



A.D. HENDERSON SCHOOL /  
FAU HIGH SCHOOL  
Florida Atlantic University

# **A.D. HENDERSON UNIVERSITY SCHOOL / FAU HIGH SCHOOL HEALTH & WELLNESS POLICY**

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SAB APPROVED APRIL 25, 2018

## **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 ~~food~~ 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. Advertising and marketing of food and beverages in school shall align with promoting student health and well-being.
  9. 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.
  10. A variety of wellness programs shall be available to all staff through district and/or FAU wellness programs.
  11. 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. When recognizing student success or special events, schools are encouraged to celebrate

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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.

### **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.
2. 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.
12. 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.
13. Modifications to the Health and Wellness Policy will be made 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.
14. 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.

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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 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; 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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Dec. 6, 2006, measurement

April 25, 2018