



# Wellness

## Operational Policy & Procedure 6.07

### I. Policy Purpose/Scope

Florida School for the Deaf and the Blind (FSDB) recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

FSDB is committed to creating school environments that promote and protect the overall well-being of all students and staff members. This policy shall encourage a comprehensive wellness approach that is sensitive to both individual and community needs. This policy applies to all students and staff members at FSDB.

This policy discusses Wellness in relation to A. Wellness committee, B. nutrition promotion, C. nutrition education, D. physical activity, E. other school-based activities, F. nutrition guidelines for all foods on campus, G. eating environment, H. employee wellness, I. health services, J. behavior management, K. foods and beverages available during the school day, L. competitive foods, M. fundraising, N. food and beverage marketing, O. implementation evaluation and measurement, P. informing the public, Q. community involvement, and R. recordkeeping.

### II. Definitions

**School Day:** The period of time from midnight until 3:30 p.m.

**Wellness Committee:** This committee may include parents, students, staff members, members of the Board of Trustees, and the public. Staff representatives are expected from the food services, physical education and recreation and athletics departments.

### III. Detailed Policy Statement

#### A. Subheading

To accomplish these goals, the Wellness Committee may involve staff members, students, and parents in the development of the school wellness policy.

FSDB shall assemble a representative Wellness Committee that will meet bi-annually to monitor and set goals for the development and implementation of this policy. As required by K-20 Education Code 1003.453 this policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.

- The Administrator of Allied Health Services shall ensure overall compliance with this policy.

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- Parents/legal guardians, students, representatives of the school food service, teachers of physical education, school health professionals, the BOT, school administrators and the public, shall be permitted to participate in the development, implementation, and periodic review and update of this policy.
  - The School Wellness Committee 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;

FSDB will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to include, at a minimum.

## **B. Nutrition Promotion**

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students shall have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.
- Schools shall provide parents/legal guardians with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school.

## **C. Nutrition Education**

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn.

- The nutrition benchmarks, Curriculum Planning and Learning Management System (CPALMS) and the Florida Standard for Physical Education, per Florida Statutes 1003.455 and 1003.4282, shall be integrated within the comprehensive health education curriculum in each grade level, and/or integrated into other core subjects, such as math, science, language arts and social sciences.
- Students receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation are provided in nutrition and health classes.
- Students shall understand how food reaches the table and the implications that has for their health and future. Staff members shall integrate hands-on experiences such as working in a garden and will receive assignments supporting these activities to ensure comprehension.
- Nutrition education will be integrated into the curriculum as defined in the Florida Standards and Next Generation Sunshine State Standards.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- Students shall be encouraged to start each day with a healthy breakfast.
- Students shall have access to hand washing before eating meals or snacks.
- Reasonable steps shall be taken to accommodate the tooth-brushing regimens of students with special oral health needs.

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## **D. Physical Activity**

FSDB shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of physical education in senior high school as required. One semester shall be HOPE (Health Opportunities in Physical Education) while the second semester may be any physical education course offered by FSDB with the approved state course codes. (Sunshine State Standards)
- All elementary school students shall have at least 20 minutes of daily recess. Each school shall provide space, equipment, and an environment conducive to safe and enjoyable play.
- Students shall have the opportunity to be involved in physical activity through physical education programs, after school activities or other activity programs.

## **E. Other School-Based Activities**

FSDB 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.

The goals outlined by this policy shall be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

Afterschool programs shall encourage healthy snacking and physical activity.

Each school within FSDB shall be in compliance with drug, alcohol, and tobacco-free policies.

Wellness policy goals are considered in planning school-based activities (such as school events, field trips, dances, and assemblies).

## **F. Nutrition Guidelines for All Foods on Campus**

Nutrition guidelines for all foods on campus include:

- All foods made available on campus during the school day will comply with Smart Snacks in Schools, National School Lunch Program, School Breakfast program, and the criteria as established by the Wellness Committee including:
  - Vending machines are not available to students during the school day and hence are not included in the stated standards.
  - Fundraisers
  - Concession stands
  - Student stores
  - School funded parties/celebrations
- Food providers will take every measure to ensure that students' access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer age-appropriate healthy food and beverage selections in reasonable portion sizes.
- Nutrition information is available to assist with student education.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development and, are in compliance with, local guidelines.

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## **G. Eating Environment**

Eating environment requirements include:

- Students shall 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 shall be available during meal periods.
- Lunch periods are scheduled as near the middle of the school day as possible. Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.

## **H. Employee Wellness**

FSDB will establish an environment that increases health awareness, promotes positive lifestyles, decreases the risk of disease and enhances the quality of life for FSDB personnel, and in turn reduces health insurance costs.

## **I. Health Services**

A coordinated program of accessible health services shall be provided to students and staff members. Programs shall include, but not be limited to, violence prevention, school safety, communicable disease prevention and first aid/CPR training.

## **J. Behavior Management**

FSDB 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 personnel shall not deny or require physical activity as a means of punishment.

## **K. Foods and Beverages Available During the School Day**

FSDB 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.

- 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 FSDB will participate in available federal school meal programs, including the School Breakfast Program (SBP) and NSLP.
- Free, potable water will be made available to all children during each meal service.

## **L. Competitive Food**

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 is 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 FSDB 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 include:

- 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>
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.

**M. Fundraising**

Fundraising requirements include:

- 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 BOT 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 Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur (FAC 5P-1.003).

## **N. 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.
- FSDB nutrition department’s replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

## **O. Implementing Evaluation and Measurement**

FSDB Wellness Committee 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.

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FSDB 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 FSDB 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.

## **P. Informing the Public**

FSDB will ensure the wellness policy and triennial assessments are available to the public at all times. FSDB 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.

- FSDB 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.
- FSDB will present wellness policy updates, as applicable, during meetings with the BOT, district superintendent, President's Advisory Team (PAT), Wellness Committee and other interested groups, or stakeholders.
- Wellness updates will be provided to students, parents, and staff members, as applicable, in the form of handouts, FSDB 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.

## **Q. Community Involvement**

FSDB is committed to being responsive to community input, which begins with awareness of the wellness policy. FSDB will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the BOT, 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:

- FSDB will consider student needs in planning for a healthy nutrition environment.
- FSDB will use electronic mechanisms, such as email or displaying notices on FSDB 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 BOT 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.

## **R. Recordkeeping**

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

- The written local school wellness policy,



- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public, and
- Documentation of the triennial assessment of the local school wellness policy.

## IV. Getting Help

If you need assistance with...	Contact...
Interpreting this policy	Administrator of Allied Health

## V. References, Forms and Resources

Annual List of Exemption Days  
 National School Lunch Program  
 School Breakfast Program  
 Smart Snacks in Schools  
 Parent-Student Handbook

## VI. Applicability/Approval

This policy on OPP 6.07 Wellness applies to staff members and students. This policy supersedes OPP 6.07 Wellness, dated 05/22/2018. The Administrator of Allied Health Services is the campus authority for this policy.

### Approved by



Tracie C. Snow, President

12/14/21

Date

## VII. Authority/History

### Authority

Florida Statutes: 1002.36

### Laws Implemented

Federal Public Law PL 108.265 Section 204

Florida Statutes: 1003.455, 1003.4282

### History

New: 02/02/2006

Revised: 01/08/2007, 09/07/2012, 02/04/2015, 05/22/2018, 12/07/2021