

# Discovery High School Local Wellness Policy

Revised by Wellness Committee of  
Discovery High School



LOCAL WELLNESS POLICY

**Discovery High School (DHS)** 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. **DHS** is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

## **1. Local School Wellness Policy Leadership**

**DHS** will establish an ongoing Healthy School Team that will meet annually to ensure compliance and to facilitate the implementation of DHS's wellness policy.

- The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to **DHS's** wellness policy.
- At **DHS**, the Assistant Principal will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- The Healthy School Team 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;
  - And reporting its school's compliance of the aforementioned regulations to the Assistant Principal the person responsible for ensuring overall compliance with DHS's wellness policy.

**Healthy School Team** – This team will meet to assess the school's nutrition and physical activity needs and revise this policy annually according to those needs.

The team is composed of the following representatives:

Parent:	Kim Gilman
Students:	J O Onasis Velazquez, Stephanie Sanford, Kameran Kilpatrick
Staff:	Lauren Smith (Health)
School Food Service Personnel:	Keith Hikade
Governing Board:	Aimee Diaz
School Administrator:	Carissa Frazier

## **LOCAL WELLNESS POLICY (CONTINUED)**

**Discovery High School is committed to providing an environment that promotes learning and lifelong wellness practices.**

### **2. 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.

- Discovery High School will:
  - Provide clear and consistent messages that promote and reinforce healthy eating.
  - Provide access to useful nutrition information. Posters, worksheets and brochures will be available in the dining hall.

### **3. 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.

#### **Nutrition Education Goals**

Discovery High School will:

- Integrate nutrition education into the curriculum as addressed in the Sunshine State Standards.
- Share nutrition education information with families and the broader community to positively impact students and the health of the community.
- Send out information about healthy food options and the importance of balanced meals.
- Have students participate in creating a lunch menu for the day program.
- Encourage students to start each day with a healthy breakfast.
- Provide access for students to hand washing before eating meals.
- Serve as a learning environment to encourage lifelong healthy eating habits, including learning how to make healthy choices to create a well-balanced meal.

### **4. Physical Activity**

**DHS** will 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.

#### **Physical Activity and Education Goals**

Discovery High School will:

- Promote physical activity, exercise and health related physical fitness to create a lifestyle pattern for our students.
- Meet or exceed state requirements for physical education.
- Provide ample opportunities for physical activity for all students.

# **LOCAL WELLNESS POLICY (CONTINUED)**

## **Physical Activity and Education Goals (Continued)**

Discovery High School will:

- Provide meaningful content and appropriate instruction in physical education.
- Involve every student and staff member in Fitness Friday bi-weekly to promote physical activity.
- Maintain status of certified physical education teacher.
- Promote physical activity outside of physical education classes.
- Send out information to parents and students about engaging activities that can be done at home.
- Participate in the NFL Play 60 program
- Offer a variety of sports to involve students in physical activity after school.

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

**DHS** 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.

## **Goals for Other School Based Activities**

### **General Guidelines**

- **DHS** shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- 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).
- **DHS** will have a local wellness committee comprised of families, teachers, administrators, and School Board members, which will plan, implement and improve nutrition and physical activity in the school environment.

### **Eating Environment**

- Students will 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.
- 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.

### **Recycling**

- Each school shall maximize the reduction of waste by recycling, reusing, and composting and purchasing recycled products.

## LOCAL WELLNESS POLICY (CONTINUED)

### Health Services

- A coordinated program of accessible health services shall be provided to students and staff and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills and first aid/CPR training.

### Food Safety/Food Security

- 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 borne illness.
- For the safety and security of the food and facility, access to the foodservice operations is limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.
- For the safety and security of the food and facility, use of the foodservice storage areas are limited to the storage of food served as part of the National School Meals Program.
- During an after school event in which permission by the administration has been granted, the foodservice preparation and storage facilities may be used. Authorized foodservice personnel must be present during the event and the storage facilities may not be used following the conclusion of the event.

### Employee Wellness

- Provide a room for Discovery High School's staff for physical exercise.
- Fitness room is equipped with elliptical bikes, recumbent bikes, weight stations. Group activity as well as individual activity is encouraged.

### Vending

- No carbonated beverages will be sold on school grounds, with the exception of machines not accessible to students.
- All items sold in snack vending machines will meet the School's Nutrition Standards.

### Behavior Management

- **DHS** 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 will not deny or require physical activity as a means of punishment.

## **6. Guidelines for All Foods and Beverages Available During the School Day**

**DHS (SLA)** shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

## **LOCAL WELLNESS POLICY (CONTINUED)**

### **General Guidelines**

- 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.
- Free, potable water will be made available to all children during each meal service.

### **School Meals Program**

- 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.
- Free, potable water will be made available to all children during each meal service.
- Student preferences as well as health will be taken into consideration during menu planning in order to provide nutritious, appealing and culturally diverse meals.
  - Student and Foodservice Manager Menu Surveys will be conducted.
  - Student taste testing of food items is a bid requirement when considering new menu items.

### **Child Nutrition Operations**

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- 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.
- The school will strive to increase participation in the available federal Child Nutrition programs (school lunch, school breakfast, and after-school snack programs).
  - The school will conduct a survey in order to take into account student and teacher preferences to ultimately increase participation in the Child Nutrition Program.
  - The school will provide access to a mobile cart for students to purchase breakfast in order to increase participation.
- School Foodservice Staff will be properly trained according to current professional standards and will regularly participate in professional activities.

### **Competitive Foods**

- 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.

## LOCAL WELLNESS POLICY (CONTINUED)

### Competitive Foods (Continued)

- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.
  - Total Fat shall be limited to no more than 30% of the total calories in the food product (excluding nuts, seeds and nut butters).
  - Saturated Fat shall be limited to no more than 10% of the total calories in the food product.
  - Added sugars will not exceed 35% by weight (excluding fruits and vegetables).
  - Conscious effort should be made to limit the sodium content of foods.
- Food and beverage providers will take every measure to ensure that student access to foods and beverages meet federal, state and local laws and guidelines. Food providers will offer a variety of age
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Foods of Minimal Nutrition Value as defined by USDA may not be sold.

#### **Nutrient standards for competitive foods:**

<b>Nutrient Standards</b>	<b>Snack Items and Side Dishes</b> <i>(including any added accompaniments)</i>	<b>Entrée Items</b> <i>(including any added accompaniments)</i>
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

## LOCAL WELLNESS POLICY (CONTINUED)

### 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.

### School Parties and Other Celebrations

- Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

### **Fundraising**

- 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.
- Sale of food and/or beverages will not be permitted with the exception of after school events. Food and beverages that are sold during after school events will include healthy choices.
- Fundraisers not associated with the school in which food and/or beverages are being sold, should not be sold during the school day. (Example: Girl Scout Cookies)
- The school board 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



## LOCAL WELLNESS POLICY (CONTINUED)

### **7. Policy for 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.

### **8. Evaluation and Measurement of the Implementation of the Wellness Policy**

**DHS's** 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.

#### Triennial Progress Assessments

**DHS** 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 **DHS** 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.

### **9. Informing the Public**

**DHS** will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. **DHS** 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.

- **DHS** 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.
- **DHS** will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school board, district superintendent, health and wellness committee and other interested groups or stakeholders.

## **LOCAL WELLNESS POLICY (CONTINUED)**

### **10. Community Involvement**

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

- **DHS** will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
- **DHS** will use electronic mechanisms, such as email or displaying notices on **DHS's** 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.
- The following is a list of media to receive public release, upon approval and annually for input also: The Lakeland Ledger, Winter Haven News Chief, Polk County Times, TV Channel/PGTV, Hometown Sun Online and Americantowns.com. The Wellness Committee will meet annually to consider revisions.

#### **Designee:**

**Carol Fulks** is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

#### **District URL website link**

- **<http://www.polk-fl.net/parents/generalinformation/documents/WellnessPolicyforWebsite.pdf>**

## **LOCAL WELLNESS POLICY (CONTINUED)**

### **Appendix A – Healthy Choices for Classroom Snacks and School Activities**

#### **Beverages**

Water

Milk, Non-fat, low-fat, plain or flavored

100% Fruit Juices

Fruit Smoothies

#### **Healthy Entrée Choices for After School Parties or Celebrations**

Burritos or Tacos made with low fat cheese and lean meat

Quesadillas made with low fat cheese

Pasta with Tomato Sauce

Sub Sandwiches

Baked Potato Bar

## LOCAL WELLNESS POLICY (CONTINUED)

### **Appendix B – Opportunities for Additional Physical Activity**

#### **Define Physical Activity**

1. Physical Activity: Any bodily movement produced by the skeletal muscles that result in the expenditure of energy.
2. Moderate Physical Activity: Activities that use large muscle groups and are at least equivalent to brisk walking.
3. Vigorous Physical Activity: Rhythmic, repetitive physical activities that use large muscle groups at 70% or more of the maximum heart rate for age.

#### **Define Physical Education: A physically educated person:**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

#### **Opportunities for Additional Activity:**

1. Before School
2. Fitness Friday
3. Extramural Sports Program
4. Fun Day