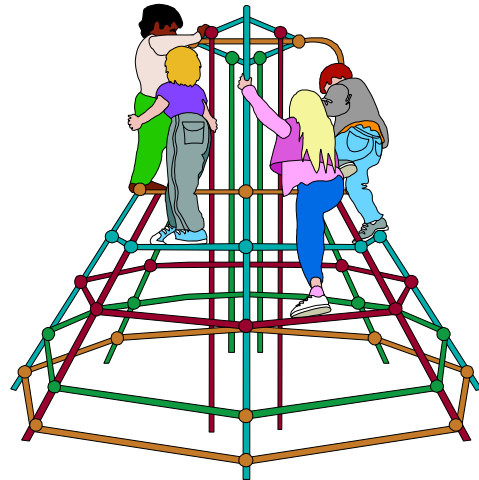
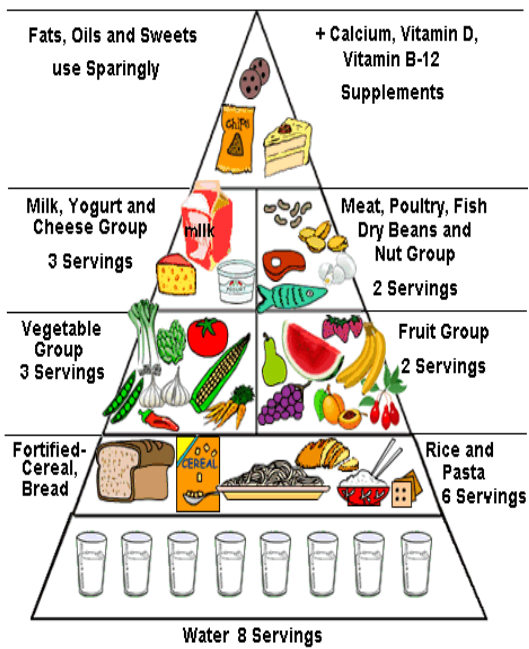
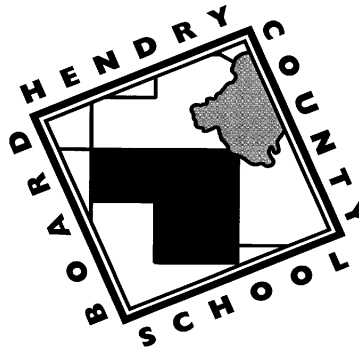


HENDRY COUNTY SCHOOL BOARD



STUDENT AND STAFF WELLNESS PLAN

Hendry County School Board Wellness Plan Healthy Lifestyles For Our Students And Staff Through Physical Activity, Nutrition and Education

Wellness Goals:

Hendry County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, physical activity and avoiding risky behavior.

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-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*.
- Food Service professionals will provide yearly training for their staff to help meet a healthier standard of meal service.
- Food Service professionals 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 the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

- Schools will provide age appropriate information for students about the dangers of risky behavior and the promotion of a healthy/safe lifestyle:
 - o Use and abuse of alcohol, tobacco and drugs
 - o Bicycle/motor vehicle safety
 - o Over exposure to the sun and skin cancer
 - o Sex and sexually transmitted diseases
 - o Gun safety
 - o Personal hygiene

District and School Wellness Committees:

The District Wellness Committee will include representatives from the following groups:

- Students and Parents
- School Site Administration, Faculty and Staff
- Food Service Professionals
- Health Professionals
- Interested Community Members

The School Wellness Committee will include:

- School Site Administrator
- Food Service Manager
- School Nurse
- Physical Education or Health Teacher
- Non-Employee member of the School Advisory Committee

These Wellness Committees will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity plans at both the School and District levels. The Wellness Committees will serve as resources to school sites for implementing the District’s Wellness Policy and Plan. The School District has a special relationship with the Hendry County Sheriff’s Department, Clewiston Police Department, State of Florida Agricultural Extension Office, Hendry County Health Department and the Hendry-Glades Mental Health Department. These agencies provide curriculum and support for the District and Schools.

Nutritional Quality of Foods and Beverages Sold and Served on Campus

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;
 - o To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of 15 school days.
- Serve only low-fat (1%) and fat-free milk as recommended by the Dietary Guidelines for Americans 2005, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.
 - o A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.
- Schools should 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, schools 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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals:

Schools 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, schools 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.

Summer Food Service Program:

Schools with more than 50% of their students eligible for free or reduced-price school meals will attempt to sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

- When operating the Summer Food Program the Food Service Department will make every effort to meet the needs of the Summer Food Sites.
- Food Service Department will notify parents and children of the availability of meal service, through newsletters, articles or other means.

Meal Times and Scheduling for Schools:

- 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 10:30 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 provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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).

Qualifications of School Food Service Staff:

As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all qualified nutrition professionals. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute. The School Board will continue to encourage professional development for Food Service workers and provide incentives for those employees with a School Nutrition Association-SNA certification.

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.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

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 schools, 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 nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- Discourage the use: sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners. Any drink or beverage that contains excessive empty calories as simple sugars or artificial sweeteners, and as such provides minimal nutritional value.
- Provide: a safe and sanitary supply of water that is suitable for drinking.

Foods:

- A food item sold individually:
 - o 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;

- o Will have no more than 35% of its *weight* from added sugars; If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.
 - o 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 600 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 850 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). Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

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;
- Three ounces for cookies;
- Three 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 encourage the exclusive use of foods, or will include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district web site will make available a list of ideas for acceptable and "best practice" 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 will be provided as one of the primary beverages. 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 school district web site will list healthful snack items for teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards:

Schools 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, Unless this practice is allowed by a student's individual education plan (IEP), and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations:

Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include one food or beverage that does meet nutrition standards for foods and beverages sold individually (above). The district 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 include items that meet the nutrition standards for meals or for foods and beverages sold individually.

Nutrition and Physical Activity Promotion and Food Marketing:

Nutrition Education and Promotion:

Hendry County School Board and the Hendry County Schools will teach, encourage, and support healthy eating by students. Schools 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 other subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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
- Schools will provide age appropriate information for students about the dangers of risky behavior and the promotion of a healthy/safe lifestyle:
 - o Use and abuse of alcohol, tobacco and drugs
 - o Bicycle/motor vehicle safety
 - o Over exposure to the sun and skin cancer
 - o Sex and sexually transmitted diseases

- o Gun safety
- o Personal hygiene
- Includes training for teachers and other staff with a yearly professional development calendar for wellness related issues and program implementation.

Integrating Physical Activity into the Classroom Setting:

For students to receive the nationally-recommended amount of daily physical activity:

- Elementary 150 minutes per week or its equivalent
- Middle-200 minutes per week
- High School-Personal Fitness and Fitness Lifetime Design graduation credits with additional time encouraged through electives

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class:

- 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 encouraged into other subject lessons; and
- Classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents:

The district/school will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The district/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. Schools 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 district/school will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for

parents to share their healthy food practices with others in the school community.

The district/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 grains, and low-fat dairy products is encouraged. Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

Schools will make every effort to engage in nutrition promotion that include but not limited to the following examples:

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) 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 discount gym memberships-and point-of-purchase materials changed yearly due to availability.

Staff Wellness:

Hendry County School Board 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. Each school should establish and maintain a staff wellness committee as a subcommittee of the School Wellness Committee. The Staff Wellness Committee should develop, promote, and oversee a multifaceted 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 Staff Wellness Committee should distribute its plan to the District Wellness Committee annually.

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 physical education (or its equivalent of 150 minutes/week for elementary school students and 200 minutes/week for middle school) for the entire school year. A certified physical education teacher will teach all physical education. Student involvement in other activities involving 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. Schools will encourage organized programs that promote moderate to vigorous physical activity during recess.

Physical Activity Opportunities Before and After School:

All middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, should offer interscholastic sports programs. Schools should 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 childcare 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.

Safe Routes to School:

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

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.

Monitoring and Policy Review:

Monitoring:

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The District Wellness Committee will develop a summary report of adequate progress every three years on district-wide and school specific compliance with the District's Wellness Plan and its established nutrition and physical activity wellness policies, based on input from the School Wellness Committees. That **Report of Adequate Progress for Hendry County Schools Wellness Plan** will be provided to the Hendry County School Board during the month of May. In addition the District Wellness Committee will recommend any revisions or additions to either the District's Wellness Policy or Plan at this regularly scheduled Board meeting.

Policy/Plan Review:

To help with the initial development of the District's Wellness Policy/Plan, each School Wellness Committee in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy/plan compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review all aspects of the District's Wellness Plan and its goals, objectives and directives. The Hendry County School Board with a recommendation from the District's Wellness Committee will, as necessary, revise the District's Wellness Policy/Plan and will direct the District's Wellness Committee to develop work plans to facilitate their implementation. In addition the School Wellness Committees will revise School Wellness Goals and implementation plans.

Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.