

**TITLE: Health Education and Setting Nutrition Education Goals**

**POLICY:**

The School Board of Orange County, Florida (“Board”) believes that good health fosters student attendance and increased educational outcomes. Furthermore, healthy children and youth are better prepared to learn and are more likely to complete their formal education. Comprehensive health education will be taught to all Orange County Public Schools (“OCPS”) students through the implementation of the Pre-K Florida Early Learning and Developmental Standards and the K-12 Florida Standards. The Board will adhere to all Florida Statutes as they relate to health education instruction. The essential goal of the health education curriculum is to promote lifelong wellness for all students.

**PROGRAM REQUIREMENTS:**

- (1) Classroom Teaching.
  - (a) All students in grades PreK-12 will receive health education instruction that includes nutrition education that is part of a planned, sequential and comprehensive school health education program. The program will be aimed at giving students the knowledge and skills necessary to be health literate as defined by national, state, and OCPS health education standards. Health instruction may be delivered by a certified health educator, but may also be taught within other classroom disciplines; including math, science, language arts, social sciences, physical education, and elective courses.
  - (b) The classroom teaching of health and nutrition education will include links to the community and outside resources. OCPS food and nutrition services and school cafeteria staff will support and enhance classroom instruction in support of the OCPS health education standards.
- (2) District-wide Teaching. Pursuant to Florida law, an evidence-based, medically-accurate, comprehensive health education curriculum shall be established which addresses the following concepts: community health; consumer health; environmental health; family life, including an awareness of the benefits of sexual abstinence as the expected standard and the consequences of teenage pregnancy; mental and emotional health; injury prevention and safety; Internet safety; nutrition; personal health; prevention and control of disease; and substance use and abuse. The health education curriculum for students in grades 7 through 12 shall encompass a teen dating violence and abuse component that includes, but is not limited to, the definition of dating violence and abuse, the warning signs of dating violence and abusive behavior, the characteristics of healthy relationships, measures

to prevent and stop dating violence and abuse, and community resources available to victims of dating violence and abuse.

- (3) OCPS staff will provide ongoing training, resources, and strategies to promote best practices in health, physical education, wellness, and nutrition education.

**SPECIFIC AUTHORITY:** Sections 1001.41; 1001.43; 1003.42, Florida Statutes  
42 USC §1758a

**TITLE:** Setting Physical Education and Physical Activity Goals

**POLICY:**

The School Board of Orange County, Florida (“Board”) believes that healthy habits that promote physical fitness foster good health. The Centers for Disease Control and Prevention (“CDC”) lists lack of physical activity among the six risk behaviors that cause the most serious health problems in the United States. The Orange County Public Schools (“OCPS”) Physical Education curriculum will be taught through the implementation of the Florida Standards. The essential goal of the physical education curriculum is to provide students with the knowledge, skills and attitudes that will enable them to lead a life-long healthy, active lifestyle.

All schools will implement physical education programs that support a sequential, comprehensive curriculum and planned activities. Physical education and physical activities are essential elements of the schools’ instructional program.

**PROGRAM REQUIREMENTS:**

- (1) The OCPS Physical Education Program shall be designed to emphasize physical fitness and encourage active lifestyles. Programs will encourage students in Pre-K through grade 12 to participate in physical education. The physical education curriculum shall consist of activities of at least moderate intensity and for duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students. K-5 students shall receive a minimum of 150 minutes a week of physical education that includes at least thirty (30) consecutive minutes on any day during which physical education instruction is conducted. Students in grades 6-8 will participate in the equivalent of one class period per day of physical education for one semester of each year. OCPS will adhere to all state statutes related to physical education. Whenever possible, K-8 physical education should be taught by a certified physical education teacher. However, in high schools all physical education and health education courses are required to be taught by certified teachers. All physical education programs and curricula will be reviewed by a certified physical education instructor.

- (a) The physical education program should be designed to develop the following learning priorities:
  - (i) Motor skills and other movement concepts;
  - (ii) Positive attitudes toward individual fitness, a healthy lifestyle and lifelong physical activities;
  - (iii) Health-enhancing levels of physical fitness;
  - (iv) Responsible personal and social behavior in physical activity settings;
  - (v) Appreciation of cultural and individual differences in physical activity settings; and
  - (vi) Safety skills for physical activities.
- (b) Opportunities for participation in physical activities should reflect the “Best Practices” of brain research.
- (c) Research shows that participating in physical activity before lunch increases nutrient intake and decreases food waste. Therefore, when possible, opportunities for physical activity should be offered to students before their lunch period.
- (d) This policy promotes student health and the reduction of childhood obesity in the district.
- (e) All schools are encouraged to set goals for their physical education and physical activity programs by utilizing the CDC Comprehensive School Physical Activity Program..
- (2) Schools shall support students in establishing and accomplishing personal fitness goals that result in the achievement and maintenance of a health-enhancing level of physical fitness.
- (3) Schools shall provide students varied opportunities for enjoyment, challenge, self-expression, and social interaction that will lead to a physically active lifestyle.

**SPECIFIC AUTHORITY:** Sections 1001.41; 1001.42; 1003.42, Florida Statutes

42 USC §1758a

**TITLE:** Recess

**POLICY:**

Each school shall provide at least 100 minutes of supervised, safe, and unstructured free-play recess each week for students in kindergarten through grade

5 so that there are at least twenty (20) consecutive minutes of free-play recess per day. Physical activity will not be used or withheld as a punishment.

**SPECIFIC AUTHORITY:** Sections 1001.41; 1001.42; 1003.42, Florida Statutes

**TITLE:** Establishing Healthy School Teams

**POLICY:**

The School Board of Orange County, Florida (“Board”) supports the CDC Whole School, Whole Community, Whole Child Model that consists of ten interactive components. Schools by themselves cannot solve the most serious health and social problems. Schools can provide a critical facility in which many agencies and individuals may work together to maintain and strengthen the well-being of young people. The Board believes that forming Healthy School Teams that incorporate the components of the Whole School, Whole Community, Whole Child Model will ensure the success of the Orange County Public Schools (“OCPS”) Local School Wellness Policy.

**PROGRAM REQUIREMENTS:**

Each school will establish a Healthy School Team.

- (1) For purposes of this policy, the Healthy School Team is defined as a group of individuals representing the school operating under the guidance of the School Health and Wellness Advisory Council (“SHWAC”). It is structured following the CDC’s Whole School, Whole Community, Whole Child Model and will include, but is not limited to, representatives from:
  - (a) Health Education;
  - (b) Counseling, Psychological and Social Services;
  - (c) Health Services;
  - (d) Nutrition Environment and Services
  - (e) Physical Education and Physical Activity
  - (f) Social and Emotional School Climate
  - (g) Employee Wellness
  - (h) Family Engagement
  - (i) Community Involvement
  - (j) Physical Environment

- (2) The Healthy School Team will meet a minimum of three (3) times per academic year and will:
  - (a) Complete and submit an annual self-assessment of school health-related procedures and programs using the CDC School Health Index.
  - (b) Review food sales on school campuses based on the OCPS Eat Smart Nutrition Standards.
  - (c) Develop and schedule the training needs for the school. It is recommended that schools receive input for the training from OCPS' Food and Nutrition Services Department, school nurses, and health and wellness educators.
  - (d) Review and schedule training for the schools Meal Service Plan for students with a documented Diet Order Form.
  - (e) Evaluate the school's progress in establishing and completing wellness goals.
  - (f) Support school based sustainability initiatives, which includes, but is not limited to the OCPS Green Schools Recognition Program, through training and development of sustainability goals.

**SPECIFIC AUTHORITY:** Sections 595.405; 1001.41; 1001.42; 1003.43, Florida Statutes

Rule 5P-1.003, Florida Administrative Code

42 USC §1758a and §1771 et seq.

7 CFR Part 210

**TITLE:** **Establishing Nutrition Standards for all Foods Available on School Campus during the School Day**

**POLICY:**

Good health fosters student attendance and improved student performance. The Orange County Public Schools' ("OCPS") Food and Nutrition Services Department and other school food authorities shall establish healthy school nutrition environments that support the reduction of childhood obesity and diet-related chronic disease. Healthy options for foods sold or served in schools will be consistent with the goals of the Local School Wellness Policy.

**PROGRAM REQUIREMENTS:**

- (1) During each school day, the food service program of all OCPS schools is required to offer breakfast and lunch under the nutritional guidelines of the

United States Department of Agriculture's ("USDA") National School Lunch and Breakfast Program. Denial of access to the food service program is not permitted. Any school snack should be based on the nutrient guidelines for the USDA's After School At-Risk Snack Program to those students in after-school education or enrichment programs. Each school shall encourage all students to participate in these meal opportunities. In particular, the school shall make reasonable efforts to notify families of need-based programs for free or reduced-price meals and those eligible families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for and/or receiving free or reduced-priced meals.

- (2) The school food service program shall operate in accordance with the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1996, as amended; and pursuant to applicable laws and regulations of the state of Florida when developing the district-wide menu. Schools shall offer varied and nutritional food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, Dietary Guidelines for Americans refers to current recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
  - (a) Selected menu items will allow input from students. The school's diversity should be taken into account.
  - (b) Food pricing strategies, including those for a la carte items, shall be designed to encourage students to purchase nutritious items.
  - (c) Procedures shall be in place to provide, upon request, information to families about the ingredients and nutritional value of the foods served.
- (3) OCPS shall employ a food service director who is properly qualified, certified, and/or credentialed according to current professional standards to administer the school food service program and satisfy reporting requirements.
- (4) The dining room facility shall be conducive to eating in a safe, orderly, and pleasant environment. Supervisory staff (i.e. teachers, aides, custodial staff, etc.) shall receive training in appropriate dining practices and preparedness for food-related emergencies from the school principal or designee.
- (5) Access to safe drinking water and facilities for hand-washing and oral hygiene must be available during all meal periods.
- (6) The Healthy School Team will support the implementation of the OCPS Eat Smart Nutrition Standards to set school goals. Healthy School Team recommendations should be consistent with the school's wellness goals and support continued healthy choices for students.
- (7) Food served or sold to students through the OCPS vending machine agreement, school store or other function during the school day must meet

the OCPS Eat Smart Nutrition Standards and be in compliance with USDA regulations, any applicable Florida regulations, and The Healthy Hunger-Free Kids Act, December 13, 2010, Section 208 of the HHFKA amended section 10 of the CAN (42 U.S.C. 1779). Foods may not consist of ready-to-eat combination foods such as a meat or meat alternative and grain products.

- (8) All food categories will comply with the state and local food safety and sanitation regulations. The OCPS Food and Nutrition Services Department shall provide annual training in food safety and sanitation for school sponsors, concession stand staff, and any groups who utilize county food preparation facilities.
- (9) Each school principal or designee is required to comply with the competitive foods regulations issued by the USDA, the state of Florida, and The Healthy Hunger-Free Kids Act, December 13, 2010, Section 208 of the HHFKA amended section 10 of the CNA (42 U.S.C. 1779). No sale or service of food or beverage (with the exception of coffee) is allowed on school campus until thirty (30) minutes after the conclusion of the last designated meal service period unless operated through the OCPS Food and Nutrition Services Department.
- (10) Only those foods (including, without limitations, beverages) which are consistent with the OCPS Eat Smart Nutrition Standards will be allowed to be served during the school day. For purposes herein, "school day" shall be defined as beginning at midnight and ending at thirty (30) minutes past the last bell at the end of the academic day. All food or beverage on a particular school campus which is available to students is required to be kept on file in the school's food service manager's office. The information will include product nutrition labeling and ingredients, place and duration of sale, and school staff contact e-mail and phone in case of emergency.
- (11) Infrequent School-Sponsored Fundraisers.
  - (a) Schools may schedule infrequent school-sponsored fundraisers that do not meet the OCPS Eat Smart Nutrition Standards, provided they do not exceed the following maximum number of school days per school campus each academic year.

<b>School Type</b>	<b>Maximum Number of School Days To Conduct Exempted Fundraisers</b>
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools (K8)	10 days

- (b) These infrequent school-sponsored fundraisers are allowed by the USDA and the Florida Department of Agriculture if sales start at least thirty (30) minutes after the last lunch period.
- (c) Food and beverage items sold in conjunction with infrequent school-

sponsored fundraisers may not contain meat or meat alternative and grain products or take the place of a meal.

- (d) The regulations contained in this section do not apply to food or beverage sold thirty (30) minutes after the last bell on school campuses.
  - (e) All labels with ingredients listed for food and beverage items sold in conjunction with infrequent school-sponsored fundraisers must be provided to the school's food service manager before any sales occur. Said documentation must also include the school staff sponsor's name, location on campus, phone number, and place and duration of sales. The food service manager is responsible for maintaining records documenting the occurrence of any exempted, infrequent school-sponsored fundraisers to demonstrate compliance with this policy.
  - (f) As referenced in section (8) of this policy, state and local food safety and sanitation regulations apply to all food and beverage items sold in conjunction with infrequent school-sponsored fundraisers.
- (12) School standards for food from any outside source will meet the State of Florida Department of Health Chapter 64E-11-11.003 Food Supplies, which provides:
- (a) Foods must be sealed in manufacturer's container with the ingredients and expiration date and not exceed the expiration date.
  - (b) Food in sealed container with manufacturer's label (from a grocery store): the food shall be sealed until an OCPS employee opens it for distribution to the students.
  - (c) Food prepared in someone's home: Parents/legal guardians may bring or send food with their own child provided the child does not share that food with any other students. For example, a parent/legal guardian may bring a snack or meal to their child, but may not share it with other students.
  - (d) Fresh Fruits and Vegetables: Parents/legal guardians may only give or send fresh fruits and vegetables with their child. Any other distribution of outside food requires the food to be either sealed in manufacturer's container or be purchased and prepared by the OCPS Food and Nutrition Services Department.
  - (e) Delivery of food or beverages from off campus to students is not allowed during the school day.
  - (f) School administration is not held responsible for eliminating any ingredient or foods from items students bring from home. Students needing a special diet due to a food allergen are required to turn in



the Diet Order Form to the school's food service manager. Meal accommodations will be determined by the district's Food and Nutrition Services with the school food service manager for school meals.

- (13) All Food Safety Standards are required to be followed when distributing food. Standards for food safety, including, but not limited to, food temperatures, food handling, etc., may be found in the OCPS food services manager's office in each school.

**SPECIFIC AUTHORITY:** Sections 595.405; 1001.42, Florida Statutes  
Rule 5P-1.003, Florida Administrative Code  
42 USC §1771 et seq.  
7 CFR Part 210

**TITLE:** **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

**POLICY:**

The School Board of Orange County, Florida ("Board") shall support efforts by parents/legal guardians to feed their children a healthy diet by providing the schools, staff, and activity sponsors with guidelines of the Orange County Public Schools ("OCPS") Eat Smart Nutrition Standards for healthy snacks for school-based activities. The school environment should promote wellness messages that are conducive to healthy eating and physical activity. In addition, the Board believes that healthy staff can more effectively perform their assigned duties and model healthy behaviors that promote wellness for students and their families. This policy encourages an approach to wellness that is sensitive to the individual, school, and community.

- (1) All students will have access to the school nutrition programs offered at their school including breakfast, lunch, supper, and snacks.
- (2) Students will be allowed at least ten (10) minutes to eat meals after they have received and checked out of the point of sale lunchroom.
- (3) Students will have access to quality drinking water in all areas of the school.
- (4) Marketing of food and beverages in schools shall meet applicable Board policies, OCPS procedures and guidelines, and applicable law.
- (5) The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- (6) Students, parents/legal guardians, and school staff will have access to useful nutrition information. Posters displayed in the cafeteria will promote

good nutrition and balanced meals. Detailed information regarding the nutritional content of all foods offered in the cafeteria is available at the Food Service Department. Limited nutrition information is available on the OCPS website and in the mobile school menu application.

- (7) After School Programs:
  - (a) Each school with an educational after school program is encouraged to make available nutritious snacks and/or supper, when possible (as prescribed by United States Department of Agriculture (“USDA”) snack/supper guidelines) and to provide structured physical activities in after-school programs.
  - (b) Middle schools may provide intramural and/or club activities to promote opportunities for enjoyment, challenge, self-expression, and social interaction in a cooperative environment that will lead to a healthy and physically active lifestyle.
  - (c) Middle and high schools will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students including boys, girls, students with disabilities, and students with special healthcare needs.
- (8) The OCPS Healthy School Team will serve as a resource in each school. The Healthy School Team will promote education for lifelong healthy activities and establish school-based goals that support these activities.
- (9) All schools will be encouraged to join the USDA Team Nutrition program and submit an application to be recognized as a Healthier US School Challenge: Smarter Lunchroom (“HUSC: SL”) school.
- (10) Programs designed to benefit staff health are to be comprehensive and provided through the OCPS Employee Wellness Program. They should be designed to reach all employees at various levels of interest and need. The programs should offer a full continuum of prevention, early detection, and health maintenance components addressing preconception through geriatric phases of wellness.
- (11) Proper procedures are required to be followed for use of OCPS facilities. All user groups may contact the school of interest to request a facilities use agreement.
- (12) The Board does not discriminate in admission or access to its facilities. Supervision of students or other participants in activities (including, without limitation, physical activities) is the responsibility of the organization sponsoring such activity.
- (13) Schools that are part of the Florida High School Athletic Association (“FHSAA”) may have an Automated External Defibrillator (“AED”) in accordance with Section 1006.165, Florida Statutes. If a school is not part of the FHSAA, an AED is not required. Any school with AEDs must

designate and train appropriate staff members in proper use, storage, and maintenance of same.

- (14) All schools should have appropriate staff members certified in cardiopulmonary resuscitation (“CPR”).

**SPECIFIC AUTHORITY:** Sections 1001.41; 1001.42; 1001.43; 1006.165, Florida Statutes  
Rule 5P-1.003, Florida Administrative Code  
42 USC §1771 et seq.

**TITLE:** **Setting Goals for Measurement and Evaluation**

**POLICY:**

Subject to the availability of funds to carry out the Local School Wellness Policy, The School Board of Orange County, Florida (“Board”) shall provide assistance to schools.

- (1) Appropriate Orange County Public Schools (“OCPS”) staff will be responsible for providing technical assistance to all schools.
- (2) Schools will set goals for all food categories on campus. The OCPS Healthy School Team will use the OCPS Eat Smart Nutrition Standards as a guide for goal setting.
- (3) All schools will set goals for implementing physical education and activity that support a sequential, comprehensive curriculum using the National Association for Sport and Physical Education Guidelines.
- (4) The OCPS Healthy School Team should conduct meetings to monitor the school wellness program by formulating checklists as well as identifying specific goals for the school and its stakeholders.
- (5) Participation in the development, implementation, and annual review of the local school wellness policy will be achieved through the public presentation of the wellness policy at School Health Advisory School Health and Wellness Advisory Council (“SHWAC”) meetings and public Board meetings. Information on how to support the wellness policy will be included in the Code of Student Conduct.
- (6) The schools and learning communities will conduct ongoing review of the implementation of the wellness policy. The Centers for Disease Control and Prevention (“CDC”) School Health Index will be used annually by schools for evaluation prior to implementing new wellness goals. This self-evaluation will be completed by the OCPS Healthy School Team. At the end of each school year, the Principal or a designee will complete a report that indicates the implementation, effectiveness, and maintenance of implementing the OCPS Local School Wellness Policy at the school. The report shall be sent

to the appropriate Area Superintendent and forwarded to the Superintendent's designee. An informational article will be generated from these site reports and submitted to the Board on an annual basis. All wellness policy updates will be communicated through press releases and can be located on the OCPS website at all times.

- (7) The School Health Services Plan, which is a cooperative effort among OCPS, the Orange County Health Department, and the School Health and Wellness Advisory Council, will be used to identify appropriate baseline data which can be used by OCPS to evaluate the Local School Wellness Policy implementation.
- (8) The Superintendent or designee shall ensure overall compliance with this policy.
- (9) The OCPS Local School Wellness Policy will be annually reviewed and triennially assessed for updates. The School Health and Wellness Advisory Council and OCPS will review the progress of this policy implementation and review input about the policy to consider updates as needed.

**SPECIFIC AUTHORITY:** Sections 1001.41; 1001.42; 1001.43; 1003.453, Florida Statutes

Rule 5P-1.003, Florida Administrative Code

42 USC §1771 et seq.

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*\*In compliance with Section 1003.453, Florida Statutes, Policy IHAM was publicly noticed and open for review at a Rule Development Workshop and subsequent Board meeting; however, no changes were made from the previous year's version of the policy.*