



Administration Guidelines

Wellness, Physical Activity and Nutrition

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I. INTRODUCTION

On June 30, 2004, President Bush signed the Child Nutrition and WIC Reauthorization Act of 2004 into law that contains a local school wellness policy provision. The wellness policy provision requires every school district that participates in the federal school meals programs to enact a wellness policy by the first day of the 2006-2007 school year. The four components required by policy include 1) nutrition education, 2) physical activity, 3) other school-based wellness activities and 4) nutrition guidelines for all foods available on campus during the day.

In addition to the Annual Summary Report on Administrative Guidelines on Wellness, Physical Activity and Nutrition, the district will monitor progress toward specific goals within in Pinellas County Schools District Strategic Plan, Strategic Direction: Safe Learning Environment, Goal 3: The District will improve the safety, security, health, and management of the work and learning environment.

Pinellas County Schools acknowledges the importance of diversity and culturally inclusive practices in all school wellness efforts.

II. NUTRITION EDUCATION

Pinellas County Schools aims to teach, encourage and support healthy eating by students. It is recommended that all nutrition education be aligned to national guidelines identified by the Alliance for a Healthier Generation.

Go to: <http://www.healthiergeneration.org/>

A. Schools should provide nutrition education and engage in nutrition promotion that:

1. is offered at each grade level as part of a sequential, comprehensive, standards-based health education program designed to provide students with knowledge and skills necessary to promote and protect their health. Students in grades K-5 will receive a minimum of 10 nutrition lessons per grade. Nutrition lessons are posted in Moodle under Health Education.
2. is not only part of health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
3. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens.
4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise.)

6. involves a collaborative and coordinated effort between food services and the school faculty.
7. teaches media literacy with an emphasis on food marketing.
8. includes training for teachers and other staff.
9. involves sharing information with families and the broader community to positively impact students and the health of the community (e.g., district website and newsletters.)

III. PHYSICAL ACTIVITY

Pinellas County Schools encourages regular physical activity as a personal behavior; students need opportunities for physical activity and physical education.

The K-12 Physical Education Program shall implement the National Association for Sports and Physical Education (NASPE) national standards and the Next Generation of Sunshine State Standards for Physical Education:

- Identify, analyze, and evaluate movement concepts, mechanical principles, safety considerations, and strategies/tactics regarding movement performance in a variety of physical activities.
- Participate regularly in physical activity.
- Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.
- Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (locomotor, non-locomotor, manipulative, non-manipulative, educational gymnastics and dance, aquatics.)
- Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
- Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

All K-12 physical education students will have their **BMI** measured and recorded in the district server using Being Fit Matters (Fitnessgram). All physical education students' grades 3-12 will be measured in all remaining health related fitness assessments; **Pacer, Sit & Reach, Curl Ups, Trunk Lift, and Push Ups**. Physical education teachers will record this data using Being Fit Matters (Fitnessgram) on the district server. Pre and Post assessment data for physical education students must be recorded in the district server by the annually announced due date(s).

In addition to physical education, it is recommended that students receive increased opportunities for physical activity in all course offerings and/or extended course offerings throughout the school day.

A. Elementary School

1. Elementary Physical Education

- a. Physical Education is part of the required curriculum in elementary school and **MUST** be scheduled for 150 minutes per week and **MUST** be scheduled for a minimum of 30 minutes for any day that physical education is provided. Physical education classes should be staffed by a certified physical education teacher and non-certified assistants, or 30 minutes or more of the weekly scheduled physical education may be provided by the classroom teacher when appropriate. Physical education shall consist of physical activities of at least a moderate intensity level and for duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students. The physical education program will reflect the following program outcomes that are developmentally appropriate for the elementary student.
- b. Physical activity should not be used as a deprivation or punishment. Students should not be deprived of physical education to complete an academic assignment. Nor should they be required to run laps, or do “duck walks,” push-ups or other physical activity as a punishment.

2. Elementary Physical Activity Breaks

- a. On a daily basis, all elementary students shall have the opportunity to participate in a cumulative 20 minutes of physical activity beyond the physical education program. Physical activity should always be supervised. The principal shall determine how their school will meet this physical activity requirement.
- b. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school wide testing, make it necessary for students to remain inactive for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. **NOTE: Classroom Physical Activity Break activities/models are posted in Moodle under Health Education.**

3. Elementary After-School Child-Care Programs

- a. Before and Afterschool Care Providers will align their programs to the guidelines of the Alliance for a Healthier Generation.

4. Elementary After-School Tutoring Programs
 - a. Tutoring programs offered on school campuses are required to meet the “Administrative Guidelines on Wellness, Physical Activity and Nutrition.”

B. Middle School

1. Middle School Physical Education
 - a. Students in 6th through 8th grade will participate in a minimum of one semester of physical education.
 - b. Physical activity should not be used as a punishment (i.e.: students required to run laps, do “duck walks,” push-ups or other physical activity).
2. Middle School Physical Education Waivers
 - a. The physical education requirement for middle school students shall be waived for a student who meets the following criteria:
 - (1) The student is enrolled in a required remedial course.
 - (2) The student's parent indicates in writing to the school that:
 - (a) the student enroll in another course from among those offered as options by the school district, OR
 - (b) The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.
 - b. Schools must notify parents of the options available prior to scheduling a student into physical education.
3. Middle School Interscholastic Sports
 - a. The middle school sports programs include:
 - (1) Boys and Girls Volleyball
 - (2) Boys and Girls Basketball
 - (3) Boys and Girls Track and Field
4. Middle School After-School Child-Care Programs
 - a. Before and Afterschool Care Providers will align their programs to the guidelines of the Alliance for a Healthier Generation.
5. Middle School After-School Tutoring Programs

- a. Tutoring programs offered on school campuses are required to meet the “Administrative Guidelines on Wellness, Physical Activity and Nutrition.”

C. High School

1. Specific Credit Requirements for Graduation

- a. Physical Education/Health – For students entering 9th grade beginning in 2007-08, students are required to have one credit in Health Opportunities through Physical Education (HOPE) to include integration of health. A school may not require that the one credit in physical education be taken during the 9th grade year.
- b. Physical activity should not be used as a punishment (i.e.: students required to run laps, do “duck walks,” push-ups or other physical activity).

2. High School Physical Education Waivers / Prerequisites

a. High School Athletics

- (1) For students entering 9th grade beginning in 2007-08, participation in an interscholastic sport at the junior varsity or varsity level for two full seasons shall satisfy the one-credit requirement in physical education if the student passes a competency test on personal fitness with a score of “C” or better. The competency test on personal fitness must be developed by the Florida Department of Education.

b. High School Marching Band

- (1) Students in marching band are required to complete the athletic physical exam each year by a licensed physician before participation in band activities.

c. High School JROTC

- (1) For students entering 9th grade beginning in 2007-08, completion of 2 years in a Reserve Officer Training Corps (R.O.T.C.) class, a significant component of which is drills, shall satisfy the one-credit requirement in physical education and the one-credit requirement in performing arts. This credit may not be used to satisfy the personal fitness requirement or the requirement for adaptive physical education under an individual education plan (IEP) or 504 plan.

d. High School 18-Credit Graduation Option Requirements

- (1) Health and physical education are not required in this option.

e. High School Interscholastic Sports and Academic Eligibility

- (1) A variety of Florida High School Activities Association and Department of Education-sanctioned athletics are offered for high school students. All students are encouraged to take part in these activities.
 - (2) High school academic eligibility is a privilege, and it is based upon state guidelines, academic standing and citizenship. Transferring from one school to another and changing residence from one parent or guardian to another all have a bearing on athletic eligibility. Students and parents having individual questions about their child's eligibility should contact their school athletic director or principal.
3. After-School Tutoring Programs
- a. Tutoring programs offered on school campuses are required to meet the "Administrative Guidelines on Wellness, Physical Activity and Nutrition."

IV. OTHER SCHOOL-BASED WELLNESS ACTIVITIES

A. Healthy Environment

- 1. Each school shall incorporate a student health, wellness, or fitness goal (or objective that supports another goal) into their School Improvement Plan. (Moodle)
- 2. All schools will convene a Healthy School Team (wellness council/committee) to address the health concerns of the school and to annually update the school's Healthy School Inventory.
 - a. Web-based resources for all schools
 - (1) Alliance for a Healthier Generation "Healthy Schools Program," <http://www.healthiergeneration.org/>
 - (2) Action for Healthy Kids, <http://www.actionforhealthykids.org/>
 - (3) *Healthier* US School Challenge, <http://teamnutrition.usda.gov/HealthierUS/index.htm>
 - (4) Let's Move, <http://www.letsmove.gov/>
 - (5) Fuel Up to Play 60, <http://www.fueluptoplay60.com/>
- 3. All school cafeterias and dining areas should be healthy nutrition environments. Pinellas County Schools should ensure that all students have daily access to school meals (breakfast and lunch.) Schools are strongly encouraged to have lunch within the school day with equal access throughout the day for all students. USDA 7 CFR 210 Subpart C, 210.10 (f) requires that school lunch periods must be between 10:00am and 2:00pm. Adequate time

should be allowed for students to receive and consume meals, and cafeterias should provide a pleasant dining environment. The minimum recommended eating time for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.

4. Free potable water will be available to students where meals are served (Healthy, Hunger-Free Kids Act of 2010; Sec. 203)
5. Schools should provide students access to hand washing or hand sanitizing throughout the school day.
6. School-based marketing should be consistent with nutrition education and health promotion. Examples: vending machine covers that promote water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discount gym memberships.
7. Healthy Fundraising
 - a. By the 2013-14 school year, 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.
 - b. This applies to student involvement of any kind whether on school grounds or in transit to/from school for orders/deposits, collections of funds, or distribution of products.
 - c. 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.)
8. Safe Routes to School Program
 - a. 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.

B. Staff Wellness

Pinellas County Schools highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

1. The district shall establish and maintain an Employee Wellness Committee composed of at least one district staff member, SHAC member, dietitian or other health professional, Health Plan representative, Employee Assistant Plan (EAP) representative, and risk management team member.
2. The Employee Wellness Committee shall be a subcommittee of the SHAC. The Employee Wellness Committee is responsible for designing the district's Strategic Wellness Plan and for developing, promoting and evaluating the annual (operating) Wellness Plan. The plan shall be based on input solicited from school staff members and shall outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among the school staff.
3. The Employee Wellness Committee shall distribute its operating plan to the SHAC annually.
4. All worksites will select a "Wellness Champion" to facilitate the BE Smart, Pinellas County Schools Wellness Program offered by Risk Management Department and to assist with updating the Healthy School Inventory each year.
5. Staff Foods
 - a. For the 2012-13 school year, food and beverages available for purchase through staff worksite vending and district and school sponsored staff functions are encouraged to meet the Alliance High School Beverage and Competitive Foods Guidelines.
 - b. By the 2013-2014 school year, food and beverages sold and/or served through staff worksite vending will meet the Alliance High School Beverage and Competitive Foods Guidelines. Food and beverages served at district and school staff functions are encouraged to meet the Alliance High School Beverage and Competitive Foods Guidelines.
6. Reasonable Break Time for Nursing Mothers
 - a. 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.

- b. 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:

(1) An employer shall provide-

A. 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.

B. 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.

(2) 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.

(3) 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.

(4) Nothing in this subsection shall preempt a State law that provides greater protections to employees than the protections provided for under this subsection.

V. NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

Since the 12/07 revision, these Nutritional Guidelines have been making a transition towards the recommendations of the national guidelines identified by the Alliance for a Healthier Generation. (Go to <http://www.healthiergeneration.org/>)

A. Communication

1. 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.
2. 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.

B. Definition

The following definitions apply to the Pinellas County School Nutrition Standards:

1. **A la Carte:** Refers to individually priced food items provided by the school food services department. These items may or may not be part of the reimbursable meal.
2. **Competitive Foods:** Foods and beverages sold or made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program. This definition includes but is not limited to food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers. School fundraisers include food sold by school administrators or the staff (principals, coaches, teachers, etc.), students or student groups, parents or parent groups, or any other person, company or organization.
3. **FMNV:** Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the U. S. Department of Agriculture under the child nutrition programs.
4. **Food Services:** Refers to the school's operation of the National School Lunch Program, School Breakfast Program and After School Snack Programs and includes all food services operations conducted by the school principally for the benefit of school children, all of the revenue from which is used solely for the operation or improvement of such food services.
5. **Food Service Area:** Any area on school premises where school food service program meals are served and/or eaten.
6. **Lunch Period:** Time that food service program is serving food items and includes time interval that students are eating.
7. **Fried Foods:** Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying." This definition does not include foods that are stir-fried, sautéed or par-fried during the manufacturing process.
8. **Fruit or Vegetable Drink:** Beverages labeled as containing fruit or vegetable juice in amounts less than 100 percent.
9. **Fruit or Vegetable Juice:** Beverages labeled as containing 100 percent fruit or vegetable juice.
10. **School Day:** The school day begins with the start of the first breakfast period and continues until the end of the last period of the day (last bell.)

11. School Meals: Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
12. Snacks: Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food services department.
13. Trans Fat: Occurs in foods when manufacturers use hydrogenation, a process in which hydrogen is added to vegetable oil to turn the oil into a more solid (saturated) fat. Trans fats may be found in such foods as margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings and other processed foods.
14. School Meal Initiative: (SMI) SMI is the umbrella term for all regulations and policies that address the nutrition standards and menu planning systems.
 - a. SMI Criteria:
 - (1) Breakfast meets 1/4 and lunch 1/3 of the Dietary Reference Intakes (DRI).
 - (2) When averaged over a school week, all school meals contain 30 percent or fewer calories from fat and less than 10 percent calories from saturated fats.
 - (3) When averaged over a school week, school meals reflect efforts to reduce levels of sodium and cholesterol and increase dietary fiber.

C. Foods of Minimal Nutritional Value (FMNV)

1. Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value. These items may not be sold in elementary schools at all and not until one hour after the last lunch period in the secondary schools.
2. Restricted Foods – Foods and beverages that are restricted from sale to students are classified in the following four categories:
 - a. Soda Water: Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
 - b. Water Ices: Any frozen, sweetened water such as “...sicles” and flavored ice with the exception of products that contain fruit or fruit juice.
 - c. Chewing Gum: Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

- d. Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
- (1) Hard Candy: A product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after-dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - (2) Jellies and Gums: A mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans jellied and fruit-flavored slices.
 - (3) Marshmallow Candies: An aerated confection composed of sugar, corn syrup, invert sugar, 20 percent water, and gelatin or egg white to which flavors and colors may be added.
 - (4) Fondant: A product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution such as candy corn or soft mints.
 - (5) Licorice: A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - (6) Spun Candy: A product that is made from sugar that has been boiled at a high temperature and spun at a high speed in a special machine.
 - (7) Candy-Coated Popcorn: Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

**C. Regulations Governing Federally Funded School Meals Programs
USDA 7 Code of Federal Regulations 210,220,245; Florida State
Board of Education Rules 6-7,042(2c)**

1. State Board of Education Rules

****6-7.042 Responsibilities for the School Food Services Program.**

To control the sale of food and beverage items in competition with the district approved food services program, including those classified as “foods of minimal nutritional value,” listed in Code of Federal Regulations 210, Appendix B. These items may be sold in secondary schools only, with the approval of the school board, one (1) hour following the close of the last lunch period. A school board may allow the sale of carbonated beverages to students in high schools by a school activity or organization authorized by the principal at all times if a beverage of one hundred (100) percent fruit juice is

sold at each location where carbonated beverages are sold. However, carbonated beverages may not be sold where breakfast or lunch is being served or eaten. Non-carbonated beverages, including one hundred (100) percent fruit juice, may be sold at all times during the day at any location. Consideration should be given to allowing only the sale of nutritious food and beverage items that meet at least United States Department of Agriculture dietary guidelines for Americans.

D. Nutritional Guidelines for Elementary Schools

For purposes of these guidelines, an elementary school campus is defined as any campus containing grades preK-5 or any configuration/combination of these grades. Schools containing preK-12 grade levels should follow elementary school guidelines or middle school guidelines.

1. Foods of Minimal Nutritional Value (FMNV) Policy

- a. Elementary school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises including vending machines, school stores and fundraisers until the end of the last scheduled class. State Board of Education Rule 6-7.042(2c). For exemptions see Section IV-G-1.

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on elementary school campuses with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals currently meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) Elementary schools will not use deep fat frying as a method for on-site preparation.
- (3) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way during school preparation may be served without restriction.
- (4) Foods that have been flash-fried by the manufacturer may be served but must be baked or heated by another method.
- (5) School menus will reduce the offerings containing trans fats where appropriate. Currently less than 1% of ingredients used contain trans fats.

3. Portion Sizes

- a. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on elementary school campuses with the exception of school meals, which are governed by USDA regulations.

Foods or Beverage	Portion Size
Crackers, popcorn, cereal and pretzel.	1.5 ounces
Cookies, cereal bars	2 ounces
Bakery items (e.g., pastries, muffins). This excludes items that count as two-bread components served/sold as breakfast.)	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces
Reduced fat milk (1 % or less), flavored or unflavored. (Flavored milks may contain no more than 22 grams total sugar per 8 ounce serving.)	16 ounces
Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. Non-carbonated, 0 calorie flavored or unflavored bottled water may be 16.9 ounces. Energy supplement beverages are prohibited.	12 ounces
Yogurt	8 ounces
Frozen fruit slushes (must contain a minimum of 100% fruit juice)	7 ounces

4. Other

- a. Fruit and/or vegetables will be offered daily at all points of service. Fruit and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- b. Schools will not serve milk that exceeds 1 percent butterfat.
- c. All beverages served in elementary schools will be milk, 0 calorie flavored water, unflavored water and 100 percent fruit and/or vegetable juice.
- d. Elementary schools will not serve chips.
- e. Elementary schools will not serve candy bars or any other packaged candies.

5. Competitive Foods and Snacks

- a. An elementary school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day. This does not pertain to food items made available by the school food services department. State Board of Education Rule 6-7.042(2c)
- b. Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as meal periods for that class. The snack may be provided by the school food services, the teacher, parents or other groups and should be at no cost to students.
- c. School-provided snack must comply with the guidelines of the Pinellas County Schools Nutrition Standards and may not contain any FMNV. (See Exemptions for School Events Section IV-G)
- d. As it is the goal to have the guidelines of the Pinellas County Schools Nutrition Standards transition towards the recommendations of the national guidelines identified by the Alliance for a Healthier Generation, beginning with the 2009-2010 school year: 25% of all competitive foods made available to students by the Food Service Department will comply with Alliance for a Healthier Generation's "Guidelines for Competitive Foods Sold in School to Students." Food items offered as a component of the reimbursable meal and also made available to students ala carte will not be subject to these guidelines. These guidelines can be found at http://www.healthiergeneration.org/uploadedFiles/For_Schools/snack-food-guidelines-chart-K-12.pdf
- e. 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. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. (see appendix)

D. Nutritional Guidelines for Middle Schools

For purposes of this policy, a middle school campus is defined as a campus containing grades 6, 7 and 8. Schools containing preK-12 grade levels should follow elementary school guidelines or middle school guidelines.

- 1. Foods of Minimal Nutritional Value (FMNV) Policy
 - a. Middle school campuses may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises including vending machines, school stores and fundraisers until one hour after the end of the last lunch period. School Board Education Rule 6-7.042(2c). For exemptions see Section IV - G.

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on middle school campuses with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals currently meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) Middle schools will not use deep fat frying as a method for on- site preparation.
- (3) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way during school preparation may be served without restriction.
- (4) Foods that have been flash-fried by the manufacturer may be served but must be baked or heated by another method.
- (5) School menus will reduce the offerings containing trans fats where appropriate. Currently less than 1% of ingredients used contain trans fats.

3. Portion Sizes

- a. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Foods or Beverages	Portion Size
Chips (baked), crackers, popcorn, cereal, jerky and pretzels.	1.5 ounces
Cookies, cereal bars	2 ounces
Bakery items (e.g., pastries, muffins). This excludes items that count as two-bread components served/ sold as breakfast.	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces

Reduced fat milk (1% or less), flavored or unflavored. (Flavored milks may contain no more than 22 grams total sugar per 8 ounce serving.)	16 ounces
Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. Non-carbonated, 0 calorie flavored or unflavored bottled water may be 16.9 ounces. Energy supplement beverages are prohibited.	12 ounces
Yogurt	8 ounces
Frozen fruit slushes (must contain a minimum of 100 % fruit juice.)	12 ounces

4. Other

- a. Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- b. Schools will not serve milk that exceeds 1 percent butterfat.
- c. Middle schools serving chips will use baked varieties.
- d. Middle schools will not serve candy bars or any other packaged candies.

5. Competitive Foods and Snacks

- a. A middle school campus may not serve competitive foods (or provide access to them through direct or indirect sales) to students anywhere on school premises throughout the school day. This does not pertain to food items made available by the school food services department. State Board of Education Rule 6-7.042(2c)
- b. As it is the goal to have the guidelines of the Pinellas County Schools Nutrition Standards transition towards the recommendations of the national guidelines identified by the Alliance for a Healthier Generation, as of the 2009-2010 school year 25% of all competitive foods made available to students by the Food Service Department will comply with Alliance for a Healthier Generation's "Guidelines for competitive Foods Sold in School to Students." Food items offered as a component of the reimbursable meal and also made available to students a la carte will not be subject to these guidelines. These guidelines can be found at http://www.healthiergeneration.org/uploadedFiles/For_Schools/snack-food-guidelines-chart-K-12.pdf
- a. Rewarding students in the classroom should not involve candy and other foods that can undermine students' diets and health and reinforce

unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for students' behavior and academic performance. (see appendix)

F. Nutrition Guidelines for High Schools

For purposes of these guidelines, a high school campus is defined as a campus containing grades 9, 10, 11 and 12. PreK-12 schools should follow the guideline requirements designated for elementary or middle schools.

1. Foods of Minimal Nutritional Value (FMNV)

- a. High schools may not serve or provide access to FMNV without the approval of the school board and then only one (1) hour following the close of the last lunch period. Florida State Boards of Education 6-7.042 (2) for exemptions see Section IV-G.
- b. No more than 20 percent of the beverages made available through vending machines on high school campuses should be carbonated full sugar soft drinks. All other beverages available through the high school vending program will be compliant with the Alliance for a Healthier Generation beverage guidelines Furthermore, beverages other than water will be limited to containers holding no more than 16.9 ounces.

2. Nutrition Standards

The following specific nutrition standards pertain to all food and beverages served or made available to students on high school campuses including vending machines, school stores and fundraisers with the exception of school meals, which are governed by federal regulations. (7CFR Parts 210,220) (See definition SMI)

a. Fats and Fried Foods:

- (1) School reimbursable meals will meet federal regulations for ≤ 30 percent calories from fat and < 10 percent calories from saturated fat averaged over a school week's time.
- (2) Deep fat fried French fries and other fried potato products must not exceed 4.5 ounces per serving, and students may only purchase one serving at a time.
- (3) Baked potato products (wedges, slices, whole, new potatoes) that are produced from raw potatoes and have not been pre-fried, flash-fried or deep fat-fried in any way during school preparation may be served without restriction.
- (4) High schools will not use deep fat frying as a method of on-site preparation for foods served. (Exception: French fries served a la carte in portions no greater than 4.5 ounces, and students may only purchase one serving at a time.)
- (5) Foods that have been flash-fried by the manufacturer may be

served but should be baked or heated by another method.

(6) School menus will reduce the offerings containing trans fats where appropriate. Currently less than 1% of ingredients used contain trans fats.

3. Portion Sizes:

a. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by USDA regulations.

Foods or Beverage	Portion Size
Chips (baked), crackers, popcorn, cereal, jerky and pretzels.	1.5 ounces
Cookies, cereal bars	2 ounces
Bakery items (e.g., pastries, muffins.) This excludes items that count as two-bread components served/ sold as breakfast.	3 ounces
Frozen desserts, ice cream, pudding and gelatin.	4 ounces
Reduced fat milk (1 % or less), flavored or unflavored. (Flavored milks may contain no more than 22 grams total sugar per 8 ounce serving.)	16 ounces
Beverages (other than milk) may contain no more than 30 grams total sugar per 8 ounce serving. Energy supplement beverages are prohibited.	16.9 ounces
Yogurt	8 ounces
Frozen fruit slushes (must contain a minimum of 100 % fruit juice.)	12 ounces

4. Other

- a. Fruit and/or vegetables will be offered daily on all points of service. Fruits and vegetables should be fresh whenever possible. Frozen and canned fruits should be packed in natural juice, water or light syrup.
- b. Schools will not serve milk that exceeds 1 percent butterfat.

- c. High schools serving chips will use baked varieties.
5. Competitive Foods and Snacks
- b. High school campus may not serve or provide access to competitive foods without the approval of the school board and then only one (1) hour following the close of the last lunch period. This does not pertain to food items made available by the school food services department. All competitive foods sold or provided to students must meet all federal and state regulations 7CFR Parts 210, 220 and FI State Board of Education Rules 7-7.042(2c)
 - c. As it is the goal to have the guidelines of the Pinellas County Schools Nutrition Standards transition towards the recommendations of the national guidelines identified by the Alliance for a Healthier Generation, as of the 2009-2010 school year 25% of all competitive foods made available to students by the Food Service Department will comply with Alliance for a Healthier Generation's "Guidelines for competitive Foods Sold in School to Students". Food items offered as a component of the reimbursable meal and also made available to students a la carte will not be subject to these guidelines. These guidelines can be found at http://www.healthiergeneration.org/uploadedFiles/For_Schools/snack-food-guidelines-chart-K-12.pdf
 - d. For the 2011-12 school year, a minimum of 80% of the beverage items offered for sale to high school students outside of the school meals program during the regular and extended school day will meet or exceed the Alliance for a Healthier Generation's School Beverage Guidelines. All beverage items to be offered for sale through vending will be determined through student taste tests and other national research sources. Through sales data and additional student input, food service may choose to eliminate the sale of all beverages not in compliance with the Alliance Guidelines.
 - e. Beginning in 2012-13 school year, 100% of the beverages offered for sale to high school students outside of the school meals program during the regular and extended school day will meet or exceed the Alliance for a Healthier Generation's School Beverage Guidelines.
 - f. Rewarding students in the classroom should not involve candy and other foods that can undermine students' diets and health and reinforce unhealthful eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for students' behavior and academic performance. (see appendix)

G. FMNV and Guideline Exemptions

1. School Nurses: These guidelines do not apply to school nurses using FMNVs during the course of providing health care to individual students.

2. Accommodating Students with Special Needs: Special needs students whose Individualized Education Program (IEP) plan indicates the use of FMNV or candy for behavior modification (or other suitable need) may be given FMNV or candy items.
3. School Events: Students may be given FMNV, candy items or other restricted foods, during the school day for up to two different school-wide events each school year to be determined by campus. The exempted events must be approved by a school official. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with regulation.
4. FCAT Test Days: Schools and parents may provide one additional nutritious snack per day for students taking the FCAT tests. The snack must comply with the guidelines of the Pinellas County Schools Nutrition Standards and may not contain any FMNV. The one exception may be peppermint hard candies.
5. Instructional Use of Food in Classroom: For instructional purposes, as part of a prepared lesson, teachers may use FMNV. Students may consume food prepared in class for instructional purposes. However, this should be on occasional basis, and food may not be provided or sold to other students or classes. Food provided for students as part of a class, including family and consumer sciences and culinary programs or school cultural heritage event for instructional enrichment purposes, would be exempt from these guidelines. However, FMNV may not be served during meal periods in the areas where school meals are being served or consumed and regular meal service (breakfast and lunch) must continue to be available to students.
6. Field Trips: School-approved field trips are exempt from the nutrition guidelines. A school official must approve the dates and purposes of the field trips in advance.
7. Athletic, Band and Other Competitions: The nutrition guidelines do not apply to students who leave campus to travel to athletic, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by these guidelines.
8. These guidelines do not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school.

VI. MONITORING AND POLICY REVIEW

A. School Health Advisory Committee (Statute S.381.0056 FS)

1. The school district and/or individual schools within the district will create, strengthen or work within existing School Health Advisory Committee (SHAC) to develop, implement, monitor, review and, as necessary, revise school nutrition, physical activity, social/emotional wellness policies, and all other components of the Coordinated School Health Model.
2. The committee will serve as resources to school sites for implementing those policies.
3. A School Health Advisory Committee (SHAC) consists of a group of individuals representing the Coordinated School Health Model. The Coordinated School Health Model consists of eight components representing health education, physical education, school health services, school nutrition services, school counseling, psychological and social services, healthy school environment, school-site health promotion for staff, family and community involvement in school health, and comprehensive school health education.

B. Monitoring

1. The superintendent or designee will ensure compliance with established district wide nutrition, physical activity, and social/emotional wellness policies.
2. In each school, the principal or designee will ensure compliance with those policies in his/her school.
3. All schools will be registered with the Alliance for Healthier Generation's Healthy School Program and may use its resources to establish effective practices that promote wellness. On an annual basis, schools will use the Healthy School Inventory instrument to assess their school's nutrition and physical activities environments and policies.
4. School food services staff members, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI), review findings, and any resulting changes.
5. The superintendent or designee will write a summary report every year on district wide compliance with the district's established nutrition and physical activity wellness policies, based on aggregated data from all schools' Healthy School Inventories. That report will be provided to the school board and also distributed to the School Health Advisory Committee, parent/teacher organizations, school principals, school health services personnel in the district, and posted on the district's web site.
6. The district in conjunction with SHAC will as necessary revise the wellness policies, administrative guidelines, and develop work plans to facilitate implementation.

Promoting a Healthy School Environment

HEALTHY FUNDRAISING



Candy, baked goods, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with sweets promotes unhealthy habits that can have lifelong impact.

As we face a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

Healthy Kids Learn Better: Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.

Provides Consistent Messages: Fundraising with healthy foods and non-food items demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.

Promotes a Healthy School Environment: Students need to receive consistent, reliable health information and ample opportunity to use it. Finding healthy alternatives to fund-raising is an important part of providing a healthy school environment.

Almost 20 percent of children are overweight, a threefold increase from the 1970's. Poor eating habits and a sedentary lifestyle are just behind smoking as the leading cause of deaths per year in the United States, and the number of deaths related to poor diet and physical inactivity is increasing.

Consequences of Unhealthy Fundraising

Compromises Classroom Learning: Selling unhealthy food items contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy and other sweets. It's like saying, *"You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well."* Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.

Promotes the Wrong Message: Selling unhealthy foods provides a message that schools care more about making money than student health. We would never think of raising money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.

Contributes to Poor Health: Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.

WHAT SCHOOLS CAN DO

Ideas for Healthy Fundraising Alternatives

Schools can help promote a healthy learning environment by using fundraising alternatives to food:

HEALTHY FOODS

- ◆ Fruit and nut baskets
- ◆ Fruit and yogurt parfaits
- ◆ Fruit smoothies
- ◆ Lunch box auctions
- ◆ Frozen bananas
- ◆ Trail mix

ITEMS SUPPORTING ACADEMICS

- ◆ Read-A-Thon
- ◆ Science Fair
- ◆ Spelling Bee
- ◆ Student Art Show
- ◆ Walk-a-thon

SELL CUSTOM MERCHANDISE

- ◆ Bumper stickers/decals
- ◆ Calendars
- ◆ Cookbook made by school
- ◆ Logo air fresheners
- ◆ T-shirts
- ◆ Sweatshirts

ITEMS YOU CAN SELL

THINGS YOU CAN DO

- ◆ Auction donated items
- ◆ Bike-a-thons
- ◆ Bowling night/bowl-a-thon
- ◆ Car wash
(pre-sell tickets as gifts)
- ◆ Carnivals (Halloween, Easter)
- ◆ Dances (kids, father/daughter)
- ◆ Family/glamour portraits
- ◆ Festivals
- ◆ Fun runs
- ◆ Gift wrapping
- ◆ Golf tournament
- ◆ Jump Rope a-thons
- ◆ Magic show
- ◆ Recycling cans/bottles/paper
- ◆ Rent a special parking space
- ◆ Singing telegrams
- ◆ Skate night/skate-a-thon
- ◆ Talent shows
- ◆ Tennis/horseshoe competition
- ◆ Treasure hunt/scavenger hunt
- ◆ Workshops/classes

- ◆ Activity theme bags
- ◆ Air fresheners
- ◆ Bath accessories
- ◆ Balloon bouquets
- ◆ Batteries
- ◆ Books, calendars
- ◆ Brick/stone/tile memorials
- ◆ Bumper stickers & decals
- ◆ Buttons, pins
- ◆ Candles
- ◆ Christmas trees
- ◆ Coffee cups, mugs
- ◆ Cookbooks
- ◆ Crafts
- ◆ Coupon Books
- ◆ Customized stickers
- ◆ First aid kits
- ◆ Emergency kits for cars
- ◆ Flowers and bulbs
- ◆ Foot warmers
- ◆ Football seats
- ◆ Garage sale
- ◆ Giant coloring books
- ◆ Gift baskets
- ◆ Gift certificates
- ◆ Gift items
- ◆ Gift wrap, boxes and bags
- ◆ Graduation tickets
- ◆ Greeting cards
- ◆ Hats
- ◆ Holiday ornaments
- ◆ Holiday wreaths
- ◆ House decorations
- ◆ Jewelry
- ◆ License plates or holders w/
school logo
- ◆ Lunch box auctions
- ◆ Magazine subscriptions
- ◆ Megaphones
- ◆ Mistletoe
- ◆ Monograms
- ◆ Music, videos, CDs
- ◆ Newspaper space, ads
- ◆ Parking spot (preferred location)
- ◆ Pet treats/toys/accessories
- ◆ Plants
- ◆ Pocket calendars
- ◆ Pre-paid phone cards
- ◆ Scarves
- ◆ School art drawings
- ◆ School frisbees
- ◆ School spirit gear
- ◆ Souvenir cups
- ◆ Spirit/seasonal flags
- ◆ Stadium pillows
- ◆ Stationery
- ◆ Student directories
- ◆ Stuffed animals
- ◆ Temporary/henna tattoos
- ◆ T-shirts, sweatshirts
- ◆ Valentine flowers
- ◆ Yearbook covers
- ◆ Yearbook graffiti

◆ Survey student ideas

Promoting a Healthy School Environment **ALTERNATIVES TO FOOD AS REWARD**



Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it. Finding alternatives to food rewards is an important part of providing a healthy school environment.

CONSEQUENCES OF USING FOOD AS REWARD

“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

Compromises Classroom Learning:

Schools are institutions designed to teach and model appropriate behaviors and skills to children. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets. It's like saying, “You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy food.” Classroom learning about nutrition will remain strictly theoretical if schools regularly model unhealthy behaviors.

Contributes to Poor Health:

Foods commonly used as rewards (like candy and cookies) can contribute to health problems for children, e.g., obesity, diabetes, hypertension and cavities. Food rewards provide unneeded calories and displace healthier food choices.

Encourages over consumption of Unhealthy Foods:

Foods used as rewards are typically “empty calorie” foods - high in fat, sugar and salt with little nutritional value. Decreasing the availability of empty calorie foods is one strategy schools can use to address the current childhood obesity epidemic.

Contributes to Poor Eating Habits:

Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues. This teaches kids to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating.

Increases Preference for Sweets:

Food preferences for both sweet and non-sweet food increase significantly when foods are presented as rewards. This can teach children to prefer unhealthy foods.

About 20 percent of children are overweight. Over the past three decades, the childhood obesity rate has more than doubled for preschool children aged 2-5 years and adolescents aged 12-19 years, and it has more than tripled for children aged 6-11 years.

WHAT SCHOOLS CAN DO

Ideas for Alternatives to Using Food as a Reward

Schools can help promote a healthy learning environment by using nonfood rewards. The ideas below are just a beginning and can be modified for different ages. Be creative, and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

- ◆ Make deliveries to office
- ◆ Teach class
- ◆ Sit by friends
- ◆ Eat lunch with teacher or principal
- ◆ Eat lunch outdoors with the class
- ◆ Have lunch or breakfast in the classroom
- ◆ Private lunch in classroom with a friend
- ◆ Be a helper in another classroom
- ◆ Play a favorite game or do puzzles
- ◆ Stickers, pencils, bookmarks
- ◆ Certificates
- ◆ Fun video
- ◆ Extra recess
- ◆ Walk with the principal or teacher
- ◆ Fun physical activity break
- ◆ School supplies



Middle School Students

- ◆ Trip to treasure box filled with nonfood items - stickers, tattoos, pencils, erasers, bookmarks, desktop tents
- ◆ Dance to favorite music in the classroom
- ◆ Paperback book
- ◆ Show-and-tell
- ◆ Bank system - Earn play money for privileges
- ◆ Teacher or volunteer reads special book to class
- ◆ Teacher performs special skill (singing, cart wheel, guitar playing, etc.)
- ◆ Read outdoors or enjoy class outdoors
- ◆ Have extra art time
- ◆ Have "free choice" time at end of the day or end of class period
- ◆ Listen with headset to a book on audiotape
- ◆ Items that can only be used on special occasions (special art supplies, computer games, toys)

- ◆ Sit with friends
- ◆ Listen to music while working at desk
- ◆ Five-minute chat break at end of class
- ◆ Reduced homework or "no homework" pass
- ◆ Extra credit
- ◆ Fun video
- ◆ Fun brainteaser activities
- ◆ Computer time
- ◆ Assemblies
- ◆ Field trips
- ◆ Eat lunch outside or have class outside

High School Students

- ◆ Extra credit or bonus points
- ◆ Fun video
- ◆ Reduced homework
- ◆ Late homework pass
- ◆ Donated coupons to video stores, music stores or movies
- ◆ Drawings for donated prizes among students who meet certain grade standards





Highlights

All components of the PCS Wellness Guidelines are in progress of being aligned to the guidelines from the Alliance for a Healthier Generation. www.healthiergeneration.org

NUTRITION EDUCATION: Instruction is required at all grade levels.

PHYSICAL ACTIVITY:

- Thirty (30) consecutive minutes of physical education is required. Students enrolled in PE in Grades 3 - 5 are required to complete the Being Fit Matters/Fitnessgram assessment, taught by a certified physical education teacher.
- On a daily basis, all elementary students shall have the opportunity of participating in a cumulative 20 minutes of physical activity beyond the physical education program.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES: Schools should provide access to hand washing/hand sanitizing before and after students eat.

FOODS ON CAMPUS: Schools may not serve or provide access for students to low nutritional foods and all other forms of candy on school property until the end of the school day. This includes vending machines, school stores and school fundraisers.

MENUS AND CAFETERIA OPTIONS: Food services menus meet or exceed regulatory nutrition requirements. All beverages served will be milk, 0-calories flavored or unflavored water, 100% fruit and/or vegetable juice. Energy supplement beverages are prohibited.

SNACKS AND SPECIAL EVENTS:

- Parents who would like to send class snacks should call the school office or teacher to make sure the items are within the guidelines. School-provided snacks must comply with the Pinellas County Schools Nutrition Standards and may not contain any Foods of Minimal Nutritional Value (candy, gum, soft drinks, etc.). Classroom snacks may not exceed the maximum portion size designated for that item. Please refer to the suggestions for healthy snacks.
- With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to two different school-approved events each year**. These food items may not be given while school meals are being served.

INSTRUCTIONAL USE OF FOOD IN CLASSROOM: As part of an instructional, prepared lesson, teachers may use low nutritional foods. Occasionally, students may consume food prepared in class for instructional purposes; however, food may not be provided or sold to other students or classes. Low nutritional items may not be served during meal periods.

STUDENTS WITH SPECIAL NEEDS: Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

TESTING DAYS: Schools and parents may provide one additional snack per day for students taking tests. The school snack must comply with the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

FIELD TRIPS AND STUDENT COMPETITIONS: School approved field trips and competitions are exempt from the nutrition guidelines.

HEALTHY SNACKS

FRESH FRUITS

- Canned fruits in natural or light juices
- Raisins
- Other dried fruits

GRAINS (1.5 oz. or less)

- Whole grain crackers
- Unsweetened cereals
- Unbuttered popcorn
- Baked tortilla chips
- Unsweetened cereal
- Pretzel and nut mix
- Pretzels
- Graham/animal crackers
- Goldfish crackers
- Munchies Kids Mix
- Baked chips



CEREAL BARS (2 oz. or less)

- Multigrain bars
- Quaker Oatmeal bars
- Rice Krispies Treats

BAKERY ITEMS (3 oz. or less)

- Whole grain breads
- Bagels
- English muffins
- Mini muffins

MISCELLANEOUS

- Fresh vegetables
- Low-fat cheeses
- Peanut butter
- Salsa
- Sugar-free gelatin
- Yogurt (8 oz. or less)



BEVERAGES (12 oz. or less)

- Bottled water
- Flavored water (0-calorie)
- Low-fat milk, flavored or unflavored
- 100% Fruit juices

Frequently Asked Questions



HOW OFTEN ARE THE GUIDELINES CHANGED?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. Each year the guidelines are reviewed and revised as necessary by the School Health Advisory Committee.

HOW DOES THIS AFFECT THE LUNCH THAT I SEND TO SCHOOL WITH MY CHILD?

These guidelines do not affect what you pack in your child's lunch. Parents may provide low nutritional or candy items for their own child but not for other children.

WHO DO I CALL IF I HAVE A QUESTION?

For more information, please contact the office at your child's school.



Highlights

All components of the PCS Wellness Guidelines are in progress toward being aligned to the guidelines from the Alliance for a Healthier Generation. www.healthiergeneration.org

NUTRITION EDUCATION:

Instruction is required at all grade levels.

PHYSICAL ACTIVITY: Students in grades 6-8 will be required to take one semester of physical education unless the parent waives this requirement. Students enrolled in PE are required to complete the Being Fit Matters / Fitnessgram Assessment.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES: Schools should provide access to hand washing/hand sanitizing before and after students eat.

FOODS ON CAMPUS: Schools may not serve or provide access for students to low nutritional foods and all other forms of candy on school property until one hour after the end of the last lunch period. This includes vending machines, school stores and school fundraisers.

MENUS AND CAFETERIA OPTIONS: Food services menus meet or exceed regulatory nutrition requirements. Energy supplement beverages are prohibited.

STUDENTS WITH SPECIAL NEEDS: Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

SNACKS AND SPECIAL EVENTS:

- Parents who would like to send class snacks should call the school office or teacher to make sure the items are within the guidelines. School-provided snacks must comply with the Pinellas County Schools Nutrition Standards and may not contain any Foods of Minimal Nutritional Value (candy, gum, soft drinks, etc.). Classroom snacks may not exceed the maximum portion size designated for that item. Please refer to the suggestions for Healthy Snacks.
- With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to two different school-approved events each year**. These food items may not be given while school meals are being served.

INSTRUCTIONAL USE OF FOOD IN CLASSROOM: As part of an instructional, prepared lesson, teachers may use low nutritional foods. Occasionally, students may consume food prepared in class for instructional purposes; however, food may not be provided or sold to other students or classes. Food provided for students as part of family and consumer sciences or culinary programs would be exempt from these guidelines. Low nutritional items may not be served during meal periods.

TESTING DAYS: Schools and parents may provide one additional snack per day for students during testing days. The school snack must comply with the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

FIELD TRIPS AND STUDENT COMPETITIONS: School approved field trips and athletic and band competitions are exempt from the nutrition guidelines.

HEALTHY SNACKS

FRESH FRUITS

Canned fruits in natural or light juices
Raisins
Other dried fruits

GRAINS (1.5 oz. or less)

Whole grain crackers
Unsweetened cereals
Unbuttered popcorn
Baked tortilla chips
Unsweetened cereal
Pretzel and nut mix
Pretzels
Graham/animal crackers
Goldfish crackers
Munchies Kids Mix
Baked chips



CEREAL BARS (2 oz. or less)

Multigrain bars
Quaker Oatmeal bars
Rice Krispies Treats

BAKERY ITEMS (3 oz. or less)

Whole grain breads
Bagels
English muffins
Mini muffins

MISCELLANEOUS

Fresh vegetables
Low-fat cheeses
Peanut butter
Salsa
Sugar-free gelatin
Yogurt (8 oz. or less)



BEVERAGES (12 oz. or less)

Bottled water
Flavored water (0-calorie)
Low-fat milk, flavored or unflavored
100% Fruit juices
100% Vegetable juices

Frequently Asked Questions

HOW OFTEN ARE THE GUIDELINES CHANGED?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. Each year the guidelines are reviewed and revised as necessary by the School Health Advisory Committee.

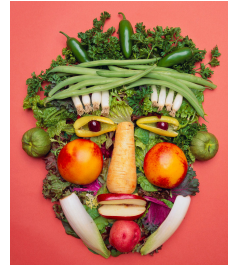
HOW DOES THIS AFFECT THE LUNCH THAT I SEND TO SCHOOL WITH MY CHILD?

These guidelines do not affect what you pack in your student's lunch. Parents may provide low nutritional or candy items for their own student but not for other students.

WHO DO I CALL IF I HAVE A QUESTION?

For more information, please contact the office at your student's school.





Highlights

All components of the PCS Wellness Guidelines are in progress toward being aligned to the guidelines from the Alliance for a Healthier Generation. www.healthiergeneration.org

NUTRITION EDUCATION:

Instruction is required at all grade levels.

PHYSICAL ACTIVITY:

- One credit of physical education is required to meet the 24-credit graduation option. For incoming students, Health Opportunities through Physical Education (HOPE) is the district course that meets this requirement. Students enrolled in PE are required to complete the Being Fit Matters / Fitnessgram Assessment.
- Marching Band students are required to get a physical examination before participating in band class.

OTHER SCHOOL-BASED WELLNESS ACTIVITIES: Schools should provide access to hand washing/hand sanitizing before and after students eat.

FOODS ON CAMPUS: Schools may not serve or provide access for students to low nutritional foods and all other forms of candy on school property until one hour after the end of the last lunch period. This includes vending machines, school stores and school fundraisers.

VENDING MACHINES: A minimum of 80% of the beverage items offered for sale to high school students outside of the school meals program during the regular and extended school day will meet or exceed the Alliance for a Healthier Generation's School Beverage Guidelines. Energy supplement beverages are prohibited.

MENUS AND CAFETERIA OPTIONS: French fries and other fried potato products must not exceed 4.5 ounces per serving, and students may only purchase one serving at a time. Food services menus meet or exceed regulatory nutrition requirements.

SNACKS AND SPECIAL EVENTS:

- Parents who would like to send class snacks should call the school office or teacher to make sure the items are within the guidelines. School-provided snacks must comply with the Pinellas County Schools Nutrition Standards and may not contain any Foods of Minimal Nutritional Value (candy, gum, soft drinks, etc.). Classroom snacks may not exceed the maximum portion size designated for that item. Please refer to the suggestions for healthy snacks.
- With principal permission, students may be given low nutritional foods, candy items or other restricted foods during the school day for **up to two different school-approved events each year**. These food items may not be given while school meals are being served.

INSTRUCTIONAL USE OF FOOD IN CLASSROOM: As part of an instructional, prepared lesson, teachers may use low nutritional foods. Occasionally, students may consume food prepared in class for instructional purposes; however, food may not be provided or sold to other students or classes. Food provided for students as part of family and consumer sciences or culinary programs would be exempt from these guidelines. Low nutritional items may not be served during meal periods.

STUDENTS WITH SPECIAL NEEDS: Special needs students whose Individualized Education Plan (IEP) indicates the use of low nutritional foods or candy for behavior modification (or other suitable need) may be given low nutritional food or candy.

TESTING DAYS: Schools and parents may provide one additional snack per day for students taking tests. The school snack must comply with the district's nutrition guidelines and may not contain any low nutritional items such as candy, chips or desserts (cookies, cakes, cupcakes, pudding, ice cream or frozen desserts, etc.). The one exception may be peppermint hard candies.

FIELD TRIPS AND STUDENT COMPETITIONS: School approved field trips and athletic and band competitions are exempt from the nutrition guidelines.

HEALTHY SNACKS

FRESH FRUITS

- Canned fruits in natural or light juices
- Raisins
- Other dried fruits

GRAINS (1.5 oz. or less)

- Whole grain crackers
- Unsweetened cereals
- Unbuttered popcorn
- Baked tortilla chips
- Unsweetened cereal
- Pretzel and nut mix
- Pretzels
- Graham/animal crackers
- Goldfish crackers
- Munchies Kids Mix
- Baked chips



CEREAL BARS (2 oz. or less)

- Multigrain bars
- Quaker Oatmeal bars
- Rice Krispies Treats

BAKERY ITEMS (3 oz. or less)

- Whole grain breads
- Bagels
- English muffins
- Mini muffins

MISCELLANEOUS

- Fresh vegetables
- Low-fat cheeses
- Peanut butter
- Salsa
- Sugar-free gelatin
- Yogurt (8 oz. or less)



BEVERAGES (12 oz. or less)

- Bottled water
- Flavored water (0-calorie)
- Low-fat milk, flavored or unflavored
- 100% Fruit juices
- 100% Vegetable juices

Frequently Asked Questions



HOW OFTEN ARE THE GUIDELINES CHANGED?

School districts participating in the National School Lunch Program and/or School Breakfast Program are required to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity. Each year the guidelines are reviewed and revised as necessary by the School Health Advisory Committee.

HOW DOES THIS AFFECT THE LUNCH THAT I SEND TO SCHOOL WITH MY CHILD?

These guidelines do not affect what you pack in your student's lunch. Parents may provide low nutritional or candy items for their own student but not for other students.

WHO DO I CALL IF I HAVE A QUESTION?

For more information, please contact the office at your student's school.