Agenda Item Number 8.0(1)

## Taylor County District School Board Office of the Superintendent Agenda Item for School Board Approval

Date Submitted	03/24/2017	_ Board Meeting Date	04/04/2017		
			03/24/2017		
Person submitting the item:					
Name of document	placed on agenda.	Approval of Agree	ement/Contract		
	n regarding this actio				
Please approve the u	pdated TCSD Local Wo	ellness Policy.			
Marie					
			PROVED		
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			Taylor County		
		1	School Board		
Signatures Require	d				
Yes _	$\bigcirc$	0_			
Reviewed by:					
Director of Finance					
The action describe approved budget a		consistent with relevant contract and	grant provisions and the Board		
Director of Personn	el	N.			
The action describe bargaining agreem		consistent with the Board approved s	staffing plan and collective		
Director of Instruction	on				
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Superintendent					
TCSB # 0607-3					

# Taylor County District School Board Local Wellness Policy

Summary of Proposed Revisions
Presented to Taylor County District School Board on April 4, 2017

APR 0 4 2017

By Taylor County School Board

On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by local educational agencies (LEAs). The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

On November 28, 2016, the Taylor County School Wellness Committee met to initiate a review and revision process of the current Taylor County Wellness Policy. In consultation with the UF/IFAS Extension Family Nutrition Program, the Wellness Committee (now SHAC) proposes the attached draft for approval by the Taylor County District School Board. Significant revisions and additions included in the proposed draft are summarized below.

#### SHAC (pg. 2-3)

- Formalize existing wellness committee into a School Health Advisory Committee (SHAC), to align with Florida Statute 381.0056.
- Identifies SHAC/wellness policy leadership, per new USDA Final Rule (attached).

#### Water Bottles (pg. 5)

- Expressly encourages hydration throughout the day and outlines students' right to carry a permissible personal water bottle.
- Defines permissible water bottles as "non-disposable, clear, spill-proof personal water bottle." Personal water bottles that do not meet these criteria may be confiscated at the discretion of a staff member.

#### Food in the Classroom (pg. 5)

- States that the District is supportive of all foods offered on the school campus meeting the USDA Smart Snacks in School nutrition standards, including celebrations and snacks sent from home.
- States that "Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior. The District discourages the use of foods or beverages as rewards, particularly items that do not align with Smart Snacks in School nutritional guidelines." This aligns with criteria for HealthierUS School Challenge (HUSSC) recognition and moves TCSD toward best practices.
- Removes dedicated snack time from the school day schedule to allow more time for physical activity

#### Food and Beverage Marketing (pg. 6)

 Outlines guidelines for marketing and advertising in schools that permits marketing of only foods and beverages that meet Smart Snacks in Schools nutrition standards, per new USDA Final Rule.

#### Physical Education and Recess (pg. 7-8)

- Adds requirement for 20 minutes of recess for primary and elementary students on full school days during which PE class is not offered. This aligns with school health best practices as well as forthcoming policy for TCES in 2017-18 school year.
- Outlines Physical Education requirements for primary/elementary students (150 minutes per week) and secondary students (equivalent of one academic year of physical education), per Florida Statutes.

#### Public Involvement (pg. 11)

- Outlines a structure for regular communication regarding the wellness policy to parents, families, and community members, per new USDA Final Rule

#### Triennial Assessments (pg. 12-13)

 Outlines process for record-keeping and assessment to be conducted on at least a triennial basis, per new USDA Final Rule

#### **Taylor County SHAC Members**

- Chris Olsen Employee Services Coordinator, SHAC Chair
- Bonnie Sue Agner School Board Member, District 1
- Shanna Dodimead Administrative Assistant to the Superintendent
- Benjamin Blue Food Service Director
- Shanna Lago Food Service Secretary
- Angie Roberts Assistant Principal, Perry Primary School
- Stacey Fike Parent Liaison, Perry Primary School
- Cheryl Ricketson PE Teacher, Perry Primary School
- Angela Walker Kindergarten Teacher, Perry Primary School
- Anna Morgan PE Teacher, Taylor County Elementary School
- Rodney King PE Teacher, Taylor County Elementary School
- Melissa Moody Parent Liaison, Taylor County Elementary School
- Kasey Roberts Taylor County Middle School
- Alicia Beshears Assistant Principal, Taylor County High School
- Amber Slaughter School Health Supervisor of Nursing
- Rachel LaValle Director of Nurses, FL DOH in Taylor County
- Martine Young Health Educator, FL DOH in Taylor County
- Lori Wiggins FCS Agent, UF/IFAS Extension Family Nutrition Program
- Corrie Willis Program Assistant, UF/IFAS Extension Family Nutrition Program
- Victoria Gibney Public Health Coordinator, UF/IFAS Extension Family Nutrition Program

## Taylor County District School Board Local Wellness Policy

## **APPROVED**

APR 0 4 2017

By Taylor County School Board

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## Taylor County District School Board Local Wellness Policy

## 1) Preamble

Taylor County District School Board (hereinafter referred to as the District) is committed to the health and wellness of their students and staff. The District believes that children and youth who begin each day as healthy individuals can learn more and are more likely to complete their formal education. The District also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for our children and youth. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are linked closely with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.<sup>1-7</sup> On the other hand, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.<sup>8-10</sup> In addition, students who are physically active do better academically.<sup>11-14</sup> Finally, there is evidence that adequate hydration is associated with better cognitive performance.<sup>15</sup>

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy applies to all students, staff, and schools in the District. Specific measureable goals and outcomes are identified within each section below.

## 2) School Health Advisory Committee (SHAC)

## Committee Role and Membership

The District will convene a representative School Health Advisory Committee (hereinafter referred to as the SHAC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs. The SHAC will review and approve the District School Health Services Plan on an annual basis. The SHAC will also be responsible for the development, implementation, and periodic review and update of this district-level wellness policy (hereinafter referred as "wellness policy").

The SHAC membership will represent all school levels (elementary, middle, and high schools) and include (to the extent possible), but not be limited to:

- parents and caregivers;
- students;
- representatives of the school nutrition program;
- physical education teachers;
- health education teachers:
- school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff);
- school administrators (e.g. superintendent, principal, vice principal),
- school board members;
- health professionals (e.g., dietitians, doctors, nurses, dentists);
- members of the community

When possible, membership will also include Supplemental Nutrition Assistance Program Education program representatives (SNAP-Ed), known in Florida as the UF/IFAS Extension Family Nutrition Program. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

#### Leadership

The Superintendent or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official(s) for oversight are: Employee Services Coordinator, Taylor County School District; School Health Director of Nursing, Florida Department of Health in Taylor County

The name, title, and contact information of these individuals are:

Name	Title / Relationship to the School or District	Email address	Role on Committee
Chris Olson	District Employee Services Coordinator	chris.olson@taylor.k12.fl.us	Provides leadership and coordinates quarterly committee meetings
Amber Slaughter	School Health Supervisor of Nursing	Amber.slaughter@flhealth.gov	Updates committee on District School Health Services Plan, represents school health professionals

## 3) Health Services and Education

#### a) Nutrition Services and Education

#### School Meals

Academic performance and quality of life are affected by the choice and availability of good food in our schools. Healthy foods support physical growth, brain development, resistance to disease, emotional stability, and the ability to learn. The District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutritional needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the NSLP's Seamless Summer Option (SSO). Participation in Federal child nutrition programs is promoted among students and families to help ensure that families know about the programs available in their children's school. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students:
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet <u>USDA</u> <u>nutrition standards</u>.)

Additionally, menus will be posted on the District website or individual school websites, and will include nutrient content and ingredients. The District child nutrition program will accommodate students with special dietary needs. Students will be served lunch at a reasonable and appropriate time of day and will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

#### Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the <u>USDA professional standards for child nutrition professionals</u>. These school nutrition personnel will refer to <u>USDA's Professional Standards for School Nutrition Standards website</u> to search for training that meets their learning needs.

#### Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes.

To encourage hydration throughout the day, students are permitted and encouraged to have a non-disposable, clear, spill-proof personal water bottle. Personal water bottles that do not meet these criteria may be confiscated at the discretion of a staff member.

## Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the reimbursable school meal programs (e.g., "competitive" foods and beverages) will meet or exceed the USDA Smart Snacks in School nutrition standards. Per Florida state law, no elementary schools shall offer competitive foods, including items sold in vending machines. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts. Additionally, carbonated drinks in beverage vending machines in secondary school public areas and all faculty/staff areas at all school and District sites shall not exceed one-third of all beverages in the machine.

#### Celebrations and Rewards

To promote consistency in encouraging healthy choices, the District is supportive of all foods offered on the school campus meeting the USDA Smart Snacks in School nutrition standards. This may include:

- Celebrations and parties. The District will make available a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the <u>Alliance for a Healthier Generation</u> and from the <u>USDA</u>.
- 2. Classroom snacks brought by parents. There will be no designated snack time during the school day. For parents that choose to send a snack with their child, a <u>list of foods and beverages that meet Smart Snacks</u> nutrition standards will be made available.
- 3. Rewards and incentives. The District will make available to teachers and other relevant school staff a <u>list of alternative ways to reward children</u>.

Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior. The District discourages the use of foods or beverages as rewards, particularly items that do not align with Smart Snacks in School nutritional guidelines.

#### Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus *during the school day*. The District will make available to parents and teachers a list of healthy fundraising ideas.

#### Food and Beverage Marketing in Schools

The District is committed to providing a school environment that contains messages consistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus *during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students during the school day.

Food and beverage marketing is defined as advertising and other promotions on school campuses during the school day. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.<sup>15</sup> This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, the District will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District food services department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement), decisions should reflect the applicable marketing guidelines established by the District wellness policy.

#### Nutrition Education

The District is committed to providing all students with the knowledge and skills necessary to promote and protect their health. In alignment with the school meal program, the District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that is part of the regular curriculum and reflects current USDA Dietary Guidelines for Americans. Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, taste-testing, and school gardens.

In elementary schools, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards. When possible, this will be achieved through a partnership with SNAP-Ed in Florida, also known as the UF/IFAS Extension Family Nutrition Program (FNP). FNP provides evidence-based nutrition and physical activity education using Dietary Guidelines for Americans and MyPlate.

#### b) Physical Education

Physical education and physical activity shall be an essential element of each school's schedule and curriculum. School programs shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason (this does not include participation on sports teams that have specific academic requirements). The district will make available a <u>list of ideas</u> to teachers and other school staff with alternative ways to modify student behavior.

#### Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential physical education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **primary and elementary students** in each grade will receive physical education for at least 150 minutes each week throughout the school year.

All District **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through participation in the *Presidential Youth Fitness Program*. Students in grades K-8 will be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

#### Recess (Primary and Elementary)

All elementary and primary schools will offer at least **20 minutes of recess** on all days during the school year during which Physical Education is not offered (this policy may be waived on early dismissal days). If recess is offered before lunch, schools will have appropriate handwashing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

**Outdoor recess** will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will be encouraged to serve as role models by being physically active alongside the students whenever feasible.

#### Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during/between classroom time at least three days per week.

The District will make available resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through <u>USDA</u> and the Alliance for a Healthier Generation.

#### Active Academics

The District supports teachers incorporating movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) in an effort to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

The District encourages teachers to serve as role models by being physically active alongside the students whenever feasible.

#### c) School Health Education

Healthy living skills shall be taught as part of the regular program curriculum and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Each school shall provide for an interdisciplinary, age- and grade-appropriate health education program that aligns with current Florida Standards for health education. Students will have access to valid and useful health information and have opportunity to practice behaviors that enhance health and/or reduce health risks. Students will be taught healthy behaviors, communications, goal setting and decision making skills that enhance personal, family, and community health.

#### d) School Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff. Primary coordination of health services shall be through trained school health care practitioners with the support and direction of the Florida Department of Health in Taylor County.

A coordinated program of accessible health services shall be provided to students and staff and shall include:

- Communicable disease prevention
- Health screening, including Body Mass Index (BMI)
- Community health referrals
- Immunizations
- Parenting skills
- First aid and other priority health education topics

#### e) Counseling, Psychological and Social Services

The District is committed to providing appropriate student support services for behavioral, mental, physical, social-emotional, and academic issues to all students. Refer to the full Taylor County School Board Policy Manual and Student Services Plan for a complete description of

policies related to academic and psychological counseling, behavior management, and crisis intervention.

## 4) Health and Wellness Promotion

#### a) Healthy School Environment

#### Healthy and Safe Physical Environment

- The District is committed to the health and safety of all students and staff. The District Safety Coordinator will take an active role to ensure that a healthy and safe environment, before, during, and after school will support academic success. Refer to the full Taylor County School Board Policy Manual for a complete description of policies and procedures related to health and safety.
- Buildings and grounds, structures, vehicles, and equipment shall meet all current health and safety standards and be kept inviting, clean, safe, and in good repair.
- Schools and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.
- Schools will strive to provide safe traffic patterns at school sites for students and vehicles before and after school.
- Safety procedures and appropriate training for students and staff shall support personal safety and appropriate disaster/emergency response.
- District policies and procedures related to student injuries shall be followed to ensure timely reporting and care.

#### Safe and Supportive School Environment

The District is committed to the social and emotional wellbeing of all students, families, and staff, as this contributes to a healthy learning environment. Refer to the full Taylor County School Board Policy Manual for a complete description of policies and procedures related to social health and bullying/harassment prevention.

- Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families, and staff to request assistance when needed and links them to school or community resources.
- Students shall be provided with the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relationships.
- Training for students and staff shall support a bullying and harassment-free environment.
- Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors that may interfere with healthy development.

#### b) Employee Wellness

The District is committed to promoting employee wellness such that staff are supported to practice and model healthy behaviors. This is accomplished through policies, resources, and services.

- Each school and district site shall be in compliance with drug, alcohol, and tobacco-free
  policies. The District will partner with the Florida Department of Health in Taylor County
  to provide information on tobacco cessation.
- Each school and district site shall provide an accessible and productive work environment free form physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies, and rules.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods or before or after work hours in sitesponsored programs.
- The District will host an annual Wellness Fair for District employees, at which time employees are eligible to receive a free health screening.

#### c) Family and Community Involvement

Family, student, and community partners shall be included on an ongoing basis in wellness planning processes, to enhance the effectiveness of health promotion projects and events within each school and throughout the community. The District will develop and maintain relationships with community partners, such as local businesses and SNAP-Ed in Florida, in support of this wellness policy's implementation. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

- The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- The District will actively communicate ways in which representatives of the SHAC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the District.
- The District will inform parents of the improvements that have been made to school
  meals and compliance with school meal standards, availability of child nutrition programs
  and how to apply, and a description of and compliance with Smart Snacks in School
  nutrition standards.
- The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.
- The District will ensure that communications are culturally and linguistically appropriate
  to the community, and accomplished through means similar to other ways that the
  district and individual schools are communicating important school information with
  parents.
- The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## 5) Evaluation and Measurement

#### a) Recordkeeping

The District will retain records to document progress toward goals outlined in the wellness policy on the District's shared network drive. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the wellness policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the SHAC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

#### b) Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. Annually, the District will also publicize information on how the public can become involved with the SHAC.

#### c) Triennial Progress Assessments and Revisions

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Chris Olson, District Employee Services Coordinator, chris.olson@taylor.k12.fl.us.

The District will make the triennial progress report available for families and the public to view via the District's website <a href="http://www.taylor.k12.fl.us/">http://www.taylor.k12.fl.us/</a>

The SHAC, in collaboration with individual schools, will track schools' progress toward the goals outlined within the wellness policy.

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Statutory Authority: 1001.41, 1001.42, 1003.453, 1003.455, 1003.46, F.S.

Law(s) Implemented:

Child Nutrition Act of 1966 (42 USC 1771 et seq.)
Richard B. Russell National School Lunch Act (42 USC 1751 et seq.)
1001.43, 1006.06, 1006.0606, F.S.

State Board of Education Rule(s): 6a-7.040, 6a-7.041, 6a-7.042

HISTORY: ADOPTED: xx/xx/17 REVISION DATES: xx/xx/17

FORMERLY: 2013

#### Glossary:

**Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

#### References:

Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, Journal of Adolescent Health. 2013; 52(5):523–532.

- <sup>2</sup> Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. American Journal of Diseases of Children. 1989;143(10):1234–1239.
- <sup>3</sup> Murphy JM. Breakfast and learning: an updated review. Current Nutrition & Food Science. 2007; 3:3–36.
- <sup>4</sup> Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. Archives of Pediatrics and Adolescent Medicine. 1998;152(9):899–907.
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- <sup>7</sup> Taras, H. Nutrition and student performance at school. Journal of School Health. 2005;75(6):199–213.
- <sup>8</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. Canadian Journal of Dietetic Practice and Research. 2008;69(3):141–144.
- <sup>9</sup> Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. Journal of Nutrition Education. 1997;29(1):12–20.
- <sup>o</sup> Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. Preventive Medicine. 1996;25(5):497–505.
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