

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 correlate 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 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 nutritional information. Posters and worksheets will be utilized in classrooms and throughout the school's campus.
- 4- Parents ~~will be provided with~~ are encouraged to send healthy snacks or non-food items for healthy celebrations in the classroom.
- 5- District nutrition guidelines encourage the sale of acceptable nutritional products, including those high in 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.

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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 will stress the importance of healthy eating and regular physical activity.
- 2- As appropriate, nutrition education will 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 will have appropriate training.
- 4- Nutrition education may 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 will ensure that physical activity is an essential element of the school's instructional program. The program will 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 will be provided for students in K-12 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), will 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 at least 20 minutes of daily recess in accordance with state statute.
4. Physical Education teachers are encouraged to incorporate fitness resources- implement technology into daily such as videos and exercise equipment, into physical education classes to individualize student exercise programs to promote lifelong fitness.
5. Physical education teachers will 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 encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sponsored sports, and lifelong physical activities.
8. Students in grades K-12 are provided opportunities to participate in physical activities in after-school activities and community events.

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D. Other School-Based Activities

A. D. Henderson University School and FAU High School will encourage 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 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 will 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. ~~2.~~ 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

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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 midnight before to 30 minutes after the end of the official school day.
- 13. 10. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers.
- 14. 11. Unless being sold by the FAU Lab Schools' food service program, it is impermissible for any 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. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards outlined in 7CFR 210.10 and 201.11. *Refer to 7 CFR 210.11 competitive food service standards for exemptions.

15.

~~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 |

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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.~~

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.~~ 12. Standards for food and beverages available during the school day that are not sold to students:

- The school may provide parents and teachers with a list of ideas for healthy celebrations/parties, rewards, and fundraising activities.

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- Class parties or celebrations will attempt to be held after the lunch period and to include foods that meet the Smart Snacks in School nutrition standards.
- The school will attempt to limit celebrations that involve food during the school day to no more than one party per class per month.
- 17. ~~13.~~ Advertising and marketing of food and beverages in school will align with promoting student health and well-being, and will be consistent with policies for nutrition education and health promotion.
- 18. ~~14.~~ FAU Lab Schools will market and advertise those foods and beverages that meet or exceed the USDA's Smart Snacks in School nutrition standards.
- 19. ~~15.~~ 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.
- 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. ~~16.~~ A variety of wellness programs will be available to all staff through district and/or FAU wellness programs.
- 23. ~~17.~~ 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 will 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 will provide all students with affordable access to the varied and nutritious foods they need to be healthy and to learn well.
2. Students will be provided adequate time 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, will 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

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- include, at a minimum, a review of Smarter Lunchroom tools and techniques.
8. When recognizing student success or special events, the schools ~~are~~ is encouraged to celebrate with nonfood rewards, including physical activities and craft projects.
 9. ~~Staff will avoid the use of Food~~ is occasionally used as a for-reward or and is never used as a means of punishment.
 10. Free drinking water is available to all students, faculty, and staff during designated meal times and throughout the day.

F. Compliance Assessment

The Health and Wellness Committee will recommend updates and modifications to the Health and Wellness Policy to the SAB 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 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 SAB 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~~ will develop administrative procedures necessary to implement this policy.
3. The Principal/~~Director~~ will report periodically to the SAB 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 on 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~~ recommendations as needed to the district's Health and Wellness Policy as appropriate or based on the results of the

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- 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 the 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~~ Principal or designee is charged with collecting and reporting data on student health in the areas of nutrition, nutrition education, physical education, and physical activity. The data will be shared with the Health and Wellness Committee.
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~~ Principal or designee will collect health and fitness data from the following sources in order to report results of the implementation of the Health and Wellness Policy:
 1. Documented observations, activities, and results of assessments of the grades K-8 Health and PE classes. ~~The syllabus for these classes includes, among other topics:~~

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- ~~• 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~~ Principal or designee will survey students and families annually, periodically on the degree of ~~their~~ satisfaction and progress with the school food and health 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~~ Principal or designee 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 will be tracked students over time in order to record progress and report results.~~
- ~~3. The PE Department~~ school 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

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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

4. 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.
5. 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.
6. The district is committed to being responsive to community input and will actively communicate ways in which parents, students, representatives of the school food 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.
7. 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.
8. 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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