

I. Philosophy

The School Advisory Body (SAB) of A. D. Henderson University School and Florida Atlantic University (FAU) High School is committed to the optimal development of every student.

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 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.

1. 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.
2. The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
3. Students will have access to useful nutrition information. Posters and worksheets will be utilized in classrooms and throughout the school's campus.
4. Parents will be provided with healthy snack ideas or non-food ideas for healthy celebrations in the classroom.
5. District nutrition guidelines encourage the sale of acceptable nutritional products including those high fiber, low in added fats, sugar and sodium and served in appropriate portions consistent with United States Department of Agriculture (USDA) standards for all foods offered by the District or contracted vendors.

B. 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.

1. Nutrition education shall stress the importance of healthy eating and regular physical activity.
2. As appropriate, nutrition education shall be integrated into 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.

C. Physical Education and Activity

A. D. Henderson University School and FAU High School shall ensure that physical activity is an essential element of the school’s instructional program. The program shall provide the opportunity for students to develop the skills, knowledge and attitudes necessary to encourage lifelong participation in physical activity.

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. All elementary school students will have daily recess in accordance with state statute.
4. Physical Education teachers are encouraged to implement technology into daily physical education classes to individualize student exercise programs to promote lifelong fitness.
5. Physical education teachers shall assess students on individual gains based on an annual individual baseline and individual improvement.
6. Physical activity and movement are encouraged across the curricula and throughout the school day.
7. A. D. Henderson University School and FAU High School encourages 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.
8. Students in grades K-12 are provided opportunities to participate in physical activities in afterschool activities and community events.

D. Other School-Based Activities

A. D. Henderson University School and FAU High School will encourages wellness activities that include nutrition, physical activity and other wellness components in an effort to support the goals and objectives to promote student well-being for strong developmental and educational outcomes.

1. The goals outlined in the Health and Wellness Policy will be considered in planning

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- school-related activities that promote wellness.
2. Afterschool programs will encourage healthy snacking and physical activity.
 3. A. D. Henderson University School and FAU High School shall be in compliance with drug, alcohol and tobacco free policies.
 4. Staff and community members who choose to eat at school with students are encouraged to model nutritious and healthy eating habits.
 5. Students in grades K-9 must stay on school grounds during the school day unless otherwise authorized by the Principal/Director.
 6. Students in grades K-9 must have approval from the Principal/Director or designee to order food for delivery to the school.
 7. Food or beverages sold as a fundraiser shall be nutritious and healthy as defined by the USDA (nutritious and healthy shall mean foods that are high in nutrients and low in added sugars, sodium and fat).
 8. 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.
 9. No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
 10. The SAB 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 School	5 days
Middle School	10 days
High School	15 days
Combination School	10 days

11. The Health and Wellness Committee will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur.
12. All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
 - School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.
13. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
14. Unless being sold by FAU Lab Schools food service program, it is impermissible for any

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competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternative and grain products as defined in 7 CFR 210.10 and 201.11.

15. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards:

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains 1/4 cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

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Nutrition standards for beverages:

Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calorie or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

16. Standards for food and beverages available during the school day that are not sold to students:
 - The school may provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
 - Class parties or celebrations shall attempt to be held after the lunch period and to include foods that meet the Smart Snacks in School nutrition standards.
 - Schools will attempt to limit celebrations that involve food during the school day to no more than one party per class per month.
17. Advertising and marketing of food and beverages in school shall align with promoting student health and well-being, and will be consistent with policies for nutrition education and health promotion.
18. FAU Lab Schools will market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
19. Marketing activities that promote healthful behaviors are encouraged.
20. FAU Lab Schools' nutrition replacement and purchasing decisions will reflect the marketing guidelines mentioned in this policy.

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21. 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.
22. A variety of wellness programs shall be available to all staff through district and/or FAU wellness programs.
23. Students will be provided with safe and clean facilities. Facilities will be monitored and maintained by the school.

E. School Day Nutrition Guidelines

A.D. Henderson University School and FAU High School 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.

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. Students will be provided 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 Health and Wellness Committee, including students, shall meet regularly in order to provide feedback to food service on products and service.
7. The Health and Wellness Committee will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.
8. When recognizing student success or special events, schools are encouraged to celebrate with nonfood rewards, including physical activities and craft projects.
9. All classroom snacks provided or requested by school staff shall be nutritious and healthy.
10. Staff shall avoid the use of food for reward or punishment.

F. Compliance Assessment

The Health and Wellness Committee will recommend updates modifications to the Health and Wellness Policy to the School Advisory Body based on an annual review and triennial assessments or as new federal or state guidance is issued.

1. Pursuant to this Health and Wellness Policy the Principal/Director or designee is charged with operational responsibility for measuring and evaluating the School's implementation and progress under this policy.

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2. The district will conduct an assessment of this policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the policy and include:
 - a. The extent to which the district is in compliance with the Health and Wellness Policy;
 - b. The extent to which the Health and Wellness Policy compares to the model local school wellness policies; and
 - c. A description of the progress made in attaining the goals of the Health and Wellness Policy.
3. The administrative procedures and wellness assessment instruments necessary to monitor compliance on an annual basis are described in section G.

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 triennial summary report 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 to the School Advisory Body and also distributed to the school administrators.
5. As part of the summary report review, the Health and Wellness Committee will review the assessment results and make changes as needed to the district's Health and Wellness Policy as appropriate or based on the results of the annual review and triennial assessments.
6. Modifications to the Health and Wellness Policy will be made 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 emerge and new federal or state guidance or standards are issued.
7. The district will ensure that the Health and Wellness Policy and most recent triennial assessment are available to the public at all times on the district website.
8. Health and Wellness Policy updates, as applicable, will be shared with appropriate stakeholder groups.
9. Wellness updates will be provided to all stakeholders in the form of the website, newsletter and other appropriate materials to ensure that the community is informed and that public input is encouraged.
10. 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

1. The Health and Wellness Committee 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 one representative 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 two student representatives.
3. The Health and Wellness Committee 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-8 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 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 Health and Wellness Committee will survey students annually, 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 Health and Wellness Committee 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 PE Department will conduct, at a minimum, two assessments per year through two health and wellness computer platforms 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.
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 Health and Wellness Committee.
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 Health and Wellness Committee and the Food Service Manager, the Principal/Director will report on the school's compliance to the Superintendent of Schools/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 is committed to being responsive to community input and will actively communicate ways in which parents, students, representatives of the school food

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authority, teachers of physical education, school health professionals, SAB, school administrators and the general public can participate in the development, implementation and annual review of the Health and Wellness Policy.

4. The district will obtain input through student surveys, parent and community climate surveys, as well as obtaining feedback from SAB and stakeholder groups in various forums.
5. Based on input and evidence, 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; 1003.453, 1003.455, F.S. 42 U.S.C. 1751 et seq; 42U.S.C. 1771 et seq LAWS IMPLEMENTED: F.A.C. 6A7.0411

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