



**Brevard
Public
Schools**

2022-2023

Fueling the
Mind and Body

Creating a school environment that promotes and protects health, well-being and ability to learn by supporting healthy eating & physical activity.

WELLNESS POLICY & PROCEDURES

Wellness Policy

Brevard County (Florida) Bylaws & Policies

8510 – Wellness

As required by law, the School Board establishes the following wellness policy for the School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's 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, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop students' healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. The Board sets the following goals to enable students to establish good health and nutrition habits in the following areas:

- A. Nutrition education;
- B. Physical activities;
- C. School-based activities;
- D. Nutrition procedures for all foods available on school campuses during the school day;
- E. Compliance with Federal and State regulations;
- F. Staff wellness activities;
- G. Measuring and evaluating the District's implementation and progress under this policy.

The Board recognizes the importance of a healthy school environment that encompasses nutrition education, food served in schools, and physical activity. The Superintendent shall develop procedures necessary to implement the policy initiatives by creating a Wellness Committee. The Wellness Committee will meet annually to review and update the Wellness Policy and Procedures. The Superintendent shall direct the School Health Advisory Committee (SHAC) to monitor and review the activities, components and results of the District's Wellness procedures for students and staff.

Adopted 6/28/2022

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Legal References:

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 595.405

F.S. 1001.41, F.S. 1001.42, F.S. 1001.43

F.S. 1003.453

F.A.C.. 5P-1.003

Wellness Procedures

Administrative Procedures

STUDENT AND STAFF WELLNESS PROCEDURES

The School Board of Brevard County, Florida is committed to providing a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the ability to learn and succeed by embracing wellness, good nutrition, and regular physical activity as part of the total learning environment. The District sets specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness. This is accomplished by utilizing evidence-based strategies in determining these goals as the programs we employ are designed based on science-based USDA guidelines and other evidence-based research. To that end, the District shall include, but not be limited to, the activities in the following areas:

I. Nutrition

Nutrition is the study of food as it relates to the relationship between diet and states of health and disease. Absence of adequate nutrients can cause certain diseases to take hold that can potentially result in death.

Good nutrition is vital to good health and is essential for the healthy growth and development of children and adolescents. Healthful diets help children grow, develop, and do well in school. They enable people of all ages to work productively and feel their best. To maintain health, a balance between the energy taken in from food, along with the energy expended from physical activity throughout the course of daily life, must be achieved. Excess food intake, along with physical inactivity, leads to weight gain and obesity, which can lead to various medical conditions such as diabetes, cardiovascular disease, cancer, joint problems and premature death.

Nutrition Education:

- Operate the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Utilize a Nutrition Educator/Registered Dietitian whose responsibilities will be to:
 - Provide nutrition education and consultation to school community groups, PTO groups, school advisory groups, and other school-based groups.
 - Offer nutrition education in the classroom and throughout the District.
 - Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is to improve children’s lifelong eating and physical activity habits by using the principles of the *Dietary Guidelines for Americans* and *Choose My Plate*.^{1,2} Each school will be enrolled with the United States Department of Agriculture (USDA) as a Team Nutrition School. Elementary schools will be assisted in utilizing Team Nutrition resources, as needed.
 - Offer Coordinated Approach to Child Health (CATCH).
 - Engage students in OrganWise Guys Curriculum, which is a science-based elementary nutrition and physical activity program.

- Act as liaison for “National School Lunch Week”, “National School Breakfast Week” and “Team Nutrition” activities.³
- Develop promotions to increase fruit, vegetable, dairy consumption, whole grains, and other nutritionally sound options.
- Provide students with the opportunity to taste and learn about fresh produce through the Fresh Fruit and Vegetable Program and Try It Program.
- Offer nutritional content on the District website as well as Brevard.Nutrislice.com for all foods served so every student and parent may have access to the nutritional content of food and beverages sold at breakfast and lunch.
- Implement staff wellness classes regarding nutrition education for teachers, administrators and support staff.
- Integrate nutrition education into other areas of the curriculum such as math, science, health, physical education, language arts, world language and social studies.
- Provide professional development opportunities to staff who are responsible for nutrition education.
- Share information with families, staff and the broader community to affect the health of both students and community members.
- Supply information to families and staff that encourages them to teach their children about health and nutrition in making healthier food choices and providing nutritious meals for their families.
- Participate in school wellness events.
- Display nutrition education posters, nutritional information and wellness messages in the cafeteria.
- Encourage schools to plant a garden, with the support of Brevard Grows – Food & Nutrition Services, to integrate academic disciplines and create opportunities for children to discover fresh food.
- Support schools with participation in “Fuel Up to Play 60” and other program funding opportunities.

Nutrition Guidelines:

- Implement the USDA Smart Snack Standards for all foods sold in school, as well as any additional state nutrition standards that go beyond USDA requirements. The nutrition standards address all a la carte foods and beverages served and/or sold on campuses during the school day. **(Attachment 1)** The start and end of the school day is interpreted by USDA as midnight before to 30 minutes after the end of the official school day.
- Meet the Smart Snack Standards for all snacks served in snack vending machines in the high schools. **(Attachment 1)**
- Prohibit student access to snack vending machines in the elementary, middle and jr. /sr. high schools.
- Student access to vending machines in the high schools (grades 9 – 12) is controlled by the Office of Food and Nutrition under the district-wide bid.
- Meet the United States Department of Agriculture (USDA) Nutrition Standards for all National School Lunch and Breakfast program meals, as well as any additional state nutrition standards that go beyond USDA requirements. **(see Useful References, p. 15)**
- Meet Department of Health Nutrition Standards for Child Care Food Programs (CCFP). **(see Useful References, p. 15)**
- Post nutritional information for all food items served in the breakfast and lunch program on the District’s website. Food items are color-coded to represent “Go, Slow and Whoa!”
- Educate students to select healthy choices by utilizing the three color-coded symbols on the nutritional analysis posted on the website.

- Eliminate carbonated soft drinks sold during the school day and/or served in Brevard Before and After School programs. Replace carbonated soft drinks with low fat milk and/or the following bottled carbonated or non-carbonated beverages: water, flavored water, and 100% juice. Work toward adjusting beverage placement in vending machines to promote selection of water.
- Raise nutritional awareness by emphasizing the consumption of fresh fruits, vegetables, and whole grains.
- Offer foods and beverages in serving sizes appropriate to grade level.
- Assure the foods or beverages advertised in the areas accessible to students during the school day are consistent with established Smart Snacks in School Nutrition Standards.
- Prohibit the sale of items containing saccharin and aspartame.
- Reinforce the importance of healthy snack choices in the classroom and Brevard Before and After School programs.
- Encourage healthy choices and portion control in classroom celebrations, especially in elementary schools. Offer parent/guardian and families guidance related to foods that are appropriate for such celebrations. **(Attachment 2)** Make parent/guardian aware of options provided by the school cafeteria manager.
- Outside food/beverage vendors may not come on campus to serve foods/beverages for classroom celebrations during the school day.
- Foods provided for classroom celebrations may not replace a child's breakfast or lunch.
- Promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits. **(Attachment 3)**
- Prohibit fundraisers and prepaid fundraisers throughout the school day at the Elementary level.
- Prohibit fundraisers and prepaid fundraisers at the Secondary level until 30 minutes after the last lunch period. All food items sold as fundraisers must adhere to the SHAC pre-approved list of items noted in Attachment 1. New items for consideration can be submitted to the SHAC using the fundraiser request form on Attachment 1.

Food and Nutrition Operations:

- Assure the child nutrition program will be financially self-supporting and that profit generation will not take precedence over nutritional needs of the students. If child nutrition funds need to be subsidized, it will not come from the sale of foods or beverages that have minimal nutritional value.
- Ensure all students have affordable access to the varied and nutritious foods they need to stay healthy.
- Strive to increase participation in the available federal Child Nutrition programs (i.e. school lunch, school breakfast, and summer foodservice programs).
- Provide the necessary trainings and professional development to cafeteria staff and Brevard Before and After School staff.
- Continue to allow the Food and Nutrition staff to make decisions and policies that positively affect school nutrition environment.
- Appoint a Registered Dietitian to serve as a member of the District Level School Health Advisory Committee (SHAC).
- Coordinate a comprehensive outreach, promotion, and pricing plan to ensure maximum participation in the school meal program, and ensure that all eligible children qualify and receive free and reduced price meals.
- Ensure students eligible to receive free and reduced price meals will not be treated differently from other students or easily identified by their peers.
- Recommend all foods available (outside the meal period) on campus are from a licensed kitchen that complies with the state and local food safety and sanitation regulations, Hazard Analysis and Critical Control Points (HACCP) plans and guidelines required to prevent food illness in schools.
- Limit access to the food service operations to Child Nutrition staff and authorized personnel.

Food Environment:

- Ensure a minimum time for eating, once the student is seated, of 15 minutes for breakfast and 20 minutes for lunch.
- Require all schools to make breakfast available for students who arrive at school on the school bus less than 15 minutes before the first bell rings and allow the student at least 15 minutes to eat the breakfast.
- Assure dining areas are attractive and include enough seating to accommodate all students who would like to sit and eat lunch, as well as enough serving areas to minimize student wait time in line.
- Do not use food as a reward or a punishment as part of the school discipline plan for student behaviors. If food is used as part of a learning experience, promote healthy options and ensure a safe environment as it relates to food allergies/medical conditions. **(Attachment 4)**
- Encourage students and staff to start each day with a healthy breakfast since those who come to school or work hungry may find it difficult to stay alert and learn.
- Require potable water be made available to children at no charge in the place where lunch meals are served during the meal service.
- Restrict access of meals from commercial establishments that lack nutritional integrity as defined by the USDA Nutrition Standards.

II. Physical Activity

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The focus is on physical education, but also includes academic integration, physical activity breaks, and before and after school physical activity programs.

Physical Education:

Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors. Physical education courses and curriculum comply with the Next Generation Sunshine State Standards and offer the best opportunity to provide physical activity to all children. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. Physical education programs incorporate best practices including health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity. It is required that:

- Students in grades K-6 receive 150 minutes of physical education each week. A minimum of 30 consecutive minutes is required on any day that physical education instruction is provided.
- Students in middle school/grades are scheduled for at least one semester of physical education each year for students enrolled in grades 7-8.
- High School students take and pass the H.O.P.E course which meets the graduation requirement of a one credit physical education course with the integration of health.
- Physical activity (e.g. running laps, push-ups) or withholding opportunities for physical activity (e.g. recess, physical education) as punishment is not permitted.
- Elementary principals meet the state mandate for students in grades K-5 by providing 100 minutes (20 consecutive minutes per day) of unstructured free play or recess

It is highly recommended that:

- State-certified physical education instructors teach all physical education classes.

- Adequate equipment is provided so each student has the opportunity to participate in physical education during the time allotted.
- Physical activity opportunities are incorporated throughout academic assignments.
- Schools utilize the Space Coast TPO recommended bicycle/pedestrian safety education curriculum.
- Secondary principals strive to achieve the Shape America recommendation of 225 minutes per week of physical education/physical activity.
- Principals strive to meet the goal of teacher/student ratio in physical education classes of no greater than 1:25 (elementary) and 1:30 (secondary) for safe and optimal instruction.
- Families are provided with information that will educate and motivate them to incorporate health concepts and physical activity into their lives via their child's individualized Fitness Assessment report, district and school website, school marquee, brochures, newsletters/flyers, press releases, and/or television productions.

Physical Activity Opportunities During the School Day:

- Integrate physical activity across the curricula (classroom-based movement) and throughout the school day to enrich academic subjects (e.g. Science, Math, Social Studies, and Language Arts).
- Allot time for physical activity consistent with research recommendations at the national and state levels. Children need opportunities for physical activity lasting 15 minutes or more approximately every two hours.⁵
- Encourage whole school physical activity. For example, during announcements via television broadcast incorporate 5 to 10 minute physical activity sessions (Brain Gym/warm ups/JAMmin' Minute) in classrooms and/or during transitions between different lessons.⁶

Physical Activity Opportunities Before and After School:

- Provide a physical and social environment that encourages healthy, safe and enjoyable activities for all students.
- Encourage staff, families and community members to institute programs that support physical activity.⁵
- Promote indoor and outdoor play that uses gross motor skills in Brevard Before and After School programs.
- Work with local municipalities, county government and law enforcement departments to make it safer and easier for students to walk and bike to school.
- Promote physical activity clubs such as, fitness, walking or running clubs (Morning Mile), intramurals, dance; motor development programs (*S.M.I.L.E. Lab*, Action-Based Lab), or sport development clubs, and enrichment opportunities such as martial arts, soccer, tennis, and cheerleading offered in Brevard Before and After School after care programs.
- Encourage the development of or continued implementation of Family Wellness Events to teach and promote physical activity and wellness.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Encourage children to receive at least 60 minutes of physical activity every day.
- Promote and encourage participation in International Walk to School Day and National Bike to School Day.

III. Health Education, Life Skills and Social-Personal Responsibility

Health Education and Life Skills:

Healthy living skills will be taught as part of the regular instructional program consistent with the Health Education Next Generation Sunshine State Standards embedded in the curriculum of English/Language Arts, Social Studies, Science, and Physical Education courses. Students will be provided the opportunity to understand and practice concepts related to health promotion and disease prevention.

- Provide for an interdisciplinary, sequential, health education program, Pre-K through 12, based upon state standards and benchmarks.
- Offer access to valid and useful health information and health promotion products and services.
- Supply students the opportunity to practice behaviors that enhance health and/or reduce health risks.
- Encourage students to interact with family members on assignments and projects.
- Teach communication skills, goal setting and decision-making skills that enhance personal, family and community relationships.
- Provide all who teach health education appropriate professional development to promote lifelong health, nutrition and physical activity.
- Provide opportunities for secondary students to participate on the School Health Advisory Committee (SHAC).
- Adhere to State Board Rule 6A.1.094124 Mental Health Education requiring school districts to annually provide a minimum of five (5) hours of instruction to students in grades 6-12 related to youth mental health awareness and assistance, including suicide prevention and the impacts of substance abuse.
- Annually provide instruction to students in grades K-12 related to youth substance use and abuse health education.
- Annually provide instruction to students in grades K-12 related to child trafficking prevention and awareness. Information on the prevalence, nature, and strategies to reduce the risk of human trafficking, techniques to set healthy boundaries, and how to safely seek assistance; and information on how social media and mobile device applications are used for human trafficking.
- Annually provide basic training in first aid, including cardiopulmonary resuscitation (CPR) instruction, for students in grades 9 and 11.

Healthy and Safe Environment:

A healthy and safe environment for all, before, during and after school helps to support academic success. Safer schools and communities help to promote and influence healthier students and citizens. Healthier students have greater academic success and make a greater contribution to their community.⁶

- Assure school buildings, grounds, structures, buses and equipment meet all current health and safety standards (including environmental air quality) and are kept clean, safe and in good repair.
- Provide an environment free from tobacco, alcohol, and other drugs, including vaping/juuling in schools, on school grounds, vehicles, district offices and at all school related activities, including before, during and after school activities, 24/7, 365 days each year. Provide support to schools to establish or maintain Students Working Against Tobacco (SWAT).
- Provide support to schools to establish and maintain clubs/activities that promote a safe and healthy school environment.
- Educate students and staff on personal safety and violence/dating violence and substance abuse prevention.
- Educate students, staff and parent/guardian on the dangers of distracted driving and promote programs that encourage drivers not to use cell phones especially in and around school zones.

- Educate students, staff, parent/guardian, volunteers and visitors on Anti-Bullying/Title IX and harassment, dating violence and abuse policies and promoting respectful behavior.
- Create an environment where students, parent/guardians and staff members are accepted, respected, and valued for their personal integrity.
- Enforce a bullying/harassment free environment to address and report bullying/harassment and other forms of aggressive behavior.
- Educate and promote suicide/depression awareness, prevention, and strategies. Encourage schools to become suicide prevention certified schools.
- Provide a minimum of one Automated External Defibrillator (AED) per school and have two currently certified personnel in CPR/AED/First Aid Skills. The CPR/AED poster identifying certified personnel should be located adjacent to the AED unit as well as a second location determined at the discretion of each school's administrator. It is highly suggested that signage be posted at the main entrance of the school indicating that an AED is located on the premises.
- Promote proper hydration during school and after hour activities.
- Provide a safe place and opportunities for breastfeeding and/or pumping.
- Educate K-12 students and staff on child trafficking prevention (FL State Board of Education Ruling 6A.1.904124).

Health Services:

- A District sponsored healthcare services program shall offer education and services that promote academic achievement and success. A broad scope of services may be delivered through qualified health care professionals to improve mental, physical and emotional health of both students and staff. Parents will have the opportunity to consent to these services annually.
- Deliver health services under the supervision of a professional health services coordinator with the support and direction of the School Board and the Brevard County Health Department.
- Collaborate with other community agencies and resources to promote health and wellness for students, their families and staff.
- Utilize healthcare practitioners and other school health services to promote lifelong healthy habits and physical activity.
- Include health service activities such as school safety awareness, parenting skills, and other appropriate and relevant health service educational topics. Delivery of services shall include at minimum: emergency health interventions, routine daily management of chronic health conditions that affect a student's academic performance, communicable disease prevention, student health screening (F.S.381.0056) to include Scoliosis, Body Mass Index (BMI), Vision and Hearing Screening and community health referrals as appropriate. Parents will have the opportunity to consent to individual screenings.
- Awareness of reference/referral process for vision screenings for students at a secondary school.

Mental Well Being:

Programs and services shall support the mental well being of students, families and staff members with the intention of helping to build a healthy school environment.

- Establish a supportive and nurturing environment that includes school counseling services. These services encourage students, families and staff members to request assistance when needed and to help link them to school and community resources as appropriate.
- Provide students the opportunity to express thoughts and feelings in a responsible manner.
- Encourage students and staff to identify and respect the differences in others.
- Promote the development of skills that help students build positive interpersonal relationships.
- Encourage students and staff to balance work and recreation.
- Teach techniques to help students and staff effectively manage stressors that may interfere with their health.

- Adhere to F.S.7026 to expand mental health services to students, including training all staff in Youth Mental Health First Aid (YMHFA).
- Educate Grade 6-12 students and staff on mental health (FL State Board of Education Ruling 6A.1.094124).

IV. Other School-Based Activities

Staff Wellness:

Each district worksite shall provide information and resources available for optimal health and wellbeing for all employees.

- Comply with policies related to tobacco, alcohol, and other drugs.
- Provide an accessible and productive worksite environment for all that is free from known physical dangers and emotional threats.
- Ensure a physically safe environment in accordance with all applicable occupational, health and safety laws, policies and rules.
- Encourage employees to engage in healthy lifestyle practices throughout the workday and after hours.
- Brevard County Public Schools provides a Wellness Program department with a Wellness Manager and administrative secretary to implement and coordinate the district Wellness Program.
- Include the promotion of exercise, education, healthy habits, health screenings, and Health Risk Assessment tools for all staff as part of the District Wellness Program.
- Continue wellness activities to enhance a healthy lifestyle through education and incentives.
- Plan, implement and evaluate health promotion programs and interventions for all employees. The School Board of Brevard County contracts with Health Advocate for an Employee Assistance Program (EAP) to provide short-term counseling, financial, legal, and other work/life support services to our employees and their families. <https://fl02201431.schoolwires.net/Page/3490>

Family, School and Community Partnerships:

Establish and maintain effective partnerships among families, schools and local community partners that benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health wellness promotion projects.

- Provide opportunities for School Advisory Councils (SAC), other parent organizations and the community at large to be included as participants with individual school and district wellness planning processes.
- Promote diversity/ Cultural Competence of each school and the district as a whole in planning and implementing wellness activities.
- Develop and maintain community partnerships as resources for individual school and district programs, projects, activities and events.
- Support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness.

IV. Monitoring and Policy Review

Proper monitoring is an essential component in determining if a policy and its procedures are meeting the intended goals. It also provides valuable input to update and improve the process of meeting the intended objectives.

The superintendent or designee shall develop a summary report annually on district-wide compliance with the district's established wellness policy and procedures. This report will be provided to the School Board, principals, and school health services personnel in the district.

The superintendent shall direct the School Health Advisory Committee (SHAC) to monitor and review the district-wide Wellness Policy and related procedures. SHAC is an ongoing, established committee consisting of District staff and the community represented by both public and private sectors.

The Schools/Principal Shall:

- Ensure compliance with the Wellness Policy and Procedures.
- Incorporate within existing committees (SAC) and/or create a Healthy School Team in accordance to Rule 5P1.003. Stakeholders must include parent/guardian, food service representatives (cafeteria manager), school administrators, physical education teachers, and students. Responsibilities to include:
 - Monitor its school's compliance with competitive food rules
 - Report compliance with the District's Local Wellness Policy

The SHAC Shall:

- Monitor and review the activities, components and results of the District's Wellness Procedures for students and staff.

Community Involvement:

- SHAC will involve, inform and update the stakeholders (i.e. parent/guardian, students, representatives of the school, food authority, teachers of physical education, school health professionals, the school board, school administrators and the public) about the content and implementation of the local School Wellness Policy. A link to the current Wellness Policy can be found on the District Web Site – Food and Nutrition Services.
- The SHAC Committee will provide notification to the stakeholders regarding the Wellness Policy process, as well as of the annual assessment via press release.
- Food and Nutrition Services will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through product testing and attention will be given to their comments.

The Wellness Committee Shall:

- Meet annually to review and update the Wellness Policy and Procedures.
- Continually review the "Wellness Policy/Procedures Compliance Checklist".
- Distribute checklist tabulate results and provide a "Wellness Policy/Procedures Compliance Checklist" summary to SHAC for review (via the office of K-12 Resource Teacher for Health, Physical Education and Driver Education or designee).
- Conduct an assessment of the local school wellness policy to measure wellness policy compliance annually. This assessment will measure the implementation of the local school wellness policy and include:

- The extent to which Brevard Public Schools are in compliance with the local school wellness policy.
- The extent to which the local school wellness policy compares to model local school wellness policies.
- A description of the progress made in attaining the goals of the local school wellness policy.

2022-2023 Wellness Committee Members

Kelly Sarria, Coordinator- Grant Projects for Student Services

Lisa Elam, Content Specialist, Bullying, Harassment Prevention, Substance Abuse & Violence Prevention

Rachel Winsten, Resource Teacher for Health, Physical Education, Driver Education, JROTC & SHAC Chairperson.

Laurie Conlin, District Nutrition Manager for Food and Nutrition Services

Mollie Vega, Director of Secondary Leading and Learning

Christine Moore, Assistant Superintendent of Student Services

Kevin Thornton, Director of Food and Nutrition Services

Karen Trent, District Operations Manager for Food and Nutrition Services

Michelle Webb, Head Start Instructional Coach

Dawn Menz, Nutrition Specialist for Food and Nutrition Services

Courtney Roberts, Nutrition Specialist for Food and Nutrition Services

Teresa Ryder, Program Development Coordinator for Brevard Before and After School

Carol Mela, Director of Elementary Leading & Learning

Andrew Ramjt, Assistant Director for Student Activities

Angelika Keene, Public Health Specialist, UF/IFAS Extension

Antonia Scipio, Director of Employee Benefits & Risk Management

Mark Wishard, Supervisor for Risk and Project Management

Karen Ivery, Director of Elementary Leading & Learning

Wendy Smith, Director of Elementary Leading & Learning

Useful Resources:

- US Department of Agriculture Food Security Guidelines: <http://www.usda.gov/wps/portal/usda/usdahome>
- US Department of Agriculture Food and Nutrition Service School Meals <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
- US Department of Agriculture Food and Nutrition Service CACFP <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>
- National Association of State Board of Education: <http://nasbe.org/>
- US Department of Agriculture Team Nutrition Program: <https://www.fns.usda.gov/tn> □ National Association for Sport and Physical Education (NASPE): <https://www.pgpedia.com/n/national-association-sport-and-physical-education>
- Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnership: [https://portal.ct.gov/SDE/Student-Supports/Student-Supports-Home-Page/Bureau-of-Health-Nutrition-Family-Services-and-Adult-EducationServices-and-Adult-Education](https://portal.ct.gov/SDE/Student-Supports/Student-Supports-Home-Page/Bureau-of-Health-Nutrition-Family) and <https://portal.ct.gov/SDE/Student-Supports/Student-Supports-Home-Page/Bureau-of-Health-Nutrition-Family-Services-and-Adult-Education>
- Coordinated Approach To Child Health (CATCH): <https://catchinfo.org/>
- Action for Healthy Kids: www.actionforhealthykids.org
- Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov
- Center for Disease Control for Violence Prevention: <http://www.cdc.gov/ViolencePrevention/index.html>
Center for Disease Control School Health Index (SHI): <https://www.cdc.gov/healthyschools/shi/index.htm>
- Center for Disease Control and Prevention Physical Activity for Everyone: <http://cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Florida Physical Education Clearinghouse (DOE): <https://etc.usf.edu/flpe/>
- Farm To School: www.farmtoschool.org
- Center for Weight and Health: <http://cwh.berkeley.edu/>
- Alliance for a Healthier Generation: <http://www.healthiergeneration.org/>
- OrganWise Guys: <http://www.organwiseguys.com>
- Brevard County Wellness Policy and Procedures: <https://www.brevardschools.org/Page/242>
- USDA Dietary Guidelines: <http://www.fns.usda.gov/fns/>
- Interactive Student Activities for Students and Parent/Guardian: GoNoodle.com
- Fuel Up to Play 60: <http://www.fueluptoplay60.com>
- BPS Employee Wellness Web: <https://www.brevardschools.org/Domain/6063>
- Stop Bullying: <http://www.stopbullying.gov/>
- Sources of Strength: sourcesofstrength.org
- Youth Mental Health: youth.gov
- Youth Mental Health First Aid: <https://www.mentalhealthfirstaid.org/>
- www.TobaccoFreeBrevard.com
- Monique Burr Foundation: MBFPreventionEducation.org

References:

- ¹ Dietary Guidelines for Americans – <http://www.health.gov/dietaryguidelines/>
- ² Choose My Plate – <http://www.choosemyplate.gov>
- ³ *Team Nutrition, ActivityGram, America On The Move, PE Central's Log It, the Walking School Bus* and/or the *International Walk Your Child to School Day*.
- ⁴ Brain Gym, All Children Exercising Simultaneously (ACES), warm ups, Take Ten! Mind and Body.
- ⁵ Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
- ⁶ School Mental Health Project/Center for Mental Health in Schools, Department of Psychology, UCLA, Los Angeles, CA

Cafeterias Only

Smart Snacks in School

USDA's "All Foods Sold in Schools Standards"

Nutrition Standards for Foods:

- ❖ Any foods sold in school must meet the following:
 - Be a "whole grain-rich" grain product; or
 - Have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable

- ❖ Foods must also meet several nutrient requirements □

Calorie limits:

- Snack items: ≤200 calories
- Entrée items: ≤350 calories □

Sodium limits:

- Snack items: ≤200 mg
- Entrée items: ≤480 mg □

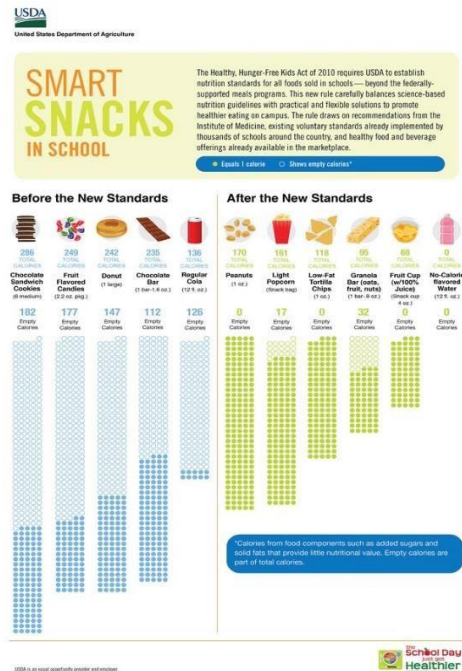
Fat limits:

- Total fat: ≤35% of calories
- Saturated fat: <10% of calories
- Trans fat: zero □
- Sugar limits: ≤35% of weight from total sugars

Nutrition Standards for Beverages:

- ❖ All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

- ❖ The standards allows for additional "no calorie" and "lower calorie" beverages for high school students only:
 - The following may be served in a 20 ounce portion or less:
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored beverages (with or without carbonation) that contain <5 calories per 8 fluid ounces; and
 - Other flavored beverages (with or without carbonation) that contain ≤10 calories per 20 fluid ounces
 - The following may be served in a 12 ounce portion or less:
 - Beverages with ≤40 calories per 8 fluid ounces; and
 - Beverages with ≤60 calories per 12 fluid ounces



Fundraising in Schools

Smart Snacks in School

USDA’s “All Foods Sold in Schools Standards”

Elementary Schools are not permitted to sell any fundraisers during the school day. **USDA defines the school day as midnight before to 30 minutes after the end of the official school day.**

Secondary schools are permitted to sell fundraisers **30 minutes after the last lunch period**. Food items sold as fundraisers must adhere to the preapproved list. Any additional food items must be submitted on the Fundraiser Request Form to the District SHAC Committee for approval 3-6 months in advance. The District SHAC Committee will review for compliance with the following USDA Standards:

Nutrition Standards for Foods (Secondary Schools Only):

Any foods sold during school must meet the following:

- Be a “whole grain-rich” grain product; or
- Have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements

- Calorie limits:
Snack items: ≤200 calories
- Sodium limits:
Snack items: ≤200 mg
- Fat limits:
Total fat: ≤35% of calories
Saturated fat: <10% of calories
Trans fat: zero
- Sugar limits:
≤35% of weight from total sugars

Nutrition Standards for Beverages (Secondary Schools Only):

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

<p><u>Preapproved List of Food/Beverage Items:</u></p> <ul style="list-style-type: none"> • Water (no size restriction) • 100% Fruit Juice, with or without carbonation (up to 12 ounces) • Low Fat White Milk (up to 12 ounces) • Fat Free Flavored or Unflavored Milk (up to 12 ounces) • G2 (up to 12 ounces) • Calorie-Free Water, with or without carbonation (up to 20 ounces) • Fresh Fruits & Vegetables • General Mills Nature Valley Crunchy Granola Bars 1.5 oz. (Peanut Butter, Cinnamon, Maple Brown Sugar, Oats N’ Honey)
--

The standards allow for additional “no calorie” and “lower calorie” beverages for high school students only:

- The following may be served in a 20 ounce portion or less:
Calorie-free, flavored water (with or without carbonation); and
Other flavored beverages (with or without carbonation) that contain <5 calories per 8 fluid ounces; and
Other flavored beverages (with or without carbonation) that contain ≤10 calories per 20 fluid ounces
- The following may be served in a 12 ounce portion or less: Beverages with ≤40 calories per 8 fluid ounces; and
Beverages with ≤60 calories per 12 fluid ounces

Fundraising Request Form

School: _____

Contact: _____

Email: _____

Phone #: _____

Date: _____

Item Requested for Fundraiser: _____

Date of Fundraiser: _____

Please submit nutrition label, ingredient information, and this form to Laurie Conlin, Dawn Menz or Courtney Roberts at the District Food & Nutrition Office or email:

- Conlin.Laurie@Brevardschools.org
- Menz.Dawn@Brevardschools.org or
- Roberts.Courtney@Brevardschools.org



Birthdays, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school. Plan events that emphasize healthy foods and align with classroom lessons or shift the focus and plan non-food events centered on physical activity, music, art and games. Host events that make it easy for children to practice making healthy choices.

The Birthday Child Can:

- Be the teacher’s helper
- Wear a special crown, sash, button or badge all day
- Donate and/or read a favorite book to the class
- Choose the class music for writing or independent study time
- Receive a personalized birthday card from the teacher via email or snail mail
- Choose a game or activity the class does for the last few minutes of the school day
- Have special time for a walk, game or activity with the teacher, principal or another adult
- Receive a “Celebrate Me” book from classmates with written stories, poems or drawings about the birthday child

Family Events

Plan family events that get parents engaged and on board with healthy living, as this will create more buy-in and support for a healthy school culture. It also makes it more likely that healthy habits will be reinforced at home.

- Health fairs
- School garden work days
- Cooking lessons or “Iron Chef” competitions
- Physical activity events with healthy snacks or prizes (dance contests, fun runs, obstacle courses, bike-a-thons, sock hops)
- Screenings of movies that promote healthy living
- Nutrition classes for the family from community partners like your cooperative university extension service
- Fall festival with active fall-themed games and a farmers market
- Walk-to-school month with parent participation
- Creation of school teams for local runs or walks
- Parents and teachers vs. kids sports competitions
- 30-day challenges — pick a healthy habit and organize a competition around it, starting with a kick-off event and ending with a celebration



ACTION FOR HEALTHY KIDS

MORE » » »

Active Celebration Ideas

- Give children **extra recess time** instead of a party.
- **Have a dance party.** Let students select the music. Invite the principal and other school staff.
- **Get the students involved in planning and preparing for celebrations** — let them make decorations and favors and let them choose the games.
- **Create a book honoring what is being celebrated that day.** Have students draw pictures showing what the day means to them.
- **Organize a special community service project instead of a party.** Invite senior citizens in for lunch, collect goods and make cards for sheltered families, or organize a project outside for Earth Day.
- **Have students vote on a special class art project or craft.** Invite a local artist to come in and do a demonstration.
- **Arrange a treasure hunt around the classroom.** Provide a special non-food treat at the end. Use a theme that ties into what the kids are learning in class.
- **Ask students to come up with healthy party ideas,** and ask parents to send in healthy recipes and ideas for activities, games and crafts. Create a “healthy classroom party guide” to distribute to parents.
- **Plan around holiday themes.** Students can make cards for winter holidays, decorate the classroom with hearts for Valentine’s Day and learn an Irish step-dance for St. Patrick’s Day. Search education websites for ideas.



WHEN FOOD IS OFFERED

- Make good nutrition the expectation and the easy choice — offer fruits, vegetables, whole grains, low-fat/fat-free dairy products and water.
- Check your school’s wellness policy or school improvement plan to see if they contain any guidelines or goals about food for birthdays, celebrations and family events. If they don’t, find out what it would take to address this issue.



Resources

Action for Healthy Kids Game On Activities

Healthy and Active Classroom Parties, Ten Tips for Making the Switch to Healthy Celebrations, Family Fitness Night, Health and Wellness Fair

actionforhealthykids.org/game-on-activity-library

Game On for Healthy Schools

actionforhealthykids.org/game-on-program



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HEALTHY HOLIDAYS

September

SET THE RIGHT TONE FOR THIS YEAR'S PARTIES.
KEEP IN MIND THESE HEALTHY PARTY TIPS:

1. Celebrate without food; shift the focus from food to fun.
2. Limit each party to include no more than one junk-food item.
3. Create a healthy snack list and have parents sign up to bring in an item from the list:
see, http://cspinet.org/new/pdf/school_snacks.pdf



November

THANKSGIVING

- Have students write or draw a picture about what they are thankful for and share it with the class.
- Create a garland of gratitude. Cut leaf shapes out of construction paper and then crinkle them up to create the lines in a leaf. Flatten them out and have children write what they are grateful for. Use a piece of string and tape the stem of the leaf over the string. Display garland in class.
- Do a service project as a class field trip.



Healthy Party Snacks:

- Turkey roll ups
- Spread apple butter on whole grain english muffins or graham crackers
- Serve warm apple cider
- Pumpkin dip (see recipe below)

PUMPKIN DIP

(from the Dannon Institute)

Mix the following ingredients:

- 3 T canned pumpkin
 - 1 c low-fat vanilla yogurt
 - 1 T orange juice concentrate (use 100% juice)
 - ½ tsp. of cinnamon (optional)
 - 1 T maple syrup (optional)
- Dip in with graham crackers



October

HALLOWEEN

Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.

- **Focus on the costumes!** Have a parade or costume contest.
- Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
- Decorate pillowcases or bags for trick-or-treating.

Healthy Party Snacks:

- Apple Cider
- Apples with caramel or yogurt dip
- Pumpkin dip and graham crackers (see recipe below)
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



Dec/Jan



WINTER HOLIDAYS

- Have students make holiday cards for nursing home residents or decorate pillow cases to give to a homeless shelter.
- Go caroling and sing for other classes or at a senior center.
- Decorate the classroom with a winter theme (snowflakes, snowmen or snow angels).
- Collect personal care products and prepare kits for a homeless shelter or take a service project field trip to visit a nursing home, homeless shelter, or a food bank.
- Make snow globes out of baby food jars and white glitter or plastic snow flakes. Fill with water until a half inch is left at the top (use a hot glue gun to seal the lid).

Healthy Party Snacks:

- Hollow out red and green peppers and fill them with a dip like low-fat ranch, hummus or guacamole and serve with vegetables
- Make fruit kabobs and alternate red and green grapes or red/green apples
- Serve green beans, broccoli, and tomatoes with a low-fat dip

TASTY TRAIL MIX

Mix the following ingredients:

- 1 c dried fruit
 - 1/2 c raisins
 - 1 c Wheat Chex cereal
 - 1 c Cheerios
 - 2 c of pretzel sticks
- Serve in individual containers or let children scoop their own from a bowl

HEALTHY HOLIDAYS

February



VALENTINE'S DAY

- Have students write down one positive comment about each classmate, e.g. you're a good friend, you have a nice smile, or you are fun, and pass them out.
- Create a Valentine's Day card holder. (Cut a paper plate in half, have children paint or color the plate and write their name on it. Use a hole punch to cut holes around the bottom curve of the plate. Stitch the two halves together with colorful ribbon or string. Make a handle with the string so children can hang them at their desk).

Healthy Party Snacks:

- Have cherry tomatoes and red peppers served with hummus or ranch dressing
- Serve strawberries, raspberries, dried cranberries, red grapes, pomegranate, or apple slices
- Very-Berry pink smoothies (see smoothie recipe and use strawberries for the fruit)



April/May

SPRING PARTY

- Plan a nature walk to see plants re-awakening in the spring weather.
- Decorate plastic eggs with paints, glitter and stickers and put physical activity messages on the inside (e.g. hop on one leg 5 times OR do 6 jumping jacks). Have an egg hunt and kids can act on the messages.
- Decorate flower pots for parents and plant a flower or seed.
- Have parents donate plants that children can plant in the school yard or at a housing project, senior center or other community site.

Healthy Party Snacks:

- Carrot muffins
- Carrots with hummus or a low-fat ranch dressing
- Berries with Cool Whip
- Fruit Smoothies (see recipe below)

BASIC SMOOTHIE

Ingredients:

- ½ to 1 c fresh or frozen fruit
- 1 c plain non-fat yogurt
- ½ c fruit juice

About 4 ice cubes or use frozen fruit and skip the ice
 Directions: Combine all ingredients in a blender and process on high until ice is crushed and the mixture is smooth and creamy

March



ST. PATRICK'S DAY

- Teach an Irish step dance.
- Decorate the room with shamrocks made from construction paper.
- Plan a St. Paddy's day scavenger hunt that leads to a pot of gold filled with treasures, such as markers, pens, pencils, erasers, etc.
- Read about Irish history or a story about St. Patrick.

Healthy Party Snacks:

Make It a "Green" Day

- Serve kiwi (cut in half and serve with a spoon)
- Have cucumbers, celery sticks, broccoli, sugar snap peas, green beans, or green peppers with hummus or a low-fat dressing like ranch or thousand island
- Serve whole grain tortilla chips with quacamole
- Try edamame (pronounced "eh-dah-MAH-may"). It is fun to eat and easy to serve



June

With the end of school comes numerous celebrations. Keep the focus away from food and plan activities to highlight the end of the school year and the coming of summer.

- Fresh produce is easier to come by in summer. Talk about fruits from around the world and discuss where they originated.
 - Have a tasting party with star fruit, papaya, mango, kiwi, guava, and/or pineapple.
- Visit a local farm, garden or orchard to learn about fruits and vegetables that grow in your area.
- Have children make a collage or write a story about what they plan to do over the summer.
- Have students write stories or put together items that remind them of the past school year and take them home.
- Plan an outdoor game/activity to enjoy the warmer weather.

FRUIT DIP

Ingredients:

- ½ c vanilla low-fat yogurt
- 1 tsp. honey
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg

Directions: Mix ingredients together until blended.
 Serve with your favorite fruits!



HEALTHY FUNDRAISERS

Promote family health and well-being. Fundraising events and activities that don't involve selling food to eat on the spot provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods, which put student health and performance in jeopardy. Why not promote healthy eating or physical activity and raise money for your school at the same time?

Selling Food for Immediate Consumption

Fundraisers that involve the sale of foods and beverages intended for immediate consumption during the school day (such as school stores or vending machines) must meet the USDA's Smart Snacks in School Rule. Even though foods and beverages sold outside of the official school day (such as family events or concessions at sporting events) are exempt from these federal standards, encouraging healthier options at these community events sends a strong, positive message about how student health is valued. To learn more about the standards and for ideas on selling healthier food at school, check out AFHK's Food Sales at School tip sheet and Game On activities: Healthy Vending, Smart Snacks Standards, Pricing Strategies to Encourage Healthy Eating, Healthy School Store.

Are Healthy Fundraisers Profitable?

Many non-food and healthy-food fundraisers generate profits for schools equal to or greater than profits from fundraisers selling low-nutrition foods.

Sample Profits — Healthier Fundraisers¹

- **\$1,000:** A school sells 1,440 water bottles with the names/logos of 5 local business sponsors
- **\$4,500:** A walk-a-thon with 100 student, parent and family member walkers each raising \$50 in sponsorships
- **\$9,000:** 110 families buy scratch cards with discounts at local businesses
- **\$30,000/year:** 100 families belong to a grocery store Scrip program

Fundraisers that Promote Healthy Eating

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets
- Family nights at healthy restaurants

¹See ActionforHealthyKids.org/References



MORE » » »

Other Non-Food Fundraising Ideas

- Car washes
- Game night, bingo night
- Auctions (live, silent or online)
- Candles, lotions, soaps, greeting cards, stationery
- Plants, flowers, bulbs, seeds
- Discount cards/coupon books
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Holiday-themed decorations and greenery
- Rent a special parking spot
- Parents' day/night out — provide child care with open gym and activities for kids so parents can holiday shop or have an evening out
- Community craft fairs or garage sales — solicit donated items to sell

Fundraisers that Promote Physical Activity

- Fun walks or runs
- Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons
- School dances
- Family obstacle courses
- Golf or tennis tournaments
- Teacher-student competitions (volleyball, softball, Frisbee)
- Community garden assistance (weeding, raking) for donations
- Sale or delivery of garden mulch, water softener salt or other home maintenance items for set price
- 30-day fitness and fundraising challenges
- Sport camps for kids — enlist high school athletic teams to hold introductory classes for kids or partner with city parks and recreation



ACTIVE FUNDRAISERS ARE A BLAST!

At **Hoffman Trails Elementary in Hilliard, Ohio**, it was a tradition for the PTO to plan an academically-based “thon” as an annual fundraiser, such as a math-a-thon or history a-thon. But parent Kelly Schulze wasn't thrilled with the unhealthy prizes that were offered, so she took matters into her own hands and organized a “Hippity-Hop-a-Thon.”

Students collected pledges for their participation, and they earned prizes like extra recess and tickets to attend a school dance with local radio talent serving as DJ. If they raised \$50, students could take home their very own hippity-hop ball. The fundraiser turned out to be a huge success. Every single student participated and had a blast.

Active fundraisers help students get the recommended 60 minutes of physical activity every day, and they can help families develop healthy habits together. Check your district wellness policy or school improvement plan to see if they contain any guidelines or goals about increasing physical activity or promoting better health through fundraising activities. If not, find out what it would take to add some so that your efforts become part of the school culture for many years to come.



Resources

Action for Healthy Kids Game On Activities
actionforhealthykids.org/game-on-activity-library
 Healthy Fundraising

Center for Science in the Public Interest
cspinet.org/sites/default/files/attachment/schoolfundraising_0.pdf



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HEALTHY REWARDS

Rewards happen at many levels across a school. Teachers, administrators and parent groups offer rewards to recognize and celebrate student accomplishments. The goal of rewarding students is to help them internalize desirable behaviors and create motivation for learning that comes from inside. Food rewards are not recommended at all because they show kids that achievements should be marked by eating—undermining healthy nutrition practices being taught at home or at school. The most effective rewards should promote healthy, active living as a desired value of the community.

Non-material rewards involving recognition, privileges and opportunities for physical activity or other types of enrichment are powerful ways to help meet these goals. Material rewards such as school supplies, trinkets, toys and gift certificates can be donated by parents or provided by parent-teacher organizations for use on a more limited basis.

Elementary School Students

- Make deliveries to office
- Watch a fun movie
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Show and tell
- Free time at the end of class
- Dance to music in the classroom
- Gift certificate to school store (non-food items)
- Walk with the principal or teacher
- Fun physical activity break
- Teacher or volunteer reads special book to class
- Certificate, trophy, ribbon, plaque
- Listen to music or a book
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Teacher performs special skill, e.g., singing, guitar playing, juggling

- Earn points or play money to spend on privileges or non-food items
- Commendation certificate or letter sent home to parents by teacher or principal
- Trip to treasure box filled with non-food items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Access to items that can only be used on special occasions

Middle School Students

- Choose partners for activities
- Sit with friends
- Listen to music while working at desk
- Reduced homework or “no homework” pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside



Food Rewards

Food rewards contradict classroom lessons on nutrition, add empty calories to kids' diets and teach kids to eat when they're not hungry — setting the stage for unhealthy habits that can last a lifetime and contributing to the childhood obesity epidemic. One study found that every separate food-related practice (e.g., a food incentive or reward) that promotes low-nutrition foods in a school is associated with a 10% increase in students' body mass indexes (BMI).¹ Start a schoolwide healthy rewards initiative:

- Find a teacher to be a healthy rewards champion.
- Put up a bulletin board promoting healthy rewards.
- Ask teachers to take a "no-food-as-rewards pledge."
- Give a presentation about healthy rewards at a staff meeting.
- Create school guidelines around healthy rewards.
- Provide trinkets for teachers to use with donations or PTA/PTO funds.
- Recognize teachers who give out non-food rewards.

High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music, movies or books
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances, sporting events

PTO/PTA Rewards

- Water bottles
- School-branded apparel
- Movie passes
- Special time with a teacher
- Active video games
- Pool party, hike or group trip to a kids fun place

¹See ActionforHealthyKids.org/References

REWARDING CHILDREN

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."

Marlene Schwartz, PhD, Co-Director
Rudd Center for Food Policy and Obesity, Yale University



Reward with Recognition!

Consider recognizing students during morning announcements, at a school assembly, on a photo recognition board or on the school's website. Most kids enjoy hearing their successes acknowledged in front of their peers. Don't underestimate the power of small, personalized efforts such as a phone call or email to a student's parents, a hand-written note commending the achievement or a certificate of recognition.



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Elementary Schools Wellness Policy/Procedures Survey

Proper monitoring is an essential component in determining if policies and procedures are meeting the intended goals. It also provides valuable input to update and improve the process of meeting the intended objectives.

District Wellness:

1. How have students and staff been made aware of the Wellness Policy?
(Check all that apply)
 - a. Newsletter
 - b. FOCUS
 - c. TV production
 - d. Morning Announcements
 - e. Signage
 - f. School website
 - g. School marquee
 - h. Telephone hold message
 - i. Blackboard Connect
 - j. Meetings
 - k. Brevard Before and Afterschool (BAS)
 - l. Social Media
 - m. Other

Nutrition:

2. Did the school/school cafeteria promote the March *National School Breakfast Week* and October *National School Lunch Week* activities?
3. Did the school promote healthy nutrition activities? (check all that apply)
 - a. in the classroom
 - b. during physical education classes
 - c. during health classes
 - d. in the cafeteria
 - e. parent/teacher conference/PTA/SAC
 - f. Other
4. Are students given adequate time for eating, once the student is seated, 15 minutes for breakfast, and 20 minutes for lunch?

5. Does the school promote a healthy lifestyle and limit access to foods of minimal nutritional value? Foods of minimal nutritional value include but are not limited to carbonated soft drinks, chewing gum, and candy.
6. How does your school promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits?
7. Do the dining areas include enough seating to accommodate all students who would like to sit and eat lunch, as well as enough serving areas to minimize student wait time in line?
8. Does the school offer a la carte offerings that include appealing healthy choices?
9. Does the school prohibit using food as reward or punishment as part of the discipline plan?

Physical Activity:

10. Elementary physical education is mandated to include 150 minutes per week, with a minimum of 30 consecutive minutes on any day of physical education instruction. How many minutes do your students receive instruction from a certified physical education teacher during the week?
 - a. 40 minutes or less
 - b. 41 - 80 minutes
 - c. 81 - 120 minutes
 - d. greater than 120 minutes
11. Has the elementary physical educator at your school provided teaching resources for your staff so that physical education may be conducted with fidelity during the remainder of the 150 minutes the certified physical education teacher is not able to cover?
12. What is your student/physical education teacher ratio in physical education?
 - a. 1-24 students per class
 - b. 25-34 students per class
 - c. 35-44 students per class
 - d. 45-54 students per class

- 13. How does your school provide bike/pedestrian safety resources?
 - a. through Physical Education & PE teacher is trained in Bike/Pedestrian Safety
 - b. through Physical Education but PE teacher is NOT trained in Bike/Pedestrian Safety
 - c. through Supplemental Physical Education (classroom teachers)
 - d. do not offer Bike/Pedestrian Safety
 - e. other _____

- 14. How many students waived out of Physical Education this school year?

- 15. Do the school buildings, grounds, structures, and equipment meet all current health and safety standards (including environmental air quality) and are they kept clean, safe, and in good repair?

Other School-based Activities:

- 16. In which community physical activities does your school participate?
(Check all that apply)
 - a. International Walk to School Day
 - b. The Walking School Bus
 - c. Let's Move in School
 - d. School Gardening Project
 - e. Track and Field Meet
 - f. Race and Walks
 - g. National Bike to School Day
 - h. Other _____

- 17. Does your school offer a before school/morning running or walking program?
 - a. Yes
 - b. No

- 18. Who at your school is providing students at all grade levels a district approved anti-bullying/harassment prevention strategy/curriculum?
 - a. Physical Education teacher
 - b. Classroom teacher
 - c. Media Specialist
 - d. School Counselor
 - e. Social Worker
 - f. Other _____

19. Who at your school is providing the instruction to meet the state board rule requirements for mental/emotional health, substance abuse prevention, and human trafficking?

Please check all that apply:

Classroom Teacher

Physical Education Teacher

School Counselor

School Social Worker

Other: _____

20. How often is your school offering a Family Wellness Event to teach and promote physical activity, nutrition and health?

- a. once a year
- b. twice a year
- c. in the planning stages
- d. not offering (state reasons)

21. What substance use and abuse prevention curriculum is your school using?

- a. Second Step
- b. Life Skills
- c. Red Ribbon Week Resources
- d. Healthy Body Systems Curriculum
- e. Other _____
- f. None

22. How is your school staff educated on enforcing a harassment-free environment to address bullying, sexual harassment, or other forms of harassment, and teen dating violence and abuse, and Title IX?

23. When did your school implement the Human Growth and Development/Reproduction Lessons for 5th and 6th grade? Please provide the month of the year that this was implemented.

24. How many certified First Aid/CPR/AED personnel are at your school?

25. Where is the information posted in your school listing the First Aid/CPR/AED certified personnel?

26. Who provides child trafficking instruction in grades k-6?

Secondary Schools

Wellness Policy/Procedures Survey

Proper monitoring is an essential component in determining if policies and procedures are meeting the intended goals. It also provides valuable input to update and improve the process of meeting the intended objectives.

District Wellness:

1. How have students and staff been made aware of the Wellness Policy? (Check all that apply)
 - a. Newsletter
 - b. FOCUS
 - c. TV production
 - d. Morning Announcements
 - e. Signage
 - f. School website
 - g. School marquee
 - h. Telephone hold message
 - i. Blackboard Connect
 - j. Social Media
 - k. Meetings
 - l. Other

Nutrition:

2. Did the school/school cafeteria promote the March *National School Breakfast Week* and October *National School Lunch Week* activities?
3. Did the school promote healthy nutrition activities? (check all that apply)
 - a. in the classroom
 - b. during physical education classes
 - c. during health classes
 - d. in the cafeteria
 - e. parent/teacher conference/PTA/SAC
 - f. other
4. Are students given adequate time for eating, once the student is seated, 15 minutes for breakfast, and 20 minutes for lunch?
5. Does your school promote a healthy lifestyle and limit access to foods of minimal nutritional value? Foods of minimal nutritional value include but are not limited to carbonated soft drinks, chewing gum and candy.

6. How does your school promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits?
7. Do the dining areas include enough seating to accommodate all students who would like to sit and eat lunch, as well as enough serving areas to minimize student wait time in line?
8. Does the school offer a la carte offerings that include appealing, healthy choices?
9. Does the school prohibit using food as reward or punishment as part of the discipline plan?

Physical Activity:

10. What is the average class size in Physical Education?
 - a. 1-24 students per class
 - b. 25-34 students per class
 - c. 35-44 students per class
 - d. 45-54 students per class
 - e. 55 or more students per class
11. Do the school buildings, grounds, structures, and equipment meet all current health and safety standards (including environmental air quality) and are they kept clean, safe, and in good repair?

Other School-based Activities:

12. Is the school promoting community physical activities? (check all that apply)
 - a. Races and Walks
 - b. International Walk to School Day
 - c. National Bike to School Day
 - d. Fuel Up to Play 60
 - e. Does not promote community physical activities
 - f. Opportunities through Brevard Parks & Recreation
 - g. Other

- 14a. HIGH SCHOOLS ONLY: How many elective Physical Education Courses does your school offer above HOPE?
- 1 – 5
 - 6 – 11
 - 12 – 15
 - N/A (middle schools)
- 14b. HIGH SCHOOLS ONLY: How many students waive Physical Education in the school year due to the following?
- JROTC
 - JV/Varsity Sports
 - N/A (middle schools)
- 14c. HIGH SCHOOLS ONLY: When did you complete the required instruction in CPR/AED/First Aid for 9th and 11th grades?
- Fall Semester
 - Spring Semester
 - N/A (middle schools)
15. MIDDLE SCHOOLS ONLY: How many students waived Physical Education this school year?
- 7th grade _____
 - 8th grade _____
16. How often is your school offering a Family Wellness Event to teach and promote physical activity, nutrition and health?
- once a year
 - more than once a year
 - in the planning stages
 - not considering
17. What does your school do to comply with the District alcohol, tobacco-free and other drug-free policies?
18. How does your school staff educate and enforce a harassment-free environment to address bullying and other forms of aggressive behavior?

19. Does a Department of Health staff member come into your school to teach various health topics?

- a. Yes
- b. No

If yes, what was the topic and/or subject.

20. Who provides Internet Safety instruction for all students in grades 7-12?

- a. Media Specialist
- b. School Counselor
- c. Classroom Teacher
- d. Other _____

21. Who instructs all 7-12 grade students in Teen Dating Violence and Abuse Prevention Education?

- a. HOPE teacher
- b. Physical Education teacher
- c. English-Language Arts classroom teacher
- d. Media Specialist
- e. School Counselors
- f. Other (i.e. Do U Luv Me? Program) _____

22. Do you have certified First Aid/CPR/AED personnel at your school? If so, how many?

23. Do you have a certified First Aid/CPR/AED instructor at your school? If so, how many?

24. Where is the information posted in your school listing the First Aid/CPR/AED certified personnel?