

Board Policy EEE: Wellness Program

Status: ADOPTED

Original Adopted Date: 07/17/2006 | Last Revised Date: 07/25/2017

Dade County School System Wellness Policy

The Board of Education recognizes that student wellness and proper nutrition are related to students' well being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To the extent practicable, all schools in the district shall participate in the National School Lunch and Breakfast programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of the U.S. Department of Agriculture, as those regulations and guidance apply to schools.

The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies. Such policies shall contain, at a minimum:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
2. Standards and nutrition guidelines for all foods and beverages available on campus during the school day that:
 - a. are consistent with federal meal pattern requirements and nutrition standards;
 - b. prohibit the sale to students on the school campus during the school day of competitive foods that do not meet the federal criteria; and,
 - c. adhere to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers.
3. Identification of the position of district or school official(s) responsible for the oversight to ensure each school's compliance with the wellness policy;
4. A description of the manner in which parents, students, and representatives of school food service, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy; and
5. A description of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues.

The Superintendent or designee shall ensure that each participating school complies with the wellness policy; that periodic assessments and progress reports are conducted in accordance with state and federal timelines and other requirements; and, that appropriate updates or modifications are made as needed.

The Wellness Committee has written a plan that contains procedures to carry out the Wellness policy. This plan is available on eBoard under EEE-R(1).

Regulation EEE-R(1): Wellness Program

Status: ADOPTED

Original Adopted Date: 03/09/2015 | **Last Revised Date:** 07/18/2018 | **Last Reviewed Date:** 03/09/2023

WELLNESS POLICY REGULATIONS EEE-R(1) (Revised 7-2018)

Federal Law requires each school system to have in place a Wellness Policy. Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, Dade County School System developed a Wellness Plan that includes:

- Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness
- Nutrition guidelines for all foods available on each school campus
- Involves key stakeholders in the development of the system wellness plan

The stakeholders developing and monitoring the Dade County School Wellness Policy shall include a parent, a school nurse, health and physical education educators, from two schools, an administrator, the school nutrition director, a member of the board of education, family and consumer sciences teacher, a student representative, and two teachers.

Component 1: Set Nutrition Education Goals in accordance with the Healthy Hunger-Free Kids Act of 2010.

- Nutrition education will be evident in the school dining rooms through posters, table tents, and sneeze guard signage
- State and local district health education curriculum standards and guidelines will include a focus on nutrition and health
- Nutrition is integrated into the health education and core curriculum at all school levels/grades
- Schools will be encouraged to conduct nutrition education activities including farm to school-related curriculum activities and promotions throughout the school year. Schools include professional development activities that promote good nutrition and physical activities. The school community will encourage increased consumption of a variety of healthy foods; fruits, vegetables, whole grains, low-fat dairy products, and lean protein. Information will be provided for parents to incorporate physical activity and healthy eating into their children's lives.
- The school district is committed to implementing a farm to school initiative focused on serving locally grown foods as defined by the School Nutrition Program.

Component 2: Set Physical Activity Goals

- Each school will develop a program to increase staff physical activity
- Every student will meet the state time requirements for age-appropriate Physical Education
- Every physical education class will be taught by a certified Physical Education teacher
- Schools will provide adequate space and safe equipment for physical education
- Physical Education will be safe and appropriate for all students
- Physical Education will promote an active lifestyle designed to create a positive interest and proficiency in skill levels
- Physical Education class will not be used as a means of punishment or discipline
- Physical Education and Health curriculums will be coordinated at all levels
- After school programs will provide supervised and age-appropriate physical education activities

Component 3: Establish Nutrition Standards for All Foods Available on School Campus during the School Day in accordance with the Healthy Hunger-Free Kids Act of 2010.

- The School Nutrition Program (SNP) will meet the USDA dietary guidelines for every meal served

- Meals served will be planned to accommodate seasonal produce based on availability from local farms and school gardens
- The school nutrition program will use standardized recipes
- Cafeteria staff will serve age-appropriate portions
- Grains served by the cafeteria will be whole grain
- The cafeteria staff will offer a high fiber vegetable choice on a daily basis
- Cafeteria menus will decrease the amount of fried foods offered
- Schools will allow adequate time for each student to eat breakfast and lunch
- Schools will schedule snack breaks for students after lunch
- Snacks served during the school day or in after-school programs must meet the Smart Snack regulation
- All school will offer access to drinking water for students during meal times.

Component 4: Competitive Food – Guidelines for Food and Beverages Served and Sold during the School Day

- The school day is defined as the period from the midnight (12:00 AM) before, until 30 minutes after the end of the official school day.
- School campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.)
- Competitive Food – is defined as food sold in competition with the National School Lunch and Breakfast Program to children in food service areas during the breakfast and lunch periods
- Elementary parents will be provided with a list of “healthy snacks.”
- No food shall be sold to any student from the beginning of the school day until after the last lunch is served, all student lunch periods have ended, and students have exited the cafeteria.
- Fundraising food sales are not allowed during meal service. Foods and beverages sold after school during optional school events. PTO events are exempt from the guidelines but are encouraged to make healthy choices also available.
- Classroom and school parties and celebrations shall be determined by school administrators in ways that are age-appropriate and provides equal opportunities for each student to be involved. Healthy foods and beverages are recommended when provided.
- Vending machines will only contain Smart Snack compliant foods and beverages.

Foods sold in schools must:

1. Comply with Federal Smart Snack regulations:

- Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼-cup fruit and/ or vegetable.

2. Meet the nutrient standards for calories, sodium, sugar, and fats:

- Calories: 200
- Sodium: 200 mg or less
- Total Fat: 35% of calories or less

- Saturated Fat: 10% or less
- Trans Fats: 0 g
- Sugar: 35% by weight or less

Component 5: Qualifications of School Nutrition Staff

Qualified nutrition professionals will manage and administer the school nutrition program. Continuing professional development is provided for all nutritional personnel in compliance with USDA Professional Standards according to their level of responsibility.

Component 6: Compliance, Implementation and Review

Compliance and Implementation

- The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. School principals shall be responsible for communicating the contents of this policy as well as implementing this policy in their respective schools. Principals shall report on their compliance as directed by the superintendent.
- The School Nutrition Director shall be responsible for the nutritional component of this policy and shall be the functional expert in school nutrition matters, ensure compliance with nutrition staff and oversee the daily operation of the District's School Nutrition Program.

Policy Review

Assessments will occur every three to five years in order to review policy compliance, assess progress, and determine areas in need of improvement. As a part of that review, the district will review nutrition education and physical activity goals, nutrition standards, and guidelines for all food available during the school day. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate the implementation.

DADE COUNTY SCHOOL NUTRITION

PROCEDURES FOR MEAL SERVED OUTSIDE THE CAFETERIA

All Dade County School Nutrition Programs will follow the following procedures for meals consumed outside the cafeteria. (Ex: classroom, field trips, in-school suspension, other situations)

1. Meals received in the cafeteria but consumed outside the cafeteria at another location or off-campus:

A. Students may pick up a meal on the serving line in the cafeteria, proceed to the cashier for proper accounting and leave the cafeteria.

or

B. Students may pick up a meal on the serving line in the cafeteria, proceed to the cashier for proper accounting, and place the meal in the cooler, for consumption at a later designated time (field trip)

2. Meals delivered to the classroom (i.e.: lunch or breakfast in the classroom, special-ed class, in-school suspension, field trip)

A. Meals must be accompanied by SN staff (or adult designee) and a student roster for each classroom or the field trip attendees.

B. The SN staff or adult designee (teacher or parapro) will mark each student's name on the roster when the meal is received.

D. The roster must be signed and dated by the person marking the roster for each meal service.

C. The roster will be returned to the cafeteria (alternate methods: email or text photo) by 1:30 pm on the day served.

E. Meals, milk, or any items not served or consumed must be returned to the cafeteria for proper disposal.

F. Marked names on the rosters will be entered into the computer. Rosters will be attached to the daily report and retained for 5 years plus the current year.