

Florida Atlantic University Schools

Alexander D. Henderson University School
Florida Atlantic University High School

Health and Wellness Policy



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As required by federal law, state statute and administrative rule, the School Advisory Body (SAB) of Florida Atlantic University Schools establishes the following Health and Wellness Policy:

The SAB recognizes that good nutrition and regular physical activity affect the health and well-being of the school's students and correlates with academic performance. The school plays an important role in establishing the health and nutrition habits of students by providing a nutritious meals and snacks program, supporting the development of good eating habits, and linking these with the academic and physical education curriculum. For purposes of this policy, *nutritious and healthy* shall mean foods that are high in nutrients and low in added sugars, sodium and fat.

The SAB believes the development of healthy behaviors, healthy foods and physical activity need to be available throughout the school environment. Also, parents should be involved in a community-wide effort to promote, support and model healthy behaviors and habits.

The SAB sets the following goals in an effort to enable students to establish good health and nutrition habits to improve student success:

A. Nutrition Education

1. Nutrition education shall stress the importance of healthy eating and regular physical activity.
2. As appropriate, nutrition education shall be integrated into all subject areas of the curriculum to complement, but not replace, the subject area and grade level standards and benchmarks.
3. Staff responsible for providing instruction in nutrition education shall have appropriate training.
4. Nutrition education shall extend beyond the classroom by involving the staff, families and the community.
5. The school cafeteria may serve as a learning lab by allowing students to apply the knowledge, attitudes and skills taught in the classroom when making choices at mealtime.

B. Physical Education

1. A sequential, comprehensive physical education program shall be provided for students in K-9 in accordance with the standards and benchmarks established by the State.
2. All students in grades K-9, including those with disabilities and special health care needs (to the extent consistent with the students' IEPs), shall have the opportunity to receive physical education during each school year (to the extent the student's academic program allows).

3. Physical Education teachers are encouraged to implement technology into daily physical education classes to individualize student exercise programs to promote lifelong fitness.
4. Physical Education teachers shall assess students on individual gains based on an annual individual baseline and individual improvement.

C. Physical Activity

1. Physical activity and movement are encouraged across the curricula and throughout the school day.
2. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sponsored sports and in lifelong physical activities.
3. Students in grades K-12 are provided opportunities to participate in physical activities. i.e. sports, PE Classes, recess, running club, etc.

D. Other School-Based Activities

1. Staff and community members who choose to eat at school with students are encouraged to model nutritious and healthy** eating habits.
2. Students in grades K-9 are not permitted to leave school grounds to obtain food unless they have permission from the Principal/Director.
3. Students in grades K-9 are not permitted to order food for delivery to the school unless they have specific permission from the Principal/Director.
4. Food or beverages sold as a fundraiser, with the exception of concession stand sales, shall be nutritious and healthy.**
(Concession Stand: Any stand, including the school Cafeteria, used to sell food, beverages or other items that operates no sooner than one hour after the close of the school day or on weekends.)
5. All concession stand sales for the first hour after the close of the school day shall be nutritious and healthy**.
6. Advertising and marketing of food and beverages in school shall align with promoting student health and well being.
7. Students, parents, and other community members may have access to school outdoor physical activity facilities (excluding swimming pools and other areas requiring trained supervision) outside the normal school day as approved by the school administration and with proper supervision from school or university personnel.
8. A variety of Wellness Programs shall be available to all staff.
9. Students will be provided with safe and clean facilities. Facilities will be monitored and maintained by the school.

**USDA definition: For purposes of this policy, *nutritious and healthy* shall mean foods that are high in nutrients and low in added sugars, sodium and fat.

E. School Day Nutrition Guidelines

1. The school food service program shall provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
2. The schools shall provide adequate time for students to eat by appropriately scheduling students for breakfast and lunch service.
3. The food service program shall comply with federal and state regulations pertaining to the selection, preparation, consumption and disposal of food and beverages, as well as to the fiscal management of the program.
4. The guidelines for reimbursable school meals shall not be less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
5. Students are instructed not to share their food or beverages with one another during meal times, given concerns about allergies and other restrictions with some students' diets.
6. A "School Health Advisory Council," including students, shall meet regularly in order to provide feedback to food service on products and service.
7. When recognizing student success or special events, schools are encouraged to celebrate with nonfood rewards, including physical activities and craft projects.
8. All classroom snacks provided or requested by school staff shall be nutritious and healthy.**
9. Staff shall avoid the use of food for reward or punishment.
10. Any food or beverage in student-accessed vending machines shall be nutritious and healthy.**

F. ASSESSMENT OF COMPLIANCE

1. Pursuant to this School Advisory Body policy on wellness (4.14), the Principal/Director or designee is charged with operational responsibility for measuring and evaluating the School's implementation and progress under this policy.
2. The administrative procedures and wellness assessment instruments necessary to monitor compliance on an annual basis are described in section G.

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G. Reporting on Compliance

1. The School Advisory Body designates the Principal/Director or designee as the individual charged with operational responsibility for measuring and evaluating the School's implementation and progress under this policy.
2. The Principal/Director shall develop administrative procedures necessary to implement this policy.
3. The Principal/Director shall report annually to the School Advisory Body on the school's compliance with this policy and the progress toward achieving the goals set forth herein.
4. The Principal/Director will write a summary report every year on the school's compliance with the established nutrition and physical activity policies. This report will be based upon the findings reported through the assessment instrument(s). This report will be presented annually to the School Advisory Body and also distributed to the school administrators and others as requested.
5. As part of the summary report review, the School Health Advisory Council will annually review the assessment results and make changes as needed to the district's Wellness Policy.
6. School food service staff will ensure compliance with nutrition policies within school food service areas.

H. Assessment Plan

In order to assess the degree of compliance with the Health and Wellness Policy as established by the School Advisory Body, the following plan has identified the following purposes and actions:

1. The basic purpose of the assessment of compliance plan is to determine and report the extent to which the Health and Wellness Policy has been implemented, and to monitor the plan itself.
2. It is also a function of the plan to identify who is responsible for compliance, to establish the frequency of measurement and how the measurement results will be reported.

I. Measurement Options and Responsibilities

School Health Advisory Council ("SHAC")

1. The SHAC is charged with collecting and reporting data on student health in the areas of nutrition, nutrition education, physical education and physical activity.
2. The committee consists of at least: two representatives from the school PE/Health department, two representatives from the school faculty and an administrator, one of whom acts as chair, as well as one staff member, one parent and one student representative from each of upper elementary, middle school and high school.
3. The SHAC functions as a focus group in itself; but, in addition, it will collect data from the following sources in order to report results of the implementation of the Health and Wellness Policy:

a. Documented Observations

1. Among the observations that will be documented are the activities and results of the grades K-5 Health and PE classes. The syllabus for these classes includes, among other topics:
 - Nutrition and personal fitness
 - Ethics in athletics
 - Cardiovascular fitness
 - Flexibility
 - Body composition
 - Personal fitness program
2. The Health and PE Departments are continuously implementing a grade 6-9 curriculum addressing the following topics:
 - AOD Alcohol and Other Drugs
 - INJ Injury Prevention
 - NUT Nutrition
 - PA Physical Activity
 - FHS Family Health and Sexuality
 - TOB Tobacco Prevention
 - CEH Community and Environmental Health
 - MH Mental Health
 - PCH Personal and Consumer Health

J. Student Surveys and Interviews

1. The SHAC will survey and interview students twice a year, on the degree of their satisfaction and progress with the school food and physical education programs.
2. The information collected from the surveys and interviews will be translated into recommendations to be submitted to the Principal/Director for action.

K. Benchmarking

1. The SHAC will keep track of, summarize and analyze data on student health and physical exercise.
2. It will compare the data to statewide standards, to other schools and districts at the state and national level, and track students over time in order to record progress and report results.
3. The P. E. Department will conduct assessments three times per year through two computer programs to establish and report the School Health Index. One will measure the relationship between nutrition and physical activity (Body Mass Index), and the second will measure student progress in physical activity through exercise (FitnessGram).
4. These data will be considered private and confidential, and only anonymous statistics will be prepared for reporting purposes.

L. Monitoring

1. The Principal/Director will ensure compliance with established school-wide nutrition and physical activity wellness policies through the School Health Advisory Council.
2. The Food Service Manager and his/her staff will ensure compliance with nutrition policies within food service areas and he/she will report on this matter to the Principal/Director.
3. On the basis of the reports from the School Health Advisory Council and the Food Service Manager, the Principal/Director will report on the school's compliance to the Assistant Dean, PK-12.

M. Policy Review

1. In using a baseline assessment with data collected, assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement.
2. As part of that review, the district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity.
3. The district, and the schools within the district, will revise the wellness policies and develop work plans to facilitate their implementation.

STATUTORY AUTHORITY: 1001.41; 1001.43, 1006.06, 1006.0605, 1006.0606; F.S. 42 U.S.C. 1751 et seq;42 U.S.C. 1771 et seq LAWS IMPLEMENTED: F.A.C. 6A7.0411

History: Adopted: 101006

Revision Dates: Dec. 14, 2011

Dec. 6, 2006, measurement

Formerly: