

Wellness Guidelines Targets for 2011-2012

Drafted

(1) Healthy Fundraising

Beginning school year 2012-13, all foods and beverages sold as a fundraiser outside of the school meals program during the regular and extended school day should meet the Alliance Competitive Foods and Beverages Guidelines. This applies to student involvement of any kind whether on school grounds, in transit to/from school, orders/deposits, collection of funds or distribution of products. This guideline does not apply if the fundraiser occurs at school-related events where parents and other adults are a significant part of an audience (interscholastic sporting events, school play performances, band concerts, parent-teacher-student conferences, back-to-school nights, etc.).

(2) Staff/Employee Foods

Food and beverages sold and/or served at all PCS worksites and at school-sponsored staff functions are encouraged to meet the Alliance High School Beverage and Competitive Foods Guidelines.

(3) Food Rewards

Healthy school practices do not support food as the best choice when used as a reward or reinforcement for students. Rewarding a child is intended to help the child adopt positive behaviors that become internalized and self-regulating without the need for external prompting or recognition. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. Non food rewards should be used to provide positive reinforcement.

Approved by SHAC

(1) Lactation Support

Reasonable break time for nursing mothers breastfeeding has been shown to provide multiple health and economic benefits. The health benefits include a lower risk of infection, illnesses and obesity for the baby and mothers who breastfeed have a decreased chance of breast and ovarian cancer. The economic benefits of breastfeeding include lower rates of absenteeism, better retention of employees, lower health care costs and higher productivity from employees. Because employees need ongoing support in the worksite to be able to provide milk for their babies, the District is committed to providing an environment supporting breastfeeding for their employees. Section 7 of the Fair Labor Standards Act (29 U.S.C. 207) states the following: An employer shall provide a reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child's birth each time such employee has need to express the milk; and a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. An employer shall not be required to compensate an employee receiving reasonable break time under paragraph (1) for any work time spent for such purpose. An employer that employs less than 50 employees shall not be subject to the requirements of this subsection, if such requirements would impose an undue hardship by causing the employer significant difficulty or expense when considered in relation to the size, financial resources, nature, or structure of the employer's business. Nothing in this subsection shall preempt a State law that provides greater protections to employees than the protections provided for under this subsection.

(2) Diverse Communication

The Food Services Department will establish communication systems to inform students and their families of the school menus, nutritional information of foods and, food pricing information. The school meals program will reflect the diversity of the student population by posting the lunch menus at minimum in both English and Spanish for each month's menu on the district's website and within the daily menu options of the interactive virtual cafeteria, Nutri Café.

(3) Safe Routes to School Program

Elementary schools are encouraged to work with the Pinellas County Health Department, local health organizations, public works, public safety, and police personnel to implement a Safe Routes to School program (a comprehensive SRTS program includes all 5 E's: education, encouragement, enforcement, engineering, and evaluation). Schools and PTA's are encouraged to partner together to assess walking and biking routes for safe access to elementary schools, address areas and routes that may need improvement to assure safety for the parent and student groups, and to assist parents in organizing adult supervised walking and biking groups. If funding is available for Safe Routes to Schools, the district encourages schools to apply for funds to further improve their programs.

Pinellas County School Board Input on Wellness Guidelines

2011-12 Drafted and/or Approved by SHAC Wellness Guidelines

1. POSITIVE COMMENTS –

2. SUGGESTED IMPROVEMENTS –

3. OTHER -

Administration Guidelines Wellness, Physical Activity and Nutrition

Existing guidelines document is online:

https://www.pcsb.org/images/stories/Academics/Health-Ed/PDF/2011-12_Wellness_Guidelines.pdf

1. POSITIVE COMMENTS –

2. SUGGESTED IMPROVEMENTS –

3. OTHER -