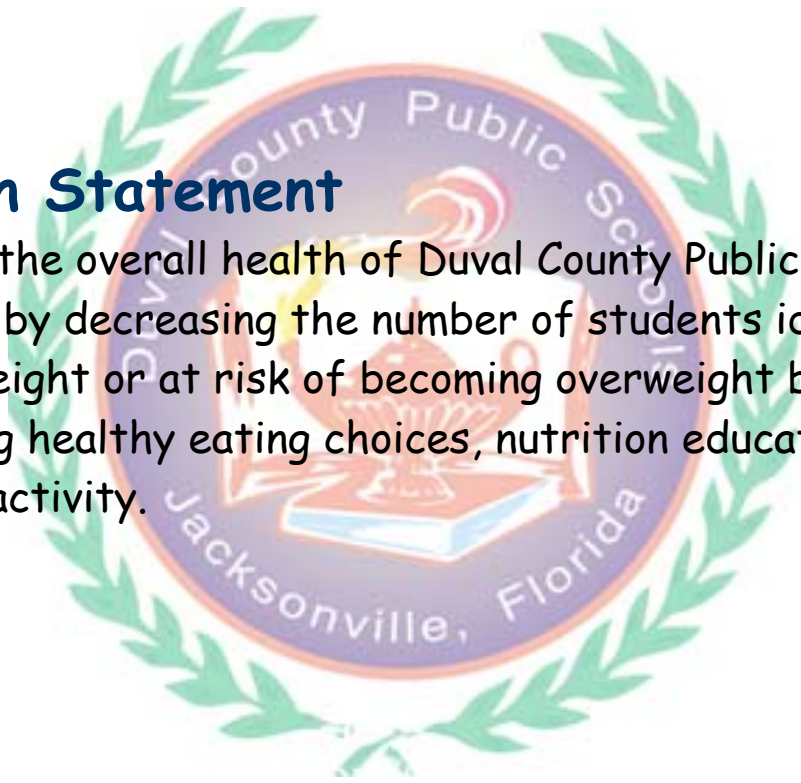


# Duval County Public Schools Wellness Program

## **Mission Statement**

Improve the overall health of Duval County Public School students by decreasing the number of students identified as overweight or at risk of becoming overweight by promoting healthy eating choices, nutrition education and physical activity.



# Duval County Public Schools Wellness Program

*Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.*

## **Prologue**

Obesity rates in the United States have risen significantly, particularly among young people. According to the Centers for Disease Control (CDC), Type 2 diabetes has become more prevalent among children and adolescents as rates of overweight and obesity rise.

Overweight children and adolescents are more likely to become overweight or obese adults. CDC reports that children who were overweight by age 8 were more severely obese as adults.

Here's the situation today as reported by CDC for the nation:

- ◆ Approximately 16% of children and adolescents ages 6-19 years are overweight.
- ◆ The prevalence of overweight among children aged 6-11 years has more than doubled in the past 20 years and among adolescents aged 12-19 has more than tripled.
- ◆ Nearly 80% of young people do not eat the recommended number of servings of fruits and vegetables.
- ◆ In 2003, more than one-third of high school students did not regularly engage in vigorous physical activity and only 28% of high school students attended physical education class daily.
- ◆ Participation in physical activity declines as children get older.
- ◆ During the past 20 years the percentage of young people who are overweight has tripled as a result of consequences of physical inactivity.

Statistics for Florida are equally disheartening:

- ◆ In 2003, 14% of Florida high school students were at risk of being overweight and 12.4% were overweight.
- ◆ Among Florida high school students in 2003, more than 50% did not participate in any physical education at school. Additionally, 42.7% of high school students watch TV for three or more hours on an average school day; 23.1% play video games or use the computer for fun for three to six hours on an average school day; and only 20.7% ate five or more servings of fruits or vegetables each day during the past seven days.
- ◆ Among public middle school students in 2003, 39.9% did not go to physical education classes at all during an average school week. On an average school day, 45.3% watched television for three or more hours, 18.2% used the computer for fun for three or more hours, and 14.8% reported playing video games for three or more hours. Overall, 78% reported total “screen” time of three or more hours on an average school day. Finally, only 11.3% reported eating five or more servings of fruits and vegetables per day.
- ◆ Less than half (46.6%) of middle school students ate breakfast everyday in any given week.
- ◆ Almost half of students (49.8%) ate at a fast-food restaurant on 2 or more times in any given week.

In Jacksonville -


- ◆ In Duval County, 36.2% of children are at risk of being overweight or who are currently overweight. The number for the state of Florida is slightly less at 33%.

Students’ lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Schools must also commit to providing physical activities and proper educational standards that support a nutritionally healthy and physically active lifestyle.

## Goals

Duval County Public Schools (DCPS) is committed to providing a school environment that enhances learning and development of lifelong wellness practices of each student and to provide guidance in the areas of nutrition, health, physical activity and food service. The Board subscribes to the following:

- ◆ Child nutrition programs comply with federal, state and local requirements. Child nutrition programs are accessible to all children.
- ◆ Nutrition education is provided and promoted through Comprehensive Health Education and Food Service.
- ◆ All school-based activities are consistent with local wellness policy goals.
- ◆ All foods and beverages made available on campus including vending, concessions, student stores, parties, and fundraising during the school day are consistent with the current state and federal law.
- ◆ All foods made available on campus adhere to food safety and security guidelines.
- ◆ The school should be a safe, comfortable, pleasing environment, and allow ample time and space for eating meals.
- ◆ There will be no withholding of food and/or physical activity as a punishment.
- ◆ Discretion should be used when providing food as an incentive.
- ◆ DCPS will make nutritious food available so that no student in the Duval County Public Schools (DCPS) goes hungry while in school. [7CFR 210.1 General Purpose and Scope: (a) *Purpose of the program*. Section 2 of the National Lunch Act (42 U.S.C. 1751), states: “It is declared to be the policy of Congress, as a measure of national security, to safeguard the health and well-being of the Nation’s children and to encourage the domestic consumption of nutritious agricultural commodities and other food, by assisting the State, through grants-in-aid and other means, in providing an adequate supply of food and other facilities for the establishment, maintenance, operation, and expansion of nonprofit school lunch programs.” Pursuant to this act, the Department provides States with general and special cash assistance and donations of foods acquired by the Department to be used to assist schools in serving nutritious lunches to children each school day.]
- ◆ DCPS will continue to operate an economically sustainable meal program that provides a healthy nutritious lunch to every student at every school so that students are prepared to learn and reach at their fullest potential.

- ◆ Every elementary student will have access to a healthy and nutritious breakfast and/or snack through school programs.
  - ◆ DCPS will ensure that the nutritional value of the food served by Duval County Public Schools during the school day will adhere to and/or surpass the USDA and State dietary guidelines.
  - ◆ DCPS is committed to be a participant in the US Department of Agriculture sponsored, “Healthier US School Challenge”, which serves to promote healthier school environments through promotion of good nutrition and physical activity.
  - ◆ Students will not be involved in the sale of candy, cookies and sweets during the school day for any fundraising activity.  
Competitive Foods Rule 6-7.042
  - ◆ School socials (i.e. carnivals, community events) may be held with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy.
  - ◆ Foods offered to students during the day as snacks, incentives, or are available in school offices, whether provided by parents or DCPS staff, shall be made available in moderation and with consideration and consistency of the goals of this policy.
  - ◆ DCPS recognizes that class parties are a tradition in public education. These parties may be held with the permission of the school principal, in moderation and with consideration and consistency of the goals of this policy. Parents and staff are strongly encouraged to provide party snack items that are consistent with the goals of the wellness policy and held during or after the lunch hour whenever possible.
  - ◆ DCPS will ensure that teachers, principals, and food service employees recognize that the lunch period is an integral part of the educational program of DCPS and work to implement the goals of this policy.
  - ◆ DCPS will utilize preexisting school communications (i.e. DCPS website) to educate the community about health, food service activities, physical activity tips, etc.
  - ◆ Physical education/activity should be provided every day for all students.
  - ◆ Students should be encouraged to engage in some physical activity daily (i.e. athletics, intramurals, co & extra-curricular activities).
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- ◆ Fundraising efforts will promote non-food items and meet the intent of DCPS Wellness Program.

IN GENERAL - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum—

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;

## **Nutrition Education**

Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice skills and have fun.

- ◆ Comprehensive Health Education shall continue to be taught in grades K-12 and be aligned with the National Health Education Standards, the Next Generation Sunshine State Standards and other applicable best practices in the field. Instruction on Nutrition Education shall be included within all Comprehensive Health Education courses. The Nutrition Education components of the curricula shall include the guidelines as stated by the USDA. Teachers shall be encouraged to integrate age & developmentally appropriate nutrition education into other core curriculum areas such as math, science, social studies, and physical education and language arts as applicable.
  - At the elementary school level, Comprehensive Health Education, including nutrition education, is taught by the classroom teacher. These teachers and other staff responsible for teaching nutrition education should be adequately prepared and will continue to participate in professional learning activities to deliver nutrition instruction effectively.
  - Professional learning opportunities shall be designed to promote healthy eating habits and include current nutrition information, USDA guidelines, instructional strategies and assessments aligned with best practices.
  - At the secondary school level, Comprehensive Health Education classes shall continue to be taught by

certified Health Education teachers as a separate course.

- At the middle school level, students are required to take one quarter (nine consecutive weeks) of Comprehensive Health Education in grades 6, 7 and 8. Personal, Social, and Family Relationships shall continue to be required for all high school students whose parents do not submit a waiver in writing to the school's principal.
- For students who entered ninth grade prior to July 1, 2007, the one-semester Life Management Skills course shall remain a graduation requirement. For students who entered ninth grade after July 1, 2007, the one-credit Health Opportunities through Physical Education (HOPE) is the graduation requirement. Courses such as Life Management Skills and Personal Social Family Relationships shall remain viable elective courses.
- ◆ Health education classes shall have an appropriate student/teacher ratio and shall be taught in a classroom conducive to learning.
- ◆ DCPS campuses will participate in food service & other nutrition programs and conduct nutrition education activities & promotions that involve students, parents, and the community. The school-based wellness team responsible for documenting and conducting these activities may be composed of food service, school nurses, health teachers, teachers who teach health, athletic directors, PTA or SAC members and/or physical education teachers.
- ◆ DCPS will utilize the food service parent newsletter/menu to provide parents, with information and helpful hints relating to childhood obesity, diet, and healthy activities.

## **Physical Activities**

According to FS 1003.455, the physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- ◆ Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of health, science, math, social studies and language arts.
- ◆ Physical education will promote an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- ◆ State-certified physical education instructors should teach all physical education.
- ◆ Physical education classes shall have an appropriate student/teacher ratio.
- ◆ Schools will provide a daily recess period in elementary schools which is not to be withheld as a punishment.
- ◆ For middle school (grades 6, 7, and 8), students will participate in physical education courses for three-quarters of the school year. This is separate from the one-quarter Health Education course.
- ◆ One (1) credit of physical education is required for high school graduation and includes one semester of Personal Fitness (.5 credit) and one semester of an elective Physical Education course (.5 credit).
- ◆ For students who entered ninth grade prior to July 1, 2007, the one-semester Life Management Skills course shall remain a graduation requirement. For students who entered ninth grade after July 1, 2007, the one-credit Health Opportunities through Physical Education (HOPE) is the graduation requirement. There are also a whole host of viable half-credit physical education courses available to high school students.
- ◆ DCPS will collaborate with other organizations to encourage physical activity at home, school and throughout the community (i.e. YMCA, Jacksonville Children's Commission programs, Boys & Girls Club, P.A.L.).

- ◆ Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- ◆ DCPS will implement physical education curriculum that aligns with the Next Generation Sunshine State Standards and the National Association for Sport and Physical Education (NASPE) Standards.



### **Other School- Based Activities**

- ◆ After-school programs will encourage physical activity, making healthy nutritional choices and promote healthy habits.
- ◆ The goals outlined by the Wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- ◆ Support for the health of all students is demonstrated by hosting health fairs, health screenings, and helping to enroll eligible children in state health insurance programs.
- ◆ According to Federal Public law (PL 108.265 Sec. 204), individual schools must organize wellness committees comprised of teachers, administrators, parent(s) and students to plan, implement and improve nutrition, nutrition education and physical activity in the school environment.
- ◆ DCPS will involve PTA and/or SAC committees in developing a family-based after-school healthy activities program. This could include such activities as family fitness nights or a “pedometer program” for walking.

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2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;

### **Quality School Meals**

Healthy school meals provide energy and nutrients children need for sound minds and bodies. Studies confirm what parents and teachers have said for years - children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy different foods, develop healthy eating patterns, and reduce the onset of childhood obesity.

- ◆ DCPS will follow the guidelines set forth by the National School Lunch & Breakfast Program, and the National After-school Snack Program when offering breakfast, lunch and/or after-school snack programs.
- ◆ School food service staff is properly qualified according to current professional standards and regularly participates in professional development activities (ServeSafe & Hazard Analysis and Critical Control Points).
- ◆ Food safety and sanitation will be a key part of the school foodservice operation.
- ◆ Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the State of Florida Department of Education, conforming to appropriate menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, the best possible quality, and are served at the proper temperature.
- ◆ Students will be given the opportunity to provide input on local, cultural, and ethnic favorite foods of the students.
- ◆ School food service staff will encourage students to choose and consume full meals.

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**3)** Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools;

### **Other Healthy Options**

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

- ◆ All foods made available on campus during the school day will comply with the current USDA Dietary Guidelines for Americans.
- ◆ Nutrition guidelines 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.
- ◆ School meal program will adhere to the National School Lunch & Breakfast program guidelines pertaining to portion size, fat, sodium and vitamins.
- ◆ Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- ◆ A la carte offerings to students shall be nutritious and meet federally recommended guidelines and shall be selected with input from students, parents and staff.
- ◆ Guidelines for school operated vending machines are outlined in the National School Lunch Act - Competitive Foods Rule and are as follows:
  - Vending machines where student meals are served or eaten shall be turned off during school hours in elementary schools and shall not contain carbonated beverages.

- In secondary schools, all vending machines will be governed by state law.
- This policy will change as the regulations change and DCPS will continue to follow all DCPS, state and federal policies.
- ◆ The District will emphasize guidelines contained in Alliance for a Healthier Generation in our new beverage contract. Specifically, these guidelines...
  - In elementary schools, offer water and 8-oz., calorie-capped servings of certain juices with no added sweeteners and servings of fat-free and low-fat regular and flavored milks.
  - In middle schools apply the elementary school standards with portion sizes increased slightly to 10-oz.
  - In high schools sale of beverages will be as with elementary and middle schools, as well as no-calorie and low-calorie drinks, such as bottled water, diet and unsweetened teas, diet sodas, fitness water, low-calorie sports drinks, flavored water and seltzers, as well as light juices and sports drinks. At least half of the available beverages in high schools are to be water, no-calorie, and low-calorie selections. Light juices and sports drinks will be sold in 12-oz containers with no more than 100 calories per container, while 100% juices and non-fat and low-fat milks will be sold in containers upto 12 oz.
- ◆ Food Service shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
- ◆ Nutrition information for products offered in school-based snack bars, vending, stores, and food service area is readily available near the point of purchase or is already printed on the packaging.
- ◆ Classroom snacks feature healthy choices.

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- 4) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 5) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

### **District Wellness Committee**

With the purposes of monitoring the implementation of this policy, evaluating policy progress, and revising the policy as necessary. District-wide wellness committee will be established and will meet a minimum of two times annually with committee membership to include at least the following representatives:

- DCPS Representative
- Food Service Representative
- Food Service Dietitian
- Parent & student representation (i.e. District PTA or SAC representative)
- Elementary & Secondary School Principal Association representative (1 from elementary representative and 2 secondary representatives {one for middle and one for high schools})
- Board Representative
- District Physical Education Representative
- Health Education Supervisor
- Representative of DCPS School Health Advisory Council
- District Athletic Director
- School Board Physician
- Research, Assessment & Evaluation Representative

### **School-Based Wellness Committee**

With the purposes of monitoring the implementation of this policy, evaluating policy progress, and revising the policy as necessary, a school-wide wellness committee will be established and will meet a minimum of two times annually with committee membership as follows:

- ◆ The school-based wellness committee (WC) shall be composed of at least 1 parent, 1 certificated & 1 non-certificated school member, and 1 school administrator.
- ◆ Schools are encouraged to include on the school-based wellness committee one health professional, either a school nurse or outside volunteer professional familiar with children's health.
- ◆ Schools are encouraged to model their School-based Wellness Committee after the CDC's Coordinated School Health Index model.



## **Evaluation and Implementation**

- ◆ The schools' Wellness Program and School Improvement Plans should align in the areas of student health and fitness, including physical fitness, parental information on student health and fitness, and are consistent with the goals of the District Wellness Plan.
- ◆ The school-based Wellness Program Committee members from each school will conduct a review of their respective school once a year to identify areas for improvement. These groups will report their findings to the school principal and develop with him/her a plan of action for improvement. The principals shall then submit their findings to the District Wellness Committee.
- ◆ An annual report, which will include the results of the School Health Index (SHI), will be provided by the District Wellness Committee to the Superintendent with Committee recommendations and best practices. This report will then be shared with the principals.
- ◆ Each school shall implement the School Health Index (SHI) annually to assess the progress and need for improvement in each of the eight areas of Coordinated School Health. The results of the SHI will be used to inform the School Improvement Plan goals for the subsequent year. The district will compile the results of the SHI.
- ◆ The eight areas of Coordinated School Health include:
  - Health Education
  - Family/Community Involvement
  - Health Promotion for Staff
  - Healthy School Environment
  - Counseling, Psychological, and Social Services
  - Nutrition Services
  - Health Services
  - Physical Education

**TECHNICAL ASSISTANCE AND BEST PRACTICES. -**

**IN GENERAL. -** The Secretary, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local educational agencies, school food authorities, and State educational agencies, on request, information and technical assistance for use in—

- (A) Establishing healthy school nutrition environments;
- (B) Reducing childhood obesity; and
- (C) Preventing diet-related chronic diseases.

### **Healthy Environment**

- ◆ Operational drinking fountains will be available for students to get water at meals and throughout the day.
- ◆ School personnel will assist all students in developing the healthy practice of washing hands before eating.
- ◆ Adequate time to eat in a pleasant dining environment should be provided.
- ◆ Schools should encourage appropriate socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level.
- ◆ The withholding of food will not be used as a punishment for student behavior.
- ◆ Discretion should be used when providing food as an incentive.
- ◆ Schools should provide safe and adequate facilities to encourage physical activity.
- ◆ The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- ◆ Students are encouraged to start each day with a healthy breakfast.
- ◆ The school will strive to increase participation in the federally funded child nutrition programs (i.e. school lunch, school breakfast, after-school snack and summer foodservice programs).
- ◆ All District & school food service staff is properly qualified according to current professional standards and regularly

participates in professional development activities (ServeSafe & Hazard Analysis and Critical Control Points).

- ◆ All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- ◆ Access to the food service operations are limited to food service staff and authorized personnel for safety and security.

