

Brooks ~ DeBartolo Collegiate High School
Student Wellness Policy
Adopted: December 18, 2007

Purpose

Brooks DeBartolo Collegiate High School (BDCHS) recognizes that childhood obesity has become an epidemic in Florida as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable through diet and regular physical activity. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, the superintendent shall prepare and implement a comprehensive nutrition program consistent with state and federal requirements for schools sponsoring the National School Lunch Program (NSLP) and/or the School Breakfast Program (SBP). The program shall reflect the Board's commitment to providing adequate time for instruction to promote healthy eating through nutrition education, serving healthy and appealing foods at school, developing food-use guidelines for staff and establishing liaisons with nutrition service providers, as appropriate. The input of staff, students, parents, the public, representatives of the school food authority and public health professionals will be encouraged. The principal [or designee] will develop administrative regulations as necessary to implement the goals of this policy.

Authority

To ensure the health and well being of all students, the Board establishes that the school shall provide to students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutritional guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Curriculum and programs for grades 9-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The principal [or designee] is responsible to monitor programs and curriculum to

ensure compliance with this policy, related policies and established guidelines or administrative regulations. Staff members responsible for programs related to student wellness shall report to the principal [or designee] regarding the status of such programs. The principal [or designee] shall report to the Board on the school's compliance with law and policies related to student wellness, with the input of the Wellness Committee. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Listing of activities and programs conducted to promote nutrition and physical activity.

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one of each of the following:

Board member, administrator, food service representative, student, parent/guardian, teacher, school nurse, physical education teacher.

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness Policy that complies with law to recommend to the Board for adoption.

Wellness Committee ~ Derrick Brooks ~ Board President, Dr. Phildra Swagger ~ Administrator, Paula Thomas ~ Parent, Cheryl Fernandez ~ Food Service, Areon Atkinson ~ Physical Education, Dexter Fredricks, M.D., Charlene Butterworth, ESE Specialist

Nutrition Guidelines

It is the intent of the Board that BDCHS take a proactive effort to encourage students to make nutritious food choices. All foods available in the school during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity. Foods provided through the National School Lunch Program shall comply with federal nutrition standards under the School Meals Initiative.

- All school meals will comply with U.S. Department of Agriculture, (USDA) regulations and state rules.
- School Meals and Campus Foods including breakfast, lunch and after school snacks, will make a positive contribution to the children's diet and health. Emphasis will be put on serving fruits and vegetables, low-fat dairy products, and whole grain products.

- All menus and nutritional information for all products served will be posted online at www.bdchs.org
- Students with special dietary needs will be accommodated as required by USDA regulations and District Allergy policies.
- Barriers to student participation in the Child Nutrition Programs are eliminated by assuring students will have at least 15 minutes to eat breakfast and at least 20 minutes to eat lunch. This does NOT include time spent walking in/to/from class or waiting in line. If time is a concern, alternate arrangements will be made which could include grab and go, meals in the classroom, or other identified initiatives.

The principal [or designee] shall ensure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. The principal [or designee] shall additionally ensures that nutritious foods are available as an affordable option whenever food is sold or served on school property or at school-sponsored events; that the school [prohibits] [limits] the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.

Competitive Food Sales

- Competitive food sales are defined as any foods and beverages offered or sold to students other than what is served as part of the school meal programs.
- Foods of Minimal Nutritional Value as defined by the USDA include: soda water, carbonated beverages regular or diet, chewing gum, water ices-frozen sweetened water without fruit or juice, hard candy, jellies, fondant, licorice, and candy-coated popcorn.
- All foods and beverages sold individually outside the school meal programs (including those sold through a la carte or snack lines, vending machines, student stores, parent groups, booster clubs, or fundraising activities) during the school day will meet the following nutrition and portion standards:

Food Guidelines:

- Will have no more than 35% of its calories from fat (Excluding nuts, seed, peanut butter, and other nut butters)

- Will have no more than 10% of its calories from Saturated and Trans fat combined
- Will have no more than 40% of its weight from added sugars. Snack foods, side dishes and “other foods” must meet USDA standards for foods of minimal nutritional value (FMNV).

Beverage Guidelines:

- Allowed: water plain or flavored; 100% fruit or vegetable juices and fruit-based drinks that contain at least 50% fruit juice; sport drinks containing 20 fluid oz or less; unflavored or flavored low-fat or fat-free milk products.
- Not Allowed: Fruit based drinks containing less than 50% real fruit juice, and beverages containing caffeine.

Portion Size Guidelines

Food Item Portion Size

Regular Chips 1.25 oz or less

Baked Chips 1.5 oz or less

Cracker, Popcorn, Cereal, Nuts, Seeds, Jerky, Pretzel 1.5 oz or less

Cookies 2.0 oz or less

Pizza 1 Slice (4 oz or less)

Bakery Items: Muffins, Cake, Cupcakes, Pastries 3.5 oz or less

Ice Cream, Frozen Yogurt, Frozen Desserts 4 oz or less

Water No size restrictions

100% Fruit Juices 16 oz or less

Fruit Based Drinks 16 oz or less

Milk Products 16 oz or less

Rewards/Incentives

BDCHS will use foods and beverages that meet the above nutrition and portion standards as rewards, and will not withhold food or beverages as a punishment.

Fundraising

To support student health and school nutrition-education efforts, school fundraising activities will use only foods that meet the above nutrition and portion size standards. BDCHS will encourage fundraising activities that promote physical activity.

Celebrations/Parties

BDCHS shall limit celebrations that involve food during the school day. If parties are held in the classroom, all foods will meet the above nutrition and portion size standards.

Nutrition Education

The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

- All incoming freshman are required to take HOPE
- Nutrition education provides all students with the knowledge and skills needed to lead healthy lives.
- Nutrition education lessons and activities shall be age appropriate and follow the Florida academic standards for Health, Safety, and Physical Education.
- Nutrition education is integrated into other subjects to complement but not replace academic standards based on nutrition education. Reading teachers have access to nutrition articles with FCAT materials. Science has access to What I Eat curriculum, which includes hands on materials to help students grasp nutritional value of various foods, and motivate them to make better food choices.
- After school programs will have access to teen cuisine and recipe books.
- The staff responsible for providing nutrition education is properly trained through district trainings, and shall participate in appropriate professional development.
- Consistent nutrition messages shall be disseminated throughout classrooms, cafeterias, homes, community, and media.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities during open house, conference nights, civic fairs and new letters.

Physical Activity

The school shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

- The school will partner with parents/guardians to institute programs that support physical activity.
- Age appropriate physical activity opportunities such as clubs, intramurals, and interscholastic athletics (provided by home districts) shall be provided to meet the needs and interests of all students, in addition to planned physical education. BDCHS will also offer other numerous opportunities
- A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- After school programs shall provide developmentally appropriate physical activity for participating students.
- BDCHS shall partner with parents/guardians and community organizations to institute programs that support physical activity.
- Physical activity shall not be used as a form of punishment.

Physical Education

At BDCHS, physical education will be an environment through which all children learn, practice, and are assessed on the skills and knowledge necessary for participation in lifelong, health-enhancing physical activity. The physical education program will help students develop confidence in their ability to participate in wellness activities throughout their lives.

- A sequential physical education program consistent with State Board of Education curriculum regulations and the Health, Safety, and Physical Education academic standards will be developed and implemented.
- Students will be moderately to vigorously active as much of the time as possible within the physical education class as a documented medical condition or disability will allow.
- Appropriate professional development will be provided for physical education staff.

Other School-Based Activities

- BDCHS shall provide adequate space for eating and serving school meals.
- Students shall be provided a clean and safe meal environment.
- Students shall be provided adequate time to eat, such as 20 minutes sit down time for lunch.

- Meal periods shall be scheduled at appropriate hours.
- BDCHS discourages 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.
- Drinking water shall be available at all meal periods throughout the day.
- Students shall have access to hand washing or sanitizing before meals.
- Nutrition content of school meals shall be available to students and parents/guardians.
- Goals of the Student Wellness Policy shall be considered in planning all school-based activities.
- Staff, students, and parents/guardians shall be informed about the components of the Student Wellness Policy.
- Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications, and outreach programs.
- BDCHS shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.
- Wellness committee will look into areas of wellness for staff.

Our policy guidelines only covers food sold within the confines of our foodservice line.

Safe Routes to School

BDCHS shall assess and, to the extent possible, implement improvements to make walking or biking to school safer and easier for students.

- BDCHS will cooperate with local municipalities, sending school districts, public safety agencies, police departments, and community organizations to maintain safe routes to school.

Staff Development

Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition