

# **State College of Florida Collegiate School**

## **Wellness Policy 2011-2012**



**Table of Contents:**

Introduction	3
Nutrition Goals	4
SCFCS Nutrition Standards in Practice	8
Physical Activity Goals	10
Overall Student Wellness	12
Bibliography	13

The State College of Florida Collegiate School (SCFCS) originally considered that its Wellness Policy should incorporate goals for nutritional education and physical activity of our students. Upon further review, and attention to the Center for Disease Control School Health Index, SCFCS has added more areas to its wellness policy to incorporate a holistic approach to student health and mental well-being.

The areas that have been included on this updated wellness policy include nutrition and physical activity, especially outside of school, and also to give attention to other factors of health including tobacco prevention, suicide prevention, and awareness to health concerns that often affect children including asthma and juvenile diabetes.

We also integrate best practices as utilized by the State College of Florida's students, faculty, and staff. The following are guidelines for our wellness plan, which is a prominent component of our curriculum to students, parents, and staff.

The program was designed by many participants who play an active role in our school, parents, administrators, teachers, and outside counsel. It is prominently displayed on our website, addressed to students at the beginning of the year and incorporated in the student handbook, and is reviewed annually by the wellness committee. The final product shall be approved by the Board of Trustees of the State College of Florida, who represents the BOT for the Collegiate School.

Annually, the committee will update the policy utilizing the School Health Index, a tool from the Center for Disease Control and Prevention, as a guide for self-assessment and revision. Led by the Head of School, the wellness committee will review, measure, and evaluate the previous year's implementation of the policy. The policy is on the SCFCS website, and the public are always available to contact the Head of School regarding any concerns, and they may ask to be included in the annual revision meetings. The committee will make recommendations for the upcoming year, and any changes will be submitted to the SCFCS BOT to review, comment, and approve. The BOT meetings are monthly, and are always public, with seven days notice given to the public in a press release and on the website, <http://scf.edu/scfcs>

## Nutrition Goals:

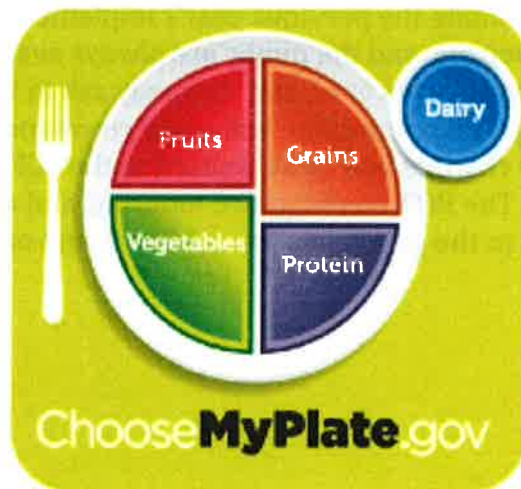
SCFCS goals for nutrition follow the key components from the US Department of Agriculture guidelines, using MY PLATE as the primary example. Students are taught to have healthy eating habits by choosing nutritious foods. A diet of foods that is high in calories, fats, sugars, and salt lead to a poor quality of life.

With the wellness program, students learn proper nutrition and practices for a healthy lifestyle. The staff responsible for nutrition education will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits.

For example:

1. For a healthy body, students should recognize how to balance calories by eating enough food, and avoiding oversized portions.

2. Students should increase amounts of vegetables and fruits, choose whole grain alternatives, and drink water, low fat milk and other beverages without sugar. Foods to avoid include those that are highly processed with large quantities of salts, sugars, and solid fats (soda, cookies, chips, quick, frozen, and fast foods).



Food preparers will use MY PLATE as a guideline when preparing meals. MY PLATE clearly illustrates that a simple meal consists of a balanced diet of fruits and/or

vegetables, lean protein, a whole grain component, and a dairy product. The MY PLATE logo simply shows students which foods should be prominent, as half of their plate should be fresh fruits and vegetables. This of course diverges from a typical American setting where the meat is a prominent item on the plate, and vegetables are often an after thought.

**Vegetables:**

“Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.” (USDA)

**Fruits:**

“Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.” (USDA)

**Grains:**

“Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.” (USDA) Regarding grains, SCFCS would serve whole grain foods as the preference over enriched, refined grains.

**Dairy:**

“All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.

**Protein:**

“All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.” (USDA)

“Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat.”

**Regarding fats:**

SCFCS wellness nutrition program addresses the use of particular oils when cooking or for dressings and sauces. “Most of the fats [SCFCS students] eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health—called “essential fatty acids.”(USDA) SCFCS favors the use of olive,

canola, and sunflower oil over those that are labeled hydrogenated and partially hydrogenated fats, which are mainly vegetable oils.

**Regarding empty calories:**

SCFCS wellness nutrition program addresses foods that have calories that are 'empty'—containing solid fats or sugar. SCFCS promotes the healthy alternative when designing menus. We will serve baked chicken mostly over fried chicken, unsweetened fruit products over those that add sugar, low-fat low sodium hot dogs over those that have solid fats and high salt, low-fat milk over whole or chocolate milk, low and no sugar cereals over those with high sugar added, and lean meats over fatty cuts.

**School Meals:**

The dining facility will be conducive to eating in a safe, orderly and pleasant environment. Supervisory staff (teachers, aides, custodial staff, etc.) will receive training in the counting and claiming procedures.

Adequate dining facilities are provided with liberal seating in a clean, safe, attractive, and comfortable environment SCFCS will promote balanced food choices through visual cues such as signage, graphics, sample trays, etc. to exemplify a balanced meal. Efforts will be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food services staff, a sufficient amount of time for meals (30 minute lunch), and enforcement of student conduct rules.

SCFCS will offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. The school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

SCFCS gives the assurance that the school's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1779) and the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 & 1766) as those regulations and guidance apply to the school.

**Policy for SCFCS students who bring their lunch:**

Students who bring their lunch are not habitually served the school foods that follow the guidelines of the SCFCS wellness program. SCFCS will help to bridge this

gap by encouraging parents to have their children eat school lunch or follow the standards at home.

This is done by:

1. Sending home sample menus to parents for those who bring bag lunches. The menus will mainly include items that are low cost so as to not exclude families who may be economically disadvantaged.
2. Teachers, staff, and parents reviewing nutritional information (reading labels) with students during lunch.
3. Promote contests/positive reinforcements for students who bring nutritious lunches and healthy snacks.

SCFCS will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs and with related community services. SCFCS aims to teach, encourage and support healthy eating by students.

Nutrition education will be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education. Education may be enhanced by fieldtrips to the lunchroom preparation area where students may comprehend the basics of healthy preparation of meals.

Additionally, SCFCS will survey students to see what their favorite healthy meals are when outside of school, and to incorporate that information into the menu.

SCFCS understands the importance of addressing student concerns and opinions to help them feel like they are part of the decision making process. SCFCS has a diverse student population and incorporating their favorite meals will help to integrate cultural favorites to the menu.

### **SCFCS Nutrition Standards in Practice:**

Food and beverages sold or served as part of federally reimbursed meal programs must meet the nutrition recommendations of the current United States Dietary Guidelines for Americans. This includes no more than 30 percent of total calories from fat, and no more than 10 percent of total calories from saturated fat, both averaged over a week.

In an effort to increase the standard of SCFCS nutrition goals, staff and faculty, with the cooperation of parents, has particular standards to follow, including:

1. Distributing guidelines for celebration and festival days, encouraging healthy snacks by giving students and parents healthy, affordable alternatives.
2. Off campus celebrations will also follow nutrition standards as upheld by SCFCS.
3. Banning certain items from coming to school such as caffeinated energy drinks, sodas, sugared drinks, candy, and high fat chips.
4. Educational workshops by our School Resource Officer, with nutrition as a primary subject.
5. Classroom coaches spending time on nutrition as part of their social guidance to students.
6. Parents and volunteers who work in the field of nutrition are asked to come and speak to the students in an assembly.
7. Vending machines will not be on school premises at SCFCS.

### **Food as Reward/Punishment:**

All school-based activities will be consistent with SCFCS wellness policy goals. Foods and beverages will not be used as a behavior management tool by offering as a reward or withholding as punishment.

Staff is encouraged to model healthy eating by offering healthier choices at school meetings and will eliminate using food and beverages as rewards to students. Food is not to be used as a reward or punishment for student behavior, unless it is detailed in a student's Individualized Education Plan (IEP) or as part of a procedure conducted by staff as authorized by the principal.

Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.

SCFCS will ensure that food and/or physical activity is not used as a punishment.

**Celebrations:**

SCFCS encourages parents to send in healthy snacks for birthday and holiday celebrations. Examples might include: yogurt, fruit snacks, boxed raisins, frozen fruit bars, fruit, granola bars, etc. and 100% fruit juices instead of sugared drinks and cupcakes.

SCFCS encourages the promotion of a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons.

## Physical Activity Goals:

SCFCS will encourage physical activity to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically and healthy lifestyle.

SCFCS is also committed to introducing students and staff to opportunities for physical activity.

- Access to PE during the school day for one semester spread out over the year.
- Morning PE before school for students who wish to attend PE five or more days a week.
- Fitness classes other than PE, including Dance, Spirit Club, and other low impact classes.

**PE:** PE incorporates lessons on health and nutrition throughout the year, including examples found in the HOPE course, such as but not limited to:

Physical Activity Safety Precautions	Cardiovascular Activities
Mental and Emotional Health	Monitoring the Heart
Stress Management	Target Heart Range
Coping Skills	Technology Applications in Health
Eating Disorders	Nutrition
Analyzing Consumer Information	Muscular Strength and Endurance
Principles of Cardiovascular Fitness	Sportsmanship

**Before school clubs:** SCFCS encourages parent volunteers to manage a 'Runners Club' before school, or another club that encourages physical activity.

**After school program:** SCFCS partners with the Boys and Girls Club, busing all students to the clubs closest to their houses. This allows students to have the opportunity to play sports after school, and receive lessons in their social education.

**Recess:** Intensive reading students lose their elective, and hence PE, because of the state mandates that keep them in class for 90 minutes. If they also ride a bus to school, they miss the opportunity for morning PE. In an effort to give these students a break for physical activity during the day, a 15-20 minute recess has been worked into their schedule.

**Staff Wellness:**

School staff serves as role models for students and are the key to successful implementation of student wellness programs. SCFCS employees are able to participate in the SCF wellness program on campus. This program is holistic in approach and covers many areas of health including physical, spiritual, social, emotional, intellectual, occupational, and environmental. This program encompasses a healthy lifestyle by encouraging health screenings, a plan to quit smoking, to donating in a blood drive, to getting a massage, to learning CPR, to keeping an exercise log, etc. The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to SCFCS students.

**Overall Student Wellness:**

In practice, SCFCS makes an extensive effort to maintain a consistent atmosphere that encourages healthy eating and physical exercise. In order to provide a holistic approach to student wellness, SCFCS will also address issues that are important to maintain student health.

Below are specific items addressed by particular groups within the SCFCS:

<b>Group</b>	<b>Issue</b>	<b>Solution</b>
<b>PTO</b>	Healthy fundraising and celebrations	Goal is to make sure that there are always healthy alternatives when fundraising and during celebrations.
<b>School nurse</b>	Education of common health conditions in childhood	Education and awareness regarding asthma and juvenile diabetes to students and staff.
<b>School Resource Officer</b>	Suicide prevention	SRO provides small group study regarding the signs and symptoms of depression.
<b>School Resource Officer</b>	Bullying prevention	Takes the lead on the school anti-bullying campaign, a student-centered and student led initiative.
<b>Administration</b>	Unintentional accidents	Administration works with campus security and facilities to ensure that safety issues are documented and repaired.
<b>Outside counsel, RN</b>	Attention to the dangers of tobacco, drugs, and alcohol.	Proposed hands-on lecture series throughout the year from SCF student nurses to SCFCS students.
<b>Outside counsel, mental health</b>	Attention to mental fitness	Quarterly assemblies featuring positive psychology, enabling students to understand, identify, and reduce depression, hopelessness, and anxiety.

## Bibliography:

Center for Disease Control and Prevention, Healthy Youth! School Health Index, Oct 2009, resource found online: <https://apps.nccd.cdc.gov/SHI/Login.aspx>

Health Opportunities through Physical Education (HOPE), Florida Department of Education, 2007, resource found online: <http://www.flvs.net/areas/flvscourses/Pages/Course%20Catalog/CourseListing.aspx?CourseID=757>

My Plate, United States Department of Agriculture, <http://www.choosemyplate.gov/>

National Lunch Program, Nutrition Education, Center for Nutrition Policy and Promotion, resource found online, <http://www.fns.usda.gov/fns/nutrition.htm>

Manatee County Safe and Drug-Free Schools (SDFS), *Not In My School!* Manatee County School Board, resource found online: [www.manatee.k12.fl.us/safe/Bullying%20Framework.pdf](http://www.manatee.k12.fl.us/safe/Bullying%20Framework.pdf)

Seligman, Martin E.P., Positive Education: positive psychology and classroom interventions, *Oxford Review of Education*, Vol. 35, No. 3, June 2009, p. 293-311, resource found online: <http://www.authenticchappiness.sas.upenn.edu/newsletter.aspx?id=1551>

Many thanks to those who dedicated their time for collaboration and editing of the final document:

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Seamus Allman, LMHC, BayCare

**Assurance:**

We assure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

**Designee:**

**Kelly Monod** is the person charged with operational responsibility for ensuring that the school is meeting the local wellness policy.

**Assessment and Evaluation:**

Annually, the committee will update the policy utilizing the School Health Index, a tool from the Center for Disease Control and Prevention, as a guide for self-assessment and revision. Led by the Head of School, the wellness committee will review, measure, and evaluate the previous year's implementation of the policy. The policy is on the SCFCS website, and the public are always available to contact the Head of School regarding any concerns, and they may ask to be included in the annual revision meetings.

**Procedure for Reporting to the School Board/Governing Authority:**

The committee will make recommendations for the upcoming year, and any changes will be submitted to the SCFCS BOT to review, comment, and approve. The BOT meetings are monthly, and are always public, with seven days notice given to the public in a press release and on the website, [www.scf.edu/scfcs](http://www.scf.edu/scfcs)

**Website Address for the Wellness Policy:** <http://scf.edu/scfcs>

### Approval Signature Page

The following signatures represent the approval of this Wellness Policy. When a change or revision is made to this Policy, an updated Board-approved signed copy will be provided to Food and Nutrition Management along with a copy of the Board Agenda and Board Minutes.

#### School Officials' Signatures:

Kelly Marned Head of School 11-10-11  
 Signature Title Date

Cynthia S. Reynolds Academic Administrator 11-10-11  
 Signature Title Date

#### School Board/Governing Agency's Signatures:

[Signature] Trustee 11/30/2011  
 Signature Title Date

[Signature] [Signature] 11-30-2011  
 Signature Title Date

[Signature] [Signature] 11-30-2011  
 Signature Title Date

Policy Adoption Date: 11-30-2011

