

Palm Bay Academy Charter School

WELLNESS POLICY

Elementary – Middle – Immersion



Palm Bay Academy Charter School Elementary – Middle – Immersion Wellness Policy

INTRODUCTION

Palm Bay Academy Charter Schools are committed to providing the students of the schools with healthy choices, promotion of wellness activities, and physical activities that promote the well-being of the children enrolled. The school continuously strives to promote activities and situations which enable students to make healthy choices which then contribute to the total well-being of the school population.

PURPOSE AND GOALS

Palm Bay Academy charter School recognizes that good nutrition and physical activity are essential for students to maximize the full academic potentials, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight management and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.

Palm Bay Academy Charter School has a responsibility to cultivate a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.

The school has established a Local Wellness Policy Committee which is responsible for establishing and measuring the implementation of the Local Wellness Policy. The Wellness Policy is reviewed and annually by the committee and will report the effectiveness of the policy to the school Board of Directors on an annual basis. Boards of Director meetings are open for public input. Committee members will work collaboratively and offer multiple perspectives to assure the Local Wellness Policy is consistent with district educational and budgetary goals. It is the responsibility of this group to ensure the plan is designed to optimize the health and well-being of students and that it fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

POLICY

1.0 Local Wellness Policy Committee

1.1 Mission

Palm Bay Academy charter School will maintain a Local Wellness Policy Committee that serves the following purposes:

1. Establish standards for all foods and beverages available to students on each school campus during the entire school day.
2. Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation

4. Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation
5. Review and evaluate the Local Wellness Policy standards and implementation.
6. All policy related standards will be reviewed for final approval and report findings of policy implementation evaluation to the Board of Education.

1.2 Membership

The Local Wellness Policy Committee membership at Palm Bay Academy Charter School will include the following individuals:

1. Parents
 - A member (parent) serving on the Board of Directors
 - A member (parent) President of the PTO
2. Student
 - One Middle School student
3. School Food & Nutrition
 - An employee of the Food & Nutrition Department of the school
4. School's Board (see above in the Parent Section)
5. School Administrator
 - School Principal
6. Physical Education / Health Education
 - PE/health educator
7. Local Health Professional
 - Community member who works in the health/well-being field

The Wellness Policy Committee Chairperson will be principal of the school that is charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

a. Nutrition Guidelines

2.1 School Meals Program

The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Florida.

Palm Bay Academy Charter School will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food-pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

Solution:

Meals meet or exceed all USDA and state nutrient standards. Lunch meals are designed to provide 1/3 of The Recommended Dietary Allowances (RDA) appropriate for age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D. Breakfast meals provide 1.2 of the RDA's for these nutrients. Meals are designed to incorporate the following recommendations of the Dietary Guidelines:

- No greater than 30% calories from fat and no greater than 10% calories from saturated fat
- No trans-fats
- Minimize sodium and cholesterol
- Maximize dietary fiber
- Promote whole grains, fruits and vegetables, and low fat dairy choices

School administrators and food service management meets with students on a regular basis to obtain their input and suggestions regarding menu development.

Students will be encouraged to start each day with a healthy breakfast.

Solution:

The school breakfast program will incorporate nutritious menu items and utilize marketing strategies to promote breakfast participation as indicated by NSLP guidelines.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

Solution:

Menu planning concepts and food merchandizing programs included in the Food & Nutrition Department program are used to promote healthy and balanced meal choices. A wide selection of appealing entrees, accompanied by a variety of fruits, vegetables, and low fat milk choices, are offered and the middle school, signage programs clearly communicate the healthful food items included with each meal choice, and the food services staff encourages students to select these foods.

At the elementary schools, set standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages which encourage students to participate in the meal program and to select a complete and balanced meal.

School meals will be prepared in a way that maximizes nutrient density and reduces fat and sodium

Solution:

School food service employees use food preparation techniques to provide meals that are lower in fat, saturated fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk is emphasized in menu planning.

Standardized recipes, developed by varying schools and the USDA are used to prepare food items that meet nutritional guidelines for meals.

Palm Bay Academy trains the food service employees so they can improve the culinary skills, including the use of standardized recipes and attractive food presentation.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from home.

2.2 Competitive Food

All snacks and beverages offered to the students during the school day comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.”

Snacks:

- No more than 200 total calories per package
- No more than 35% calories from fat
- No more than 10% calories from saturated fat
- No trans fat allowed
- No more than 200 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages:

- 100% fruit and vegetable juice, limited to 12 oz portion size (8oz for elementary schools)
- Water and flavored water without added sugar, unlimited portion size
- 100% fruit or vegetable juice diluted with water, with or without carbonation and with no added sweeteners
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

Solution:

All snacks and beverages offered for sale during the school day will meet the USDA requirements under the Smart Snack Rule. (see Attachment 1)

2.3 Eating as a Positive Experience

The school will provide adequate lunch time for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period.

Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

Solution:

Food service staff receives customer service training including strategies to serve students quickly and efficiently.

Brightly colored signage will be posted to engage students and bring a visual to healthy food choices and the positive outcome to physical activity.

Food service staff will engage students during meal service times to encourage trying new food items.

2.4 Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

SEC. 302. APPLICABILITY OF FOOD SAFETY PROGRAM ON ENTIRE SCHOOL CAMPUS. Section 9(h)(5) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(h)(5)) is amended— (1) by striking “Each school food” and inserting the following: “(A) IN GENERAL.—Each school food”; and (2) by adding at the end the following: “(B) APPLICABILITY.—Subparagraph (A) shall apply to any facility or part of a facility in which food is stored, prepared, or served for the purposes of the school nutrition programs under this Act or section 4 of the Child Nutrition Act of 1966 (42 U.S.C. 1773).”.

Solution:

Upholds standards set forth in the USDA Guidance for School food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles.

Palm Bay Academy Charter School food service staffs are trained in food safety.

3.0 Nutrition Education

3.1 Classroom

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences based on the curricular framework of Florida, the Next Generation Sunshine State Standards (NGSSS).

In addition, teachers will provide students with activities that promote wellness and healthy choices. Physical education will be provided with an emphasis on the skills and curricular areas defined in the NGSSS.

The school’s Local Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with the goals of the wellness plan.

3.2 Cafeteria

The school cafeteria will serve as a “learning laboratory” enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Solution:

Elementary school and Immersion Programs will display colorful signage that encourages students to select a complete meal, as well as posters highlighting good nutrition and physical activity messages that are consistent with lessons taught in the classroom.

Information is posted in prominent locations in middle school cafeteria, providing topics about nutrition, physical activity, and wellness. Informational flyers about nutrition, physical activity and wellness are available for students and parent to take home.

School meals will be marketed to appeal to all students whole will be encouraged to choose and consume a full meal.

Solution:

Serve meals that meet precise nutrition parameters that exceed the USDA guidelines.

Competitive foods (a la carte snacks and beverages)

Solution:

Guidelines for students in Elementary – Grades 5 and lower

Items sold a la carte are intended to supplement meals from school and/or home, not to compete with the reimbursable meal. Limit will be one or two items per child to be sold per day. Children who receive the reimbursable meal receive more nutrients than those that purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.

Desserts: will only be sold a la carte. Should not exceed 200 calories. Exception: it that day on a menu meeting nutrient standards or meal pattern for the grade group for the week. No foods of minimal nutritional value, no artificial sweeteners that contain Aspartame or Saccharin. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.

Beverages: Not available for purchase at this time.

Guidelines for students in Middle School – Grades 6-8

Items sold a la carte are intended to supplement meals from school and/or home, not to compete with the reimbursable meal. Limit will be one or two items per child to be sold per day. Children who receive the reimbursable meal receive more nutrients than those that purchase a la carte. Extras consumed may result in rejection of meal items and/or overeating.

Desserts: will only be sold a la carte. Should not exceed 200 calories. Exception: it that day on a menu meeting nutrient standards or meal pattern for the grade group for the week. No foods of minimal nutritional value, no artificial sweeteners that contain Aspartame or Saccharin. There are variations in calorie requirements for individuals that justify the availability of items in conjunction with the meal.

Beverages: Not available for purchase at this time.

4.0 Physical Activity

4.1 Physical Activity During the School Day

Students will be given opportunities for physical activity during the school day through recess periods, physical education (P.E.) classes, and other activities. Schools will promote an environment supportive of physical activity.

The Wellness Committee will coordinate a calendar of Wellness events that will be highlighted throughout the year to give students and families opportunities to participate in physical activities. These activities will include students from Kindergarten to eighth grade.

4.2 Physical Activity Before and After School

Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics and physical activity clubs.

4.3 Physical Education Classes

Physical Education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.

Physical education will include instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

4.4 Creating a Positive Environment for Physical Activity

Palm Bay Academy Charter School will promote a positive environment for physical activity by providing a physically and social environment that encourages safe and enjoyable activities for all students, including those that are not athletically inclined. Recess will be provided for elementary students.

5.0 Other School Based Activities to Promote Student Wellness

5.1 Food Sold for Fundraising Activities

The school reviews all fundraising activities and encourages activities that promote healthy food choices. Fundraising activities that involve selling food products during school hours will not be permitted at any Campus.

5.2 Healthy Classroom Parties and Celebrations

Palm Bay Academy Charter School recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the school.

The Wellness Committee will assess progress by first doing a baseline assessment and then monitoring throughout the year. The baseline will consist of evaluating the constraints of the former policy held by Palm Bay Academy. The former wellness policy is the policy approved and implemented by Brevard County in 2006. Palm Bay Academy was originally required to adopt and implement that policy. As part of the requirement of the approval process, Palm Bay Academy was to write and adopt the current wellness policy. The Wellness Policy will be revised based on needs. Furthermore, the committee will present periodic reports to the Board of Directors who may use updates from the policy in their reporting documentation.

6.0 School Faculty, Staff and Food Service Staff Role in a Healthy School Environment

6.1 Professional Development

School and food service staff and faculty are encouraged to become full partners in the school's wellness goals. School and food service staff are encouraged to model healthy eating behaviors. The Wellness Committee will provide the schools with events throughout the year that will promote wellness.

7.0 Policy Implementation

7.1 Monitoring

The school principal will be assigned to ensure compliance with standards of the Local Wellness Policy in his/her school. This individual will report on the school's compliance to the Chairperson of the Local Wellness Policy Committee.

The Director of Administrative Services will ensure compliance with nutrition policies within the school food service area using parent, teacher, and student surveys and will report on this matter to the Chairperson of the Local Wellness Committee. These surveys will be distributed throughout the school year.

7.2 Reporting

The Chairperson of the Local Wellness Policy Committee will report on the Palm Bay Academy Charter School's compliance with the wellness policy to the Board of Directors at monthly meetings. All survey findings will be reported to Board of Directors on an annual basis. All board meetings are open to the public. All board meetings are advertised school wide.

7.3 Policy Review

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There are many opportunities for celebration throughout the year, from birthdays to holidays to other special occasions that may occur. Food and beverages are often a part of celebrations, but they don't have to be the center of attention. With a few easy changes, the focus at parties can shift from unhealthy food to healthy fun!



What's wrong with cupcakes?

There's nothing wrong with having treats on occasion. Everything can fit into a healthy diet when consumed in moderation. Keep in mind, though, that each child's birthday can mean multiple celebrations: one at home with family, a party with friends, and then another at school or child care. Food doesn't always have to be part of parties. Instead, find ways to celebrate a birthday & recognize a child on their special day.

- Make a sign, sash, crown, button, or badge for the birthday child.
- Let the birthday child be the teacher's assistant for the day. They can do special tasks like make deliveries to the office or be the line leader.
- Let the birthday child choose an activity or game
- Play an indoor game of the student's choice.
- Let activities such as dancing, games, crafts, or singing be the focus rather than food.
- Talk to children about the reasons for the healthy makeover, and involve them in the party planning.
- Ask children to help their parents remember to bring fruits and vegetables or other healthy snacks instead of sweets if they choose to bring treats.
- Highlight healthy practices in the newsletter or website.
- Celebrate a child's cultural heritage with traditional crafts, games, and stories.
- Replace the "cupcake tradition" with something new—for instance, drawing a birthday mural, creating a birthday hat, or other special activity.
- Celebrate birthdays once a month or combine the month's birthdays with a national cultural celebration.

Ideas for Healthier Celebrations:

- ✓ Have a scavenger hunt for items or information related to the party theme.
- ✓ Provide "free choice" activity time at the end of the day.
- ✓ Provide extra recess or play time.
- ✓ Celebrate creatively by setting up craft stations and playing music in the background. Ask parents to provide the supplies such as clay, craft paper, pencils, markers, paints, and stickers.
- ✓ Plan special party games.
- Have a dance party.
- ✓ Pick a children's book related to the party theme. Ask a special guest or a parent to come in and read it.
- ✓ Allow children a trip to the treasure box (parents can help supply it with small toys, books, note pads, paints, pencils, bookmarks, stickers, etc.)
- ✓ Check with child nutrition staff to see if they are able to provide fresh items or other healthy snacks for a reasonable fee.





- ✚ Fruit smoothies
- ✚ Trail mix
- ✚ Fruit kabobs
- ✚ Yogurt parfaits with non-fat or low-fat yogurt, granola, and fruit
- ✚ Angel food cake topped with fresh fruit
- ✚ Low-fat popcorn
- ✚ Low-fat pudding

- ✚ Applesauce or other fruit cups
- ✚ Raw veggies served with low-fat dip like salad dressing or hummus
- ✚ Berries with low-fat whipped topping
- ✚ Bananas or strawberries with a low-fat yogurt dip
- ✚ Graham crackers with jam or apple butter

- ✚ Fresh apple slices with caramel or yogurt dip
- ✚ Raisins or dried fruit such as bananas, apples, peaches, apricots, plums, etc.
- ✚ Whole grain tortilla chips with salsa and/or guacamole
- ✚ Whole grain crackers with reduced-fat cheese
- ✚ Frozen yogurt tubes

If you decide to make food a part of the celebration, encourage healthier options.

Healthy Snack Ideas:



Fruit Mix

(Source: Wisdomformom.com)

Number of servings - 6
Serving size - ½ cup

Ingredients:

- 1 cup toasted oat cereal
- ½ cup golden raisins
- ¼ cup dried cranberries
- ¼ cup dried apricot pieces
- ¼ cup sunflower seeds

Instructions:

Mix well. Store in air tight container

For healthier recipe ideas, visit:

- www.kidsacookin.org
- www.nationaldairycouncil.org
- www.fruitsandveggiesmorematters.org



Shrek Smoothie

(Source: Western Dairy Council)

Number of servings - 2 Serving size - 10 oz

Ingredients:

- 4 oz fat-free or low-fat white milk
- 2 oz low-fat vanilla yogurt
- 2 oz frozen spinach, chopped
- 4 oz frozen pineapple chunks
- 4 oz frozen peaches, sliced
- 4 oz frozen mango chunks

Instructions:

Temper fruit for 20-30 minutes before blending for best texture. Place all ingredients in blender. Pulse until smooth. Pour into cups and enjoy

Kale Chips

Ingredients

- 4 cup – kale
- 2 tablespoon – grape seed oil
- ½ medium – lemon
- ¼ teaspoon – sea salt

Directions

Preheat oven to 350°F.

Chop 1 head of kale into 1/2 inch pieces (about 4 cups worth).

Place all ingredients in a large bowl; massage the oil, 1 tablespoon lemon juice, and sea salt into the kale using your hands.

Place on parchment-lined baking sheets and bake for 12 minutes or until crispy. Serve immediately.

Questions? Food & Nutrition Services • Palm Bay Academy Charter School
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Be a Healthy School Fundraiser Champion!

Fundraisers can help your school earn extra money for different activities, events, and equipment that keep students excited and engaged. Just like any other school activity, if your school chooses to do fundraisers, they should communicate the same messages that support the goals of a healthy school environment while still earning money. Make it a priority to plan “healthy” fundraisers that sell nonfood items or foods that meet the Smart Snacks nutrition standards. Healthy fundraisers can be practical and profitable for your school!

Do All Food Fundraisers Have To Meet Smart Snack Requirements?

States may exempt infrequent food fundraisers from the Smart Snacks nutrition standards. The number of exempt fundraisers is determined by State agencies, so make sure your district’s fundraisers and events are consistent with your State’s policy. Regardless of whether your State has fundraiser exemptions or not, it is important to know:

≈ There are no limits on the number of fundraisers that sell nonfood items

≈ There are no limits on food and beverage fundraisers held during the school day if such fundraisers include only foods and/or beverages that meet the Smart Snacks nutrition standards

≈ Fundraisers that occur after school hours (30 minutes after the end of the instructional day) may sell foods and beverages that do not meet the Smart Snacks nutrition standards.

Healthy Fundraising Ideas

Smart Snacks in Schools Make Healthy Choices Easier!

All foods and beverages available for sale to students in schools are required to include more whole grains, low-fat dairy, fruits, vegetables, and leaner proteins. Food items sold during the school day are also lower in saturated fat, added sugar, and sodium and provide more of the nutrients kids need. As a supporter of healthy fundraising, you help make sure that food fundraisers meet the Smart Snacks nutrition standards.



All foods sold during the school day must be checked to ensure they meet the Smart Snacks nutrition standards. The Alliance for a Healthier Generation’s Smart Snacks Product Calculator and Product Navigator can help you determine whether or not a product meets the Smart Snacks nutrition standards.

https://www.healthiergeneration.org/live_healthier/eat_healthier/

Fundraising Ideas

There are many creative ways to make your fundraisers healthier. Work with your school nutrition service, teachers, coaches, parents, local businesses, local chefs, dietitians, local college/university students, and community volunteers to plan and organize great and profitable fundraising events.

≈ The Team Nutrition Popular Events Idea Booklet has many ideas for events, activities, and fundraisers, as well as an events calendar. <http://www.fns.usda.gov/team-nutrition-popular-events-ideabooklet>

≈ Need some healthy fundraising ideas? Check out this link to get your school going. <http://healthymeals.nal.usda.gov/healthyfundraising>

≈ Smart Snacks in School: Fundraisers highlights the important things you need to know about Smart Snacks and Fundraising. http://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf

Cafeterias ONLY

Smart Snacks in School

USDA's "All Foods Sold in Schools Standards"

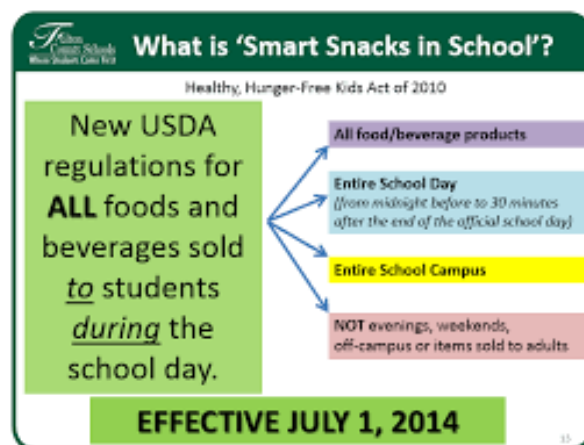
Elementary schools are not permitted to sell any fundraisers during the school day. USDA defines the school day as **midnight before to 30 minutes after the end of the official school day**.

Middle School is permitted to sell fundraisers 30 minutes after the last lunch period. Food items sold as fundraisers must adhere to the preapproved list. Any additional food items must be submitted on the Fundraiser Request Form to the Food & Nutrition Services Office for approval 3-6 months in advance. Food & Nutrition Services will review for compliance with the following USDA Standards:

Nutrition Standards for Foods (Middle School ONLY):

- ◆ Any foods sold during school must meet the following:
 - Be a "whole grain-rich" grain product; or
 - Have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

- ◆ Foods must also meet several nutrient requirements
 - Calorie limits:
 - Snack items: ≤200 calories
 - Sodium limits:
 - Snack items: ≤200 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans Fat: ZERO
 - Sugar limits:
 - ≤35% of weight from total sugars



Nutrition Standards for Beverages (Middle School ONLY)

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water 9with or without carbonation), and no added sweeteners

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES



Items You Can Sell

Activity theme bags	Air Fresheners	Bath Accessories	Balloon
Bouquets			
Batteries	Books	Brick/Stone/Tile Memorials	Buttons, Pins
Candles	Coffee Cups or mugs	Crafts	Emergency Car Kits
Coupon Books (nonfood items)	First Aid Kits	Flowers, bulbs, plants	Foot Warmers
Football Seats	Garden Seeds	Gift Baskets (nonfood items)	Gift Items
Gift Certificates (nonfood items)	Gift Wrap, boxes, & bags	Graduation Tickets	Greeting Cards
Hats	Holiday Ornaments	Holiday Wreaths	House Decorations
Jewelry	Magazine Subscriptions	Monograms	Newspaper space, ads
Parking Spots	Pet treats/toys/accessories	Plants	Phone Cards
Raffle Donations	Raffle Front row seats	Scarves	School Art Drawings
Souvenir Cups	Spirit/Seasonal Flags	Stadium Pillows	Stationery
Student Directories	Stuffed Animals	Valentine Flowers	Yearbook Covers
Yearbook Graffiti	Raffle for a yearbook	Music, CDs, and DVDs	

Healthy Foods

Fresh Fruit	Frozen Bananas	Fruit and Nut Baskets	Fruit & Yogurt Parfaits
Fruit Smoothies	Trail Mix		

Sell Custom Merchandise

Bumper Stickers	Calendars	Cookbook of Healthy Recipes	Logo air fresheners
Flying discs with school logo	School Spirit gear	T-shirts/ sweatshirts w/ school logo	License plate holders w/ school logo

Activities Supporting Academics

Read-A-Thon	Science Fair	Spelling Bee	Geography Bee
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Things you Can Do

Auction	Bike-A-Thon	Bowling Night	Car Wash
Family/Glamour Shots	Fun Runs	Gift Wrapping	Tag Sale / Garage Sale
Jump-rope-a-thon	Magic Show	Raffle (movie passes, Themed bags)	Raffle (teachers do a silly activity)
Recycling Cans/bottles/paper	Singing Telegrams	Skate Night	Carnival/festival
Talent Show	Tennis Match	Treasure/Scavenger Hunt	Walk-a-Thon
Workshops / Classes	Dances (kids, father/daughter/Sadie Hawkins)	Rent-A-Teen (rake leaves, mow lawns, wash dogs)	

Healthy Fundraising — Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these items, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces 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 nonfood items and healthy foods 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. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Consequences of Unhealthy Fundraising

Compromises Classroom Learning: Selling Unhealthy foods 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. Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors. **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise 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 (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.

Fundraising in Schools

Smart Snacks in School

USDA's "All Foods Sold in Schools Standards"

Elementary schools are not permitted to sell any fundraisers during the school day. **USDA defines the school day as midnight before to 30 minutes after the end of the official school day.**

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Nutrition Standards for Foods (Middle School ONLY):

- ◆ Any foods sold during school must meet the following:
 - Be a "whole grain-rich" grain product; or
 - Have a fruit, a vegetable, a dairy product, or a protein food as the first ingredient; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable.
- ◆ Foods must also meet several nutrient requirements
 - Calorie limits:
 - Snack items: ≤200 calories
 - Sodium limits:
 - Snack items: ≤200 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans Fat: ZERO
 - Sugar limits:
 - ≤35% of weight from total sugars

Preapproved list of Food/Beverage Items:

- Water (no size restriction)
- 100% fruit juice, with or without carbonation (up to 12 ounces)
- Low fat white milk (up to 12 ounces)
- Fat Free flavored or unflavored milk (up to 12 ounces)
- Fresh Fruits and vegetables

Nutrition Standards for Beverages (Middle School ONLY)

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice 100% fruit or vegetable juice diluted with water 9with or without carbonation), and no added sweeteners

Fundraisers Must Meet State Requirements

◆ Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. Section 10-215b-23 specifies that income from the sale any foods or beverages anywhere of the school premises during this time frame must accrue to the food service account. ◆ Section 10-221p of the Connecticut General Statutes (G.C.S.), requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale. ◆ C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. ◆ Districts that participate in healthy food certification under C.G.S. Section 10-215f must ensure that all food fundraisers meet state requirements. ◆ Consult the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales. ◆ For more information on Connecticut's requirements for food and beverages, see the Connecticut State Department of Education Website (Schools Food and Beverage Page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626dcq=322416>

Fundraising Request Form

Today's Date: _____

Campus: _____

Contact Person: _____

Email: _____

Item Requested for Fundraiser: _____

Date of Fundraiser: _____

Please submit nutrition label, ingredient information, and this form to Betsy Lifter
at the Elementary Campus or by email blifter@palmbayacademy.org

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

Elementary School (K-5)

- Make deliveries to the office
- Teach Class
- Be a helper in another classroom
- Read morning announcements
- Have lunch or breakfast in the classroom
- Play a favorite game or do puzzles
- Extra recess time
- Free time at the end of the day
- Dance to music in the classroom
- Walk with the principal or teacher
- Fun physical activity break
- Teacher reads a special book to the class
- Certificate, trophy, ribbon, plaque
- Fun movie
- Teacher performs
- Listen to music or book on tape
- Read outdoors or have class outdoors
- Extra Art, music, or reading time
- Commendation certificate or letter sent home to parents

Middle School (6-8)

- Sit with friends
- Choose partners for activities
- Listen to music while working in class
- Reduced homework or "no homework" pass
- Extra Credit
- Fun Movie
- Brainteaser puzzles, group activities and games
- Computer time
- Free choice time or chat break at the end of class
- Assemblies
- Field Trips
- Each lunch outside or have class outside
- Late homework pass
- Recognition on morning announcements
- Tickets to school events, dances, etc.
- Drawings for donated prizes
- Earn point or play money for privileges for nonfood items

Promoting a Healthy School Environment

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 a 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 amply opportunity to use it. Finding alternatives to food rewards is an important part of providing a healthy school environment.

"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, Ph.D., Deputy Director, Rudd Center for Food Policy and Obesity, Yale University.

Consequences of Using Food Rewards

- **Compromises classroom Learning:** Schools are 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. Classroom learning about nutrition remains 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, such as obesity, diabetes, hypertension and cavities. Food rewards provide unneeded calories and displace healthier food choices.
- **Encourages Overconsumption of Unhealthy Foods:** Foods used as rewards are typically high in fat, added sugars and sodium with little nutritional value. Decreasing the availability of these 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 foods increase significantly when foods are presented as rewards. This can teach children to prefer unhealthy foods.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese. Between 1980 and 2004, obesity tripled among children and adolescents. Children 2-18 consume almost 40% of their calories from solid fats and added sugars. Their diets do not include enough fruits and vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars. Poor eating habits that contribute to health problems tend to be established early in life, and unhealthy habits are usually maintained as children age. Obese children have increased risk for diseases in adulthood, such as diabetes and heart diseases and they often become obese adults.



Palm Bay Academy

Elementary Schools

Wellness Policy/Procedures Survey

Proper monitoring is an essential component in determining if policies and procedures are meeting the intended goals. It also provides valuable input to update and improve the process of meeting intended objectives.

Palm Bay Academy Wellness:

1. How have students and staff been made aware of the Wellness Policy? (check all that apply)
 - a. Newsletter
 - b. Edline
 - c. Morning Announcements
 - d. Signage
 - e. School website
 - f. School marquee
 - g. Telephone hold message
 - h. Meetings
 - i. Lunchroom
 - j. Other

Nutrition

2. Did the school promote the **October** *National School Lunch Week* activities and the **March** National School Breakfast Week activities?
3. Did the school promote healthy nutrition activities? (check all that apply)
 - a. In the classroom
 - b. During physical education classes
 - c. During health classes
 - d. In the lunchroom
 - e. Parent/teacher conference/PTA
 - f. Other
4. Are the students given adequate time for eating, once the student is seated, 15 minutes for breakfast, and 15 minutes for lunch?
5. Does the school promote a healthy lifestyle and limit access to foods of minimal nutritional value? Foods of minimal nutritional value include but are not limited to carbonated soft drinks, chewing gum, and candy.
6. How does your school promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generate positive health habits?

7. Do the dining areas include enough seating to accommodate all students that would like to sit and eat lunch as well as enough serving staff to minimize student wait time in line?
8. Does the school offer a la carte offering that include appealing healthy choices?
9. Does the school prohibit using food as reward or punishment as part of the discipline plan?

Physical Activity

10. Elementary physical education is mandated to include 150 minutes per week, with a minimum of 30 consecutive minutes on any day of physical education instruction (PE class) How many minutes do your students receive instructions from a PE teacher during the week?
 - a. Less than 40 minutes
 - b. 40 minutes
 - c. 41-80 minutes
 - d. 81-120 minutes
 - e. Greater than 120 minutes
11. Does your student receive the remainder of the 150 minutes of physical exercise in the form of recess?
12. What is your student/physical education teacher ratio in PE class?
 - a. 1-24 students per class
 - b. 25-34 students per class
 - c. 35-44 students per class
 - d. 45-54 students per class
 - e. 55 or more students per class
13. How often were individual Fitness Assessment report cards communicated to parents?
 - a. Once for the year
 - b. Twice during the year
 - c. Three or more times during the year
14. How many students waived out of Physical Education this school year?
15. Do the school buildings, grounds, structures, and equipment meet all current health and safety standards and are they kept clean, safe, and in good repair?

Other School-based Activities

16. In which community physical activities does your school participate? (Check all that apply)
 - a. International Walk Your Child to School Day
 - b. The Walking School Bus
 - c. Let's Move in School
 - d. A.C.E.S. (All children Exercising Simultaneously)
 - e. School Gardening Project
 - f. Hershey Track and Field meet
 - g. Rack and Walks
 - h. Other _____

17. Who at your school is providing students at all grade levels a Palm Bay Academy approved **anti-bullying/harassment** prevention **strategies/curriculum**?

- a. Physical Education Teacher
- b. Classroom Teacher
- c. Media Specialist
- d. Front Office
- e. Administrator
- f. Other _____

18. How are the components of health education taught in your school to meet the requirements of Florida Statute 1003.42(n) "Comprehensive Health Education Program"?

The following are the areas of required instruction in grades K-6:

- Community Health
- Consumer Health
- Environmental Health
- Family Life
- Mental and Emotional Health
- Nutrition
- Injury Prevention and Safety
- Personal Health
- Prevention and Control of Disease
- Substance Use and Abuse

19. How often is your school offering a Family Wellness Event to teach and promote physical activity, nutrition, and health?

- a. Once a year
- b. Twice a year
- c. In the planning stages
- d. Not offering (state reasons) _____

20. How does your school comply with alcohol, tobacco free, and other drug free policies?

21. How does your school staff educate and enforce a harassment free environment to address bullying and other forms of aggressive behavior?

22. Please provide feedback on the implementation of the elementary Healthy Body systems Curriculum and the integration of the Next Generation Sunshine State Standards for Health?

A. Kindergarten – 4th Grade _____

B. 5th & 6th Grades _____

23. How many certified CPR/AED personnel at your school?

24. How many certified CPR/AED instructors at your school?