THE SCHOOL DISTRICT OF OSCEOLA COUNTY, FLORIDA

WELLNESS PROGRAM

Revised 6-13-11
Board Approved 9-2-08

WELLNESS PROGRAM FOR SCHOOL DISTRICT OF OSCEOLA COUNTY

GOALS & PHILOSOPHY

Osceola District Schools are committed to providing school environments that promote and protect health, well-being, and ability to learn for students and staff by supporting healthy eating and physical activity. Therefore, it is the goal of the School District that:

- 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 K-12 and the staff district-wide will have opportunities, support, and encouragement to be physically active on a regular basis.

- Our district's Food Nutrition Service department will adopt the School Nutrition Association nutrition integrity statement. Nutrition integrity is a level of performance that assures all foods and beverages available in schools are consistent with the U.S. Dietary Guidelines for Americans and when combined with nutrition education, physical activity and a healthy school environment contributes to enhanced learning and the development of lifelong healthy eating habits.

- Qualified child nutrition 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 consider 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**,** After School Snacks Program**,** and the Summer Food Service Program**)**.

- Schools will provide all students K-12 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.

I. THE SUPERINTENDENT SHALL ESTABLISH A WELLNESS PROGRAM THAT SHALL INCLUDE, BUT NOT BE LIMITED TO, THE FOLLOWING COMPONENTS:

WELLNESS PROGRAM – STAFF AND STUDENT WELLNESS

The School District of Osceola is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the opportunity to learn and succeed by embracing wellness, good nutrition and regular physical activity as part of the total learning environment. To that end, the district shall undertake activities in the following areas:

A. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER SCHOOL-BASED ACTIVITIES THAT ARE DESIGNED TO PROMOTE STUDENT WELLNESS

Nutrition Education:

- Campus Grille will provide nutrition education and resources to students, teachers and staff, consistent with the Dietary Guidelines For Americans, the USDA Guidelines for School Lunch Program and the Sunshine State Standards.

- Campus Grille will utilize Nutrition Specialist, Cafeteria Managers and other nutrition staff to work cooperatively with teachers to use the dining room as a learning laboratory and to use the classroom and cafeteria as an opportunity to make healthy food choices.

- Campus Grille will provide training to nutrition staff in nutrition concepts and recipe modification.

- Campus Grille will provide professional development opportunities for teachers in health, physical education and the wellness committees in the area of nutrition education, healthy eating concepts and instruction.

- Promote fruit, vegetable, whole grains and dairy consumption.

- Provide information to families, staff and the broader community to positively impact students and the health of the community.

Team Nutrition: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support of healthy eating and physical activity. The goal of Team Nutrition is to improve children's lifelong eating and physical activity habits by using the principles of the *Dietary Guidelines for Americans and MyPyramid.*

- Enroll each school with the United States Department of Agriculture (USDA) as a Team Nutrition School.
- Assist schools in achieving the USDA Healthier US Award.
- Encourage schools to start a community garden and teach life lessons in health and science class.
- Utilize the Team Nutrition program and our Cafeteria Managers to encourage both staff and students to eat more fruits and vegetables. Fruits and vegetables will be introduced by the Cafeteria Manager who will provide samples for taste testing.

Physical Activity

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main focus is on physical education and health, but also includes academic integration, physical activity breaks, and before and after school physical activity programs.

Physical Education and Health:

- Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

- Physical education courses and curriculum are aligned with the Sunshine State Standards and offer the best opportunity to provide physical activity to all children. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. Physical education programs incorporate health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity.

- Physical education classes must be taught under the direction of a certified Physical Education teacher.

- It is highly recommended that adequate equipment be available so that each student has the opportunity to participate in physical education during the time allotted.

- Physical Education teachers will provide an annual student fitness report to parents for students age 8 and up using Fitnessgram software.

- All first grade students will participate in the district swim program in the fall and all kindergarten students will participate in the spring of the same school year to ensure proper teaching cycle in the swim curriculum.

- Physical education classes are appropriately modified or adapted to promote the participation of all students.

- Elementary schools are required to provide 150 minutes of physical education each week for all students. Physical education lessons/activities must be delivered in 30 minute consecutive segments. Middle Schools are encouraged to provide 225 minutes of physical education per week.

- Consider the recommendation by the National Association for Sport and Physical Education (NASPE) for teacher/student ratio in physical education classes.

- Information will be provided to families to educate and motivate them to incorporate health concepts and physical activity into their children's lives via the district and school website, television productions, brochures, newsletters/flyers, press releases, or the school marquis.

- Physical Education and health teachers are encouraged to participate in training days, visitations, workshops and conferences and actively participate on the Wellness committee at their school. New Physical Education teachers should be encouraged to visit model programs within the district.

Physical Activity Opportunities Before, During and After the School Day

- The school/district will provide a physical and social environment that encourages healthy, safe and enjoyable activities for all students. Suggested activities include:

  1) District sponsored training on how to incorporate movement activities such as Brain Gym, etc.
  2) Whole school physical activities during morning announcements (e.g., ACES, Take Ten! Brain Gym, Jammin'Minute etc.)
  3) Before or after-school clubs that promote physical activity.
  4) Physical activity programs for families to conduct at home.
  5) Family Wellness Nights.
  6) Collaboration with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
  7) It is recommended that all students K-5 have 15 minutes of recess/physical activity each day.

OTHER SCHOOL-BASED ACTIVITIES

Health Education and Life Skills: Healthy living skills shall be taught as part of the regular instructional program consistent with Sunshine State Standards and National Health Education Standards. Students shall be provided the opportunity to understand and practice concepts related to health promotion and disease prevention.

Healthy and Safe Environment: A healthy and safe environment for all, before, during and after school helps to support academic success. Safer schools and communities help to promote and influence healthier students and citizens. Healthier students do better in school and with academic success they eventually make greater contributions to their community. The Fed IAQ (Indoor Air Quality) Tools for Schools will be implemented in all schools.

Health Services: A District sponsored healthcare services program shall offer education and services that also help to promote academic achievement and success. A broad scope of services will be delivered through qualified health care professionals to help improve the mental, physical and emotional health of both students and staff.

B. GOALS FOR NUTRITION EDUCATION, PHYSICAL ACTIVITY AND OTHER ACTIVITIES THAT ARE DESIGNED TO PROMOTE EMPLOYEE WELLNESS.

It is the goal of the School District of Osceola to create a health-promoting environment where staff health is considered as an asset and staff is encouraged to practice healthy behaviors. The wellness program will identify and correct conditions in the workplace that compromise the health of school staff, reduce productivity, staff absenteeism and health care costs.

We will foster a health-promoting environment by the following:

- Evaluating the needs of staff and deliver programs to address these needs.
- Providing wellness opportunities
- Providing educational opportunities
- Sharing health related information with staff and community to positively impact the broad school community.

Physical activities and/or nutrition service programs designed to benefit staff health will be coordinated utilizing district resources.

C. A PLAN FOR IMPLEMENTING THE GOALS OF THE PROGRAM

A collaborative effort between the School Health Advisory Committee, District Wellness Coordinators and the School Wellness Committee will provide the structure for Wellness policy implementation.

- Annually the District School Health Advisory Committee shall develop, implement, monitor, and review the district's wellness program.
- Suggested revisions to the District Wellness Program will be made to SHAC by the School Wellness Committees as needed.
- SHAC will submit recommendations to the School Board for program changes.
- The District School Health Advisory Committee shall provide and serve as resources to school sites for implementing the wellness policy procedures.
- Each school shall have a School Wellness Committee led by a School Wellness Coordinator to facilitate the implementation of the district wellness policy.

D. NUTRITIONAL GUIDELINES FOR ALL FOODS

Nutrition

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

(1) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the District's Food Service Department (aka, Campus Grille) or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

(2) Campus Grille should support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduced obesity.

(3) Campus Grille's policies and guidelines for reimbursable meals shall conform to federal and state regulations.

(4) Schools will develop a reasonable method to make potable water available to children at no charge where lunch meals are served. Four ounce cups will also be available upon request.

(5) A la carte offerings to students shall be nutritious. Students, parents and staff input may be solicited when selecting food items.

(6) School Beverages

a. Schools with fountain drinks will, at a minimum, meet the following criteria per 8 ounce serving:

- Non-carbonated selections only
- Maximum caffeine in beverages, 15 mg/8 oz.
- No beverages containing herbal additives
- 150 calories, maximum
- Offer beverages containing 30% of daily value for calcium

b. Elementary schools shall limit drink selections to:

- Any Size Bottled Waters – No added sugars, artificial sweeteners or sodium
- Plain Fat-Free or Low Fat 8 oz. Milk
- Flavored Fat-Free or Low Fat Milk 8 oz.
- 100% juice (or 100% juice plus water) – 8 oz. or less

c. Middle schools shall limit drink selections to:

- Any Size Bottled Waters – No added sugars, artificial sweeteners or sodium
- Plain Fat-Free or Low Fat 10 oz. Milk
- Flavored Fat-Free or Low Fat Milk 10 oz.
- 100% juice (or 100% juice plus water) – 10 oz. or less

d. High schools shall limit drink selections to:

- Any Size Bottled Waters – No added sugars, artificial sweeteners or sodium
- Plain Fat-Free or Low Fat 12 oz. Milk
- Flavored Fat-Free or Low Fat Milk 12 oz.
- 100% juice (or 100% juice plus water) – 12 oz. or less
- Any size no or low calorie beverages (up to 10 calories per 8 oz.)
- Other drinks 12 oz. (up to 66 calories per 8 oz.)

(6) Vending Machines

a. All snack vending machines shall provide only single serving snacks. Fifty percent of the items in the vending machine must meet at least two of the following criteria:
- single serving portions
- six grams of fat or less
- one or more grams of fiber
- at least 10% of RDA of calcium
- iron
- vitamin A or vitamin C

b. Vending machines in the school district shall not be placed where student meals are served or eaten or any areas surrounding the cafeteria.

c. Foods of minimal nutritional value are not to be sold in vending machines school-wide. Foods of minimal nutritional value are classified in four categories as defined by USDA:

- Soda Water – No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.
- Water Ices – any frozen, sweetened water such as "…sicles" and flavored ice with the exception of products that contain 100% fruit or fruit juice.
- Chewing Gum – any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that

characterize the following types: Hard Candy, Jellies and Gums, Marshmallow Candies, Fondant, Licorice, Spun Candy and Candy Coated Popcorn.

(7) Celebrations/Fundraisers & Food as a reward

1. Follow School Board Rule 4.44 part V and VI which say (V) No more than 3 class parties may be held in the elementary classrooms during a school year and (VI) Classes and organizations in secondary schools shall not hold picnics and parties during school hours.
2. Encourage healthy choices and portion control in classroom celebrations. Offer parents and families guidance related to foods that are appropriate for such celebrations.
3. Encourage the use of Wellness Program dictates when planning school meetings, parties, concessions, intramural events and other extracurricular school events**.** Promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits.
4. Encourage students and staff to start each day with a healthy breakfast since those who come to school or work hungry may find it difficult to stay alert and learn.
5. Limit candy as a reward in the classroom. With the increasing prevalence of childhood obesity, Type II diabetes, high blood pressure and other illnesses, we should not be encouraging the consumption of candy as a reward**.**
6. Do not deny a meal or milk to a child due to a disciplinary action.

Recommended Nutrition Standards for Osceola County

ELEMENTARY SCHOOLS

ISSUE	STANDARD	RATIONALE
General Statement	Items sold a la carte are intended to supplement meals from school and/or from home, not to compete with the reimbursable meal. Limit sale to one or two items/child.	Children who buy the reimbursable meal receive more nutrients than those who purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.
Beverages	Beverages should adhere to standards as detailed previously.	Beverages should not contain calories greater than a ½ pint serving of 1% flavored milk. Excessive fluid intake results in rejection of other foods that provide required nutrients. Fluid is essential to good health. Fruits and vegetables contain vitamins and minerals.
Snacks Desserts	Snacks and desserts sold a la carte: Should not exceed 200 calories. Exception: If served that day on a menu meeting nutrient standards or meal pattern for the grade group of the week. *No foods of minimal nutritional value.	Snacks sold a la carte are intended to supplement a meal. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal. Extra calories can result in the rejection of meal items and/or overeating.

MIDDLE SCHOOLS

ISSUE	STANDARD	RATIONALE
General Statement	Items sold a la carte are intended to supplement meals from school and/or from home, not to compete with the reimbursable meal. In addition, at this grade levels, limited items may be offered for those who choose not to participate in the meal	Children who buy the reimbursable meal receive more nutrients than those who purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.

	programs. Any item served on the reimbursable meal menu may be offered a la carte in the same size serving as on the meal.	
Beverages	Beverages should adhere to standards as detailed previously.	Standards for meals show an increase in caloric intake is approximately 20% between elementary school and middle school. Excessive fluid intake results in rejection of other foods that provide required nutrients. A la carte beverages are not intended to replace a meal.
Snacks Desserts	Snacks and desserts sold a la carte may not exceed 250 calories. Exception: If served that day on a menu meeting nutrient standards or meal pattern for the grade group of the week. *No foods of minimal nutritional value.	Snacks sold a la carte are intended to supplement a meal. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal. Snacks are not intended to replace a meal.
Entrees	Entrees not on the menu that are offered for sale may not contain more than 500 calories. Menu planners are encouraged to increase meal entrée choices in an effort to increase participation in reimbursable meal programs and entice students away from purchasing a la carte.	The calorie nutrient standard for lunch for this group is 783 calories on average: more for active and male students and less for inactive and female students. An entrée is about half the calories in most meals. Items not offered on the reimbursable meal detract from meal sales, the best source for a healthy diet.

*Definition of foods of minimal nutritional value (page 8)

HIGH SCHOOLS

ISSUE	STANDARD	RATIONALE
General Statement	Items sold a la carte are intended to supplement meals from school and/or from home, not to compete with the reimbursable meal. In addition, at this grade level many alternatives to the meal may be offered. Items served on the reimbursable meal menu may be offered a la carte in the same size serving as on the meal.	Children who buy the reimbursable meal receive more nutrients than those who purchase a la carte.
Beverages	Beverages should adhere to standards as detailed previously.	Standards for meals show an increase in caloric intake is approximately 20% between middle school and high school. Excessive fluid intake results in rejection of other foods that provide required nutrients. A la carte beverages are not intended to replace a meal.
Snacks Desserts	Snacks and desserts sold a la carte may not exceed 300 calories. Exception: If served that day on a menu meeting nutrient standards or meal pattern for the grade group of the week. *No foods of minimal nutritional value.	Snacks sold a la carte are intended to supplement a meal. There are variations in calorie requirements that may justify the availability of items in conjunction with the meal. Snacks are not intended to replace a meal.
Entrees	Entrees not on the menu that are offered for sale may not contain more than 600 calories. Menu planners are encouraged to increase meal entrée choices in an effort to increase participation in reimbursable meal programs and entice students away from purchasing a la carte.	The calorie nutrient standard for lunch for this group is 867 calories on average: more for active and male students and less for inactive and female students. An entrée is about half the calories in most meals. Items not offered on the reimbursable meal detract from meal sales, the best source for a healthy diet.

E. A PLAN FOR EVALUATING THE IMPLEMENTATION OF THE WELLNESS PROGRAM

The District School Health Advisory Committee shall provide assistance to schools to create healthy school nutrition environments, promote healthy eating habits, and increase physical

activity among elementary and secondary students. Support will include implementation, measurement and evaluation of goals and activities.

(1) Monitoring and Evaluation: The district Wellness Coordinators will be responsible for providing technical assistance and resources to all schools. They will support the implementation of health education and nutrition, health, physical education and staff wellness to all schools.

(1) All schools must include a goal for student health and fitness in the School Improvement Plan.

(2) The district and schools will conduct ongoing evaluation, revision, and implementation of the wellness policy. Schools will use Alliance for a Healthier Generation Healthy Schools Inventory evaluation prior to implementing new wellness plan and to repeat those measures at least once every year.

F. A PLAN FOR MODIFYING THE PROGRAM BASED ON EVALUATION DATA

Policy Review

The inventory evaluation will be repeated every year to review policy compliance, assess progress, and determine areas in need of improvement. The district, and individual schools within the district, will, as necessary, revise the wellness strategies and develop action plans to facilitate their implementation. Annually the Wellness Coordinators as a group may recommend change in the District Wellness Program. The School Health Advisory Committee will then recommend changes to the School Board for review.

G. WELLNESS COORDINATOR FOR EACH SCHOOL AND DISTRICT FACILITY

Each school and district facility will designate a Wellness Coordinator for their facility. The names of those individuals should be given to the District Wellness Coordinator by September of each year.

Responsibilities of the school Wellness Coordinator include:

- Organize and lead the School Wellness Committee
- Evaluate school wellness using Healthy Schools Inventory survey
- Determine wellness goal for SIP based on Healthy Schools Inventory evaluation
- Aid in implementation of plan to reach SIP goal
- Coordinate school wide wellness initiatives
- Monitor and revise plan after reevaluation.
- Attend 4 of the 5 scheduled district meeting

The School Wellness coordinator will direct the School Wellness Committee (SWC) which will serve as a resource in each school to design and implement activities that fit the school's demographics and interests.

The SWC is a group of individuals representing the school and community. It involves representatives from stakeholders and is structured following the Center for Disease Control (CDC) Coordinated School Health Model.

The SWC should include representatives from any of the following:

- Comprehensive School Health Educational
- School Counseling, Psychological, and Social Services
- Health Services
- Food Service Department
- Physical Education
- Healthy School Environment
- Employee Wellness
- Parent/Community Involvement
- Other members as determined by the school principal

The District Wellness Coordinators will be active members of (SHAC) School Health Advisory, Committee and act as liasons between the district and schools. School Wellness Coordinators will provide a report to the District Wellness Coordinators the status concerning K-12 wellness education programs. The recommendations of the SHAC concerning health/nutrition education will also be considered and implemented to the greatest level possible for grades K-12. School policies concerning safety shall apply at all times.

H. INVOLVEMENT OF PARENTS, STUDENTS, REPRESENTATIVES OF THE SCHOOL FOOD AUTHORITY, THE SCHOOL BOARD, TEACHERS, SCHOOL ADMINISTRATORS, SUPPORT STAFF, DISTRICT ADMINISTRATORS AND THE PUBLIC

Family, School and Community Partnerships. Long term effective partnerships among families, school and local community partners benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health promotion projects.

- School Advisory Councils (SAC) and the community at large will have the opportunity to be included as participants in all individual school and district wellness planning process.
- Individual schools and the district at large shall actively support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness.
- Connect with community resources for wellness initiatives in schools through volunteer opportunities.

School Health Advisory Committee (SHAC):

A School Health Advisory Committee is composed of district staff, as well as representatives from the public and private sectors with expertise in the eight component areas of the Coordinated School Health Program model, serve on this committee. This committee shall:

- Address the eight components of the Coordinated School Health Program model as defined by the Centers of Disease Control
- Utilize subcommittees that will meet as necessary.
- Monitor the activities, components and results of the District's Wellness Programs for students and staff.
- Make recommendations to the school board for wellness policy revisions.

THE SCHOOL DISTRICT OF OSCEOLA COUNTY
WELLNESS PROGRAM

EXECUTIVE COMMITTEE MEMBERS:

Deborah Brintley, District Nutritionist
Rick Crawford, Regional Owner CiCi's Pizza
Steve Darago, Physical Education Teacher
Amanda Kraft, Dist. Supervisor Health Services
Susan McKay, Resource Specialist PE/Health
Teceim Jones, Health Department
Mary Beth Salisbury, UF Extension Services
Candace Roberson, Employee Wellness

ORIGINAL CONTRIBUTORS:

Jenni Ashbaugh, Parent
Darla Bungo, Director Student Services
Paula Evans, Principal Kissimmee Middle
Laura Rhinehart, Principal Celebration High
Carmen Guerra, Cafeteria Mgr. Kissimmee Middle
Kristy Herring, Parent
Dr. Ben Lerner, Chiropractor
Pam Ollis, Elementary Resource Specialist
Dee Palmer, Cafeteria Mgr. Central Avenue
John Campbell, Principal Sunrise
Donna Wolter, Field Supervisor Campus Grille
Terri Schroeder, Parent/Teacher
Kathy Small, Parent
LouiseThompson, Parent
Shireen Tripp, PE Teacher/Parent
Anita Vestal, Head Start Program
Donna Hart, District Guidance, Mayor
Dr. Toni Moody, Pediatrician
Marci Hummell, Health Dept.
Jean Palmore (retired)

NEW MEMBERS:

Melba Luciano, Assistant Superintendent
Melissa Pedone, Valencia CC
Dr. Mercedes Rodriguez, Health Dept.
Pattie Burdick, Education Foundation
Dr. McCrorie, Podiatrist
Paige Heyward, Jewett Orthopedics
Keyla Robinson, Florida Hospital
Betsy Spencer, Celebration Foundation
Donna Gasiorowski, Safe and Drug Free Schools
Cindy Mohen, Principal Neptune MS
Fayshonda Cooks, Director, OCHS

Dr. Chris Chappel, Physician
Kelly Trimble, Parent
Melissa Pedone, Parent
Jim Cundiff, Lung Association
Nancy Davault, American Heart Association
Chris Compton, Central Florida Credit Union
Dr. Chris McNichols, Chiropractor
Susan Stone, Valencia CC
Patty McWhirter, Healthy Start Program
George White, Publix Management
Martha Lentz, Harmony Institute