

Brooks DeBartolo Collegiate High School

A Public Charter School of Choice
Sponsored by Hillsborough County Public Schools
10948 North Central Ave, Tampa, FL 33612
Phone: 813-971-5600 Fax: 813-971-5656
www.bdchs.org

2014-2015 Student Wellness Policy

Purpose

Brooks DeBartolo Collegiate High School (BDCHS) Recognizes that childhood obesity has become an epidemic in Florida as well as throughout the nation. However, research indicates that obesity and subsequent diseases are largely preventable thorough diet and regular physical activity. Healthy eating patterns and increased physical activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being. To help ensure students possess the knowledge and skills necessary to make healthy choices for a lifetime, BDCHS shall prepare and implement a comprehensive nutrition and health education program aimed at meeting state and federal requirements. The program shall reflect the Board's commitment to providing adequate time for instruction and promotion of healthy eating, physical activity, and lifelong wellness. Guidelines will apply to students and staff and will be continually enhanced through an ongoing commitment in establishing liaisons with nutrition service providers, as appropriate, and incorporating input of staff, students, parents, the public, representatives of the school food authority, and public health professions. Goals of the Student Wellness Policy shall be considered in planning all school-based activates, and staff, students, and parents/guardians shall be informed of its components. The principal, Board, or designee will develop administrative regulations as necessary to implement and improve the goals of this policy.

Authority

To ensure the health and well being of all students, the Board establishes that BDCHS shall provide to students:

- A comprehensive nutrition and health education program consistent with federal and state requirements.
- Access at reasonable cost to foods and beverages that meet established nutrition guidelines.
- Physical education courses and opportunities for developmentally appropriate physical activity during the school day.
- Psychosocial programs and resources that foster positive self-esteem, communication, relationship building, and mental health.
- Curriculum and programs for grades 9-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and national academic standards.

Delegation of Responsibility



day shall be offered to students with the consideration for promoting health and reducing childhood obesity and chronic disease. Foods provided through the National School Lunch Program shall comply with federal nutritional standards under the School Meals Initiative, and:

- All school meals will comply with U.S. Department of Agriculture, (USDA) regulations and state rules.
- School meals, snacks and campus foods will make a positive contribution to children's diet and health. Emphasis will be on fruits, vegetables, whole grains and low fat dairy items while minimizing calorie dense, low nutrition choices.
- A breakfast and lunch meal will be available for all BDCHS students with a variety of foods for each option aimed at meeting USDA school nutrition standards. Fruit and/or vegetable items will be served in every meal offering.
- All menus and nutritional information for all products served will be posted online at www.bdchs.org.
- Students with special dietary needs will be accommodated by following the USDA regulations and the school district allergy policies.
- Students will be discouraged from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- The principal or designee will ensure nutritious foods are available and affordable when served or offered on school property.
- Parents/caregivers will be encouraged to provide healthy foods for their child at school.
- Staff will be trained on responsiveness for food emergencies.

Barriers to student participation in the Child Nutrition Programs are eliminated by assuring students will have at least 20 minutes to eat lunch. This does NOT include time spent walking in/ to/from class or waiting in line. If time is a concern, alternate arrangements will be made which could include grab and go, meals in the classroom, or other identified initiatives.

The principal [or designee] shall ensure that the guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA. The principal [or designee] shall additionally ensure that nutritious foods are available as an affordable option whenever food is sold or served on school property or at school-sponsored events; that the school prohibits the sale or serving of foods or snacks high in fat, sodium or added sugars; and competition with nutritious meals served by the school nutrition and food services operation is minimized.

Competitive Food Sales

Competitive food sales are defined as any foods and beverages offered or sold to students other than what is served as part of the school meal programs:

- Foods of minimal nutritional value as defined by the USDA include: soda water, carbonated beverages regular or diet, chewing gum, water ices-frozen sweetened water without fruit or juice, hard candy, jellies, fondant, licorice, and candy-coated popcorn.
- All foods and beverages sold individually outside the school meal programs (including those sold through a la carte or snack lines, vending machines, student stores, parent groups, booster clubs, or fundraising activities) during the school day will meet the following nutrition and portion standards:
 - Will have no more than 35% of its calories from fat. (Excluding nuts, seeds, peanut butter and other nut butters.)
 - Will have no more than 10% of its calories from Saturated fats.
 - Will have no more than 35% of its weight from added sugars.
 - Snack foods, side dishes and "other foods" must meet USDA standards for foods of minimal nutritional value (FMNV).

Vendor Offerings

All foods served or offered at BDCHS and BDCHS events, including concessions during sporting events, shall aim to meet USDA nutrition standards, and will meet the Portion Size Guidelines listed below.



Beverage Guidelines

Allowed: water, plain or flavored; 100% fruit or vegetable juices; sports drinks containing 20 fluid ounces or less; unflavored or flavored low-fat or fat-free milk products.

Not allowed and will not be offered on the campus of BDCHS: Fruit based drinks containing less than 100% real fruit juice, and beverages containing caffeine.

Portion Size Guidelines

Regular Chips 1.25 ounces or less

Baked Chips 1.5 ounces or less

Crackers, Popcorn, Cereal, Nuts, Seeds, Jerky, Pretzels 1.5 ounces or less

Cookies 2 ounces or less

Pizza 1 Slice (4 ounces or less)

Bakery Items: Muffins, Cake, Cupcakes, Pastries, 3.5 ounces or less

Ice Cream, Frozen Yogurt, Frozen Desserts, 4 ounces or less

Water No Size Restrictions

100% Fruit Juices 16 ounces or less

Fruit Based Drinks 16 ounces or less

Milk Products 16 ounces or less

Celebrations/Parties

BCDHS shall limit celebrations that involve food during the school day. If parties are held in the school or classrooms, all foods shall meet the above portion size standards and established nutrition guidelines.

Fundraising

The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities that take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Nutrition Education

The goal of nutrition education is to teach, encourage, and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement. All incoming freshman are required to take HOPE (Health Opportunities through Physical Education).

- Nutrition education and activities will be age appropriate and follow the Florida Academic Standards for Health, Safety, and Physical Education.
- Nutrition education is integrated into other subjects to complement but not replace academic standards based on nutrition education. Reading and English Language Arts teachers have access to nutrition articles. Science has access to What I Eat curriculum, which includes hands on materials to help students grasp nutritional value or various foods and to help motivate them to make better food choices.
- After school programs will have access to teen cuisine and recipe books.
- The BDCHS staff responsible for nutrition education will be properly trained through district trainings, and shall participate in appropriate professional development.
- Consistent nutrition messages shall be disseminated throughout classrooms, cafeterias, homes, community, and media.
- Nutrition education shall extend beyond the school environment by engaging and involving families and communities through student assignments, during open house, conference nights, sports events, civic fairs, newsletters, etc.



Health Education

Childhood and adolescence is a period in which students develop lifestyle behaviors that carry through to adulthood. The goal of BDCHS is to provide an encompassing education curriculum in a positive environment that gives students the knowledge and tools to adopt and value healthy behaviors now and in the future. Students will:

- Comprehend concepts related to health promotion and disease prevention.
- Be capable of analyzing the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information on health topics.
- Be capable of using interpersonal communication skills and decision-making skills to enhance health and avoid health risks.
- Understand the physical changes of adolescence and accept them as normal and natural.
- Promote non-use of tobacco and tobacco based products.

Physical Education

Physical activity is correlated with improved academic performance in achieving higher grades, decreased behavioral problems, and enhancing attentiveness and concentration to help students stay on task. At BDCHS, physical education will be an environment through which all children learn, practice, and are assessed on the skills and knowledge necessary for participation in lifelong, health-enhancing physical activity. The Physical Education program will be taught by credentialed health education teachers and help students develop confidence in their ability to participate in physical activity throughout their lives.

A sequential physical education program consistent with State Board of Education, National Standards for health education curriculum regulations, and Health, Safety, and Physical Education academic standards will be developed, updated, and implemented including:

- Curriculum with written goals and objectives that chart the sequence for instruction and a plan for assessing student performance.
- Physical Education assignments and projects that encourage student interaction with family and community.
- Learning the physical, psychological, and social benefits of physical activity.
- Learning the contribution of physical activity to healthy weight, decreased risks of chronic disease, enhanced academic learning, and improved mood.
- Understanding the difference between physical activity, exercise, and health-related fitness such as cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Learning goal setting strategies that include frequency, intensity, time, and type of physical activity in order to develop individualized physical activity and fitness plans, and understand how to monitor progress toward reaching goals.
- Reviewing weather and environmental related safety such as avoiding heat stroke, sunburn, factors that trigger asthma, and the importance of staying hydrated.
- Concussion awareness and how to identify a concussion.

Physical Activity

BDCHS shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits with a weekly minimum of hours as established by State Board of Education and National Standards for Physical Education.



- Students will remain moderately to vigorously active for more than 50% of the time during most physical education classes.
- Physical activity will be aimed at developing age appropriate motor skills and movement patterns needed to perform a variety of physical activities.
- Activities will reinforce the positive outcomes of physical fitness such as health, enjoyment, challenge, self-expression, and/or social interaction among students.
- Instructors will create and maintain a safe and enjoyable environment with adequate space and equipment that encourages active participation of all students including those with adaptive physical education needs.
- Modifications for type, intensity, and length of exercises to meet special health care needs of students will be available to those students with chronic conditions or those exhibiting physical need.
- Adequate student to teacher ratio will be utilized to assure safety and quality of instruction and teachers will be capable of monitoring emerging student needs.
- Extended physical activity outside of regular classroom hours such as intramural and field activities will be made available to all students on campus regularly as coordinated by administration, faculty and staff.

BDCHS maintains that physical activity shall not be used as a form of punishment.

BDCHS will partner with parents/guardians and students to institute programs that support physical activity in the school and community. Together they will provide age appropriate physical activity opportunities such as clubs, intramurals, and interscholastic athletics (provided home district availability) to meet the needs and interests of all students.

- Trainers and coaches for all clubs and interscholastic sports will have training in the sport they coach that reflects competency in the skills and knowledge to meet recognized standards for sports coaches.
- Students participating in activities must have completed the required physical examination by physician prior to beginning any activity as indicated in the Student Handbook.
- Emphasis will remain on rewarding good sportsmanship, teamwork, and adherence to safety rules.
- Students who have been afflicted by injury, especially head injury, will be prohibited from further participation until appropriate clearance from a health-care provider is presented, and all sports related injuries will be reported and managed appropriately.
- Prohibitions against violence and aggression by students, spectators, coaches, and other persons during sporting events is strictly prohibited and enforced.

In addition to planned physical education, BDCHS will offer other opportunities for students to be physically active.

School Health Services

Health and safety will be promoted for students and staff at BDCHS. Healthy and safe students perform better at school and cause less disruptions. Staff members will keep each child's safety and health in the forefront of their mind throughout their time at BDCHS.

- BDCHS will have an emergency response plan for contacting emergency personnel.
- Health services will be provided under the oversight of a health professional.
- Collaboration will occur between health services staff, administration, and instructional staff to insure timely and appropriate attention to the student's needs.
- Students with chronic health conditions will be tracked and referred to other health professionals as needed.



- Students with special health care needs will be provided access to quick relief prescription medications including maintaining medications allowable on their person provided appropriate and approved documentation.
- Individual Health Plans for students with specific needs will be created in collaboration with faculty and staff and parents as a living document in order to ensure that all of the student's needs are met at school.
- Students with special health care needs will be provided access to quick relief prescription medications including maintaining medications and medical equipment allowable on their person provided appropriate and approved documentation.
- Assessments and treatment of minor injuries and illnesses will be provided in the clinic for students by a designated employee as needed
- Tobacco cessation resources in the community are provided to students identified as using tobacco, under school tobacco policy.
- Student health information is collected and updated yearly on all students as indicated in the Student Handbook.
- Communication of student injuries is provided to better support the student during recovery periods and also monitor health status and how it may affect the completion of academic assignments.

Student Health Services

BDCHS understands the connection between mental and physical health and strives to provide accessible and appropriate counseling, psychological, and social services to all students. This philosophy extends to health of the school environment. BDCHS strives to uphold the principles of civility, acceptance and tolerance of diversity within the school and surrounding community to provide a safe, comfortable, and welcoming campus in which all students can learn. This is achieved through:

- Accessibility of a full-time counselor that promotes the emotional, behavioral, and mental health of students and families.
- One-on-one counseling, small group counseling, classroom-based health promotion and prevention, and school-wide health promotion and prevention activities/lessons available to all students.
- Comprehensive health curriculum that addresses topics related to self-esteem, peer pressure, violence, bullying and harassment, emotional and behavioral needs, school and life transitions, dating violence, abuse, suicide, and avoidance of tobacco use.
- Conduction of professional development and identifying, revising, or developing curricula on topics related to self-esteem, peer pressure, violence, bullying and harassment, emotional and behavioral needs, school and life transitions, dating violence, abuse, suicide, and avoidance of tobacco use.
- Collaboration of school staff members with the counseling, psychological, or social services provider to identify and refer students to services. Referrals will be completed through a clearly established referral system that meets FERPA or HIPAA standards.
- Students will be held to a high standard and are expected to enhance BDCHS' efforts in maintaining a school free from disruption, bullying, harassment, and discrimination regardless of race, color, creed, sex, marital status, pregnancy, national origin, or disability as outlined in the Student Handbook.

The counselor or designee will attend trainings on strategies and methods for addressing mental and social issues affecting or potentially affecting the student body. Students will be involved in promoting civility and good mental health through assembly programs and inspirational messages that address risks and resources that are available to students who may be suffering. Instruction methods will be comprehensive, effective, and reach students and staff in different ways through assemblies, classroom instruction, role-playing, announcements, and other methods on campus such as an anonymous "bully box".

Staff Development



Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education or physical education will be encouraged to participate in professional development activities to effectively deliver their planned programs to students in an engaging and comfortable environment. The principal [or designee] is responsible to ensure such training is made available to staff

- Staff involved in food delivery will be trained on food safety, maintaining safe, orderly and pleasant eating environments and other topics relevant to the particular employee's job duties.
- Counseling, psychological and social services for psychological assistance will be available to staff members.
- BDCHS will promote health and safety for staff members and students.
- Various wellness programs will be offered to staff members that may include tobacco cessation, nutrition, and weight loss programs.
- Physical activity will be promoted to staff members and opportunities for physical activity at the school will be made available.
- School staff will be encouraged to participate in wellness activities hosted at the school.
- Staff members with infants will be provided a safe, comfortable and private space to pump and store their breastmilk, at reasonable break times with access nearby to a clean, safe water source and sink for washing hands and rinsing out any breast-pumping equipment, for at least one year after the birth of their infant in accordance with Federal employment and labor standards.
- Staff members will be encouraged to attend training on CPR, First Aid, asthma management and conflict resolution.
- Various trainings and continuing education will be provided for staff as it pertains to health and safety in the school, such as blood borne pathogens and allergic reactions, in an effort to create an academically supportive environment for both teachers and students.

Safe Routes to School

BDCHS shall assess and, to the extent possible, implement improvements to make walking or biking to school safer and easier for students.

BDCHS will cooperate with local municipalities, sending school districts, public safety agencies, police departments, and community organizations to maintain safe routes to school.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition, physical, and social health education in the school, the building principal [or designee] is responsible for ensuring:

- Nutrition education materials and cafeteria menus are sent home with students, where parents/guardians are encouraged to select lunch and snack items with their to better direct healthful choices.
- Parents are encouraged to send healthy snacks/meals to school.
- Parents and family members are invited to periodically eat with their student in the cafeteria.
- Families are invited to attend exhibitions of student health projects and health fairs.
- Health education homework that students can do with their families will be assigned (e.g. reading and interpreting food labels, reading nutrition-related newsletters, preparing healthy recipes, physical activity journaling etc.)
- School wide physical activities are offered annually to promote family health and wellness and involvement in the community.
- Opportunities to participate in all health activities will be communicated to parents and community through newsletters and other updates such as email communications.



- School staff is encouraged to cooperate with other agencies and community groups to provide students opportunities to volunteer and enrich understanding and values of school health, physical activity, nutrition, and safety programs as appropriate.
- Families and the community will be engaged in decision making on topics of health and wellness at BDCHS.

Measurement and Evaluation

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the principal [or designee] is responsible for ensuring:

- All building, nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards.
- Nutrition education is provided throughout the student's school year as part of the schools nutrition program and students are tested on their understanding and ability to apply learned principles.
- Students who are unable to meet passing standards will complete appropriate remediation until passing standards are met.
- Teachers will deliver nutrition education through culturally relevant, participatory activities that include social learning strategies and activates.
- Families and community organizations are involved, to the extent practical, in nutrition education.
- Students will learn to conduct independent wellness checks and understand the importance of their BMI.
- Students will conduct independent BMI checks at the beginning and ending of each semester, and results will be reported with the annual review of the food service program.

