

Administrative Rule Level:	Descriptor Code:	Adopted:
Article I. Local Wellness Administrative Rule	EEE R-1	September 10, 2013
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District Local Wellness Administrative Rule

The Monroe County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Nutrition Education

1. Nutrition education is a part of the entire school community with more opportunities offered to students and teachers providing education regarding "My Plate", the importance of healthy food choices, and proper food portion sizes.
2. Nutrition education is offered in the school cafeteria with dining rooms being transformed into nutrition learning laboratories.
3. Nutrition education is offered in the classroom and is coordinated between the appropriate grade level Assistant Superintendent, Principals, Teachers and School Nutrition Managers. School Nutrition Managers and designees will conduct/assist in training using approved classroom Nutrition Education materials.
4. The Nutrition Education program will meet Federal and State standards.
5. Students in grades pre-K through 12 receive interactive nutrition education some of which may be accessed using the world-wide web while in the computer lab.
6. Nutrition education will teach students the skills they need to adopt healthy eating behaviors and the correct portion sizes for their age group.
7. Nutrition education will be taught as a part of physical education/health classes as appropriate.
8. School menus are reviewed and analyzed using USDA-approved software/guidelines.
9. Students are offered a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis.
10. Students are offered a variety of meats/poultry, fruits, vegetables, and whole grains on a daily basis.
11. A registered dietitian will be consulted as needed for special diets and Individual Health Plans (IHP) and/or Individual Education Plans (IEP). In order to accommodate a student's special dietary needs, a doctor's statement must be on file in the School Nutrition Manager's office, and it must be included in the student's IHP. These records must be updated annually.
12. School Nutrition will establish guidelines for vending and other foods available on school campuses, ensuring that foods without nutritional value are not offered.

13. Nutrition information is provided to parents and community members on the School Nutrition website to assist the community in preparing healthier meals for their families and to accommodate today's busy schedules for many families.

Physical Activity

1. Physical activity is an integral part of every school day through participation in Physical Education class and/or recess in elementary schools.
2. Elementary schools integrate Energizers, a manual which includes planned classroom physical activities, HealthMPowers Exercise in the Classroom, and/or Catch Kits, which are ready-made structured physical activity plans for the classroom teacher.
3. District administrative rule for physical education and health meets or exceeds state requirements.
4. Qualified instructors are hired to teach physical education and supervise physical activity in the district.
5. Students are provided many choices of physical activity, including cooperative and competitive games that account for gender and cultural differences among students.
6. Students are given opportunities for physical activity through school programs including interscholastic athletics and activity clubs.
7. The benefits of physical activity as well as the health issues related to inactivity are taught as life skills across the curriculum.
8. Parents, district personnel, and community stakeholders are encouraged to be role models for physical activity.
9. Students enrolled in a physical education class are introduced to, and when age appropriate, are assessed using the state-mandated FitnessGram Student Assessment. Results of fitness assessments are reviewed with students and distributed to parents.
10. The District collaborates with other community partners, through grant funding, to promote student and parent nutrition education and physical fitness, to ensure lifetime wellness.

Other School-based Activities

Dining Environment

1. Schools provide a clean, safe, meal environment.
2. Schools provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals.
3. Water fountains are available in all schools and dining rooms, enabling students to get water during meals service hours and throughout the day.
4. All students are encouraged to participate in the school meals program.
5. The identities of the students who eat free and reduced price meals are protected.

Time to Eat

1. Students are given adequate time to enjoy eating healthy foods, while socializing with friends.
2. Lunch times are scheduled as near the middle of the day as possible.

Food or Physical Activity as a Reward or Punishment

1. School meal components are never to be withheld or limited as punishment. School staff is encouraged to use school supplies or healthy snacks as rewards.
2. Food or physical activity for students will not be denied as a form of punishment.

Consistent School Activities and Environment

1. MCS encourages fundraising efforts to be supportive of healthy eating.
2. Nutrient standards are adopted for all foods sold at school.
3. Foods and beverages should meet adopted nutrient standards in all vending machines.
4. Opportunities for on-going professional training and development for all school nutrition and school level staff is offered in the areas of nutrition and education.

5. Parents, teachers, school administrators, students, and School Nutrition staff are encouraged to serve as role models in practicing healthy eating and being physically active at school and home.

Nutrition Guidelines

See sections 6 - 7.

Measuring Implementation and Public Notification

1. See section 9.
2. Each principal will appoint a designee as the school-based wellness leader (Wellness Coach) whose responsibility is to monitor the local school wellness administrative rule in the school.
3. The School Nutrition Department will support, share guidance and assist Principals in implementing and maintaining district's wellness administrative rule.
4. School vendors will provide a nutrient analysis to the School Nutrition Department for all foods sold on school campuses during school hours. This includes vending items, food sales, and fundraiser items.
5. When new products are introduced or suggested, schools/organizations will submit food/beverage nutrition labels to the School Nutrition Department for approval. Schools should not begin selling any food/beverage item before receiving approval. A letter revealing approval results will be sent to the school. The SN Director will review schools throughout the year to determine/monitor compliance.
6. The System Wellness Team may consist of members to include; Nutrition Director, Nutrition Staff, a Board Member, Physical Education Teacher, School Nurse, Local Health Department Representative, Teacher(s), Principal(s), Student(s), Parent(s) and PTA Members, Community Partners and Members from the local Business Community.
7. The SWT along with an appointee by the Superintendent will evaluate the effectiveness of the administrative rule yearly and make changes when necessary.

Definitions

The following definitions apply to the Monroe County School Nutrition Program and District Monroe County Wellness Administrative Rule:

1. **Competitive Foods:** Refers to food and beverages sold or made available to students that are not sold by the School Nutrition Department and that compete with the school's operation of the National School Lunch Program, School Breakfast Program and/or After School Snack Program.
2. **FMNV:** Foods of Minimal Nutritional Value. Refers to the four categories of foods and beverages (soda water, water ices, chewing gum and certain candies) that are restricted by the U.S. Department of Agriculture under the Child Nutrition Programs (See section V).
3. **School Day:** The school day begins at 12:01 a.m. and continues until the end of the last academic instructional period of the day.
4. **School Meals:** Meals provided under the National School Lunch Program, School Breakfast Program and After School Snack Program for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions and guidelines.
5. **Snacks:** Defined as competitive foods (see definition above).
6. **Pre-packaged Item:** Refers to any item that is sealed (closed or made secure against access, leakage, or passage by a fastening or coating) by manufacturing company before delivery to school, is considered non-hazardous according to federal/state health codes and does not require temperature readings.
7. **Elementary School:** An elementary school campus is defined as any campus containing a combination of grades Pre-K-5.
8. **Middle School:** A middle school campus is defined as a campus containing grades 6, 7 and 8.
9. **Combination School:** A combination school campus is defined as a campus containing grades 1 – 8.

10. High School: A high school campus is defined as any campus containing a combination of grades 9, 10, 11 and 12.

Foods of Minimal Nutritional Value (FMNV) Guidelines

Elementary Schools

Elementary school campuses may not serve or sell FMNV at any time anywhere on school premises from 12:01 a.m. until the end of the last scheduled class.

Middle/High Schools

Middle/High school campuses may not serve or sell FMNV at any time anywhere on school premises from 12:01 a.m. until the last academic bell.

Nutrition Standards

The following specific nutrition standards pertain to all foods and beverages served or made available to students during the defined school day. This includes school meals and classroom snacks.

Fats and Fried Foods:

Schools and other vendors may not serve food items containing more than 25 grams of fat per serving size more than twice per week.

Elementary Schools

1. French fries and other fried vegetable products must not exceed 1/2 cup per serving and may not be offered more than once per week.
2. Students may only purchase one serving of these items during the meal period.

Middle Schools

1. French fries and other fried vegetable products must not exceed 1/2 cup per serving and may only be offered no more than twice per week.
2. Students may only purchase one serving of these items during the meal period.

High Schools

1. French fries and other fried vegetable products must not exceed 1/2 cup per serving daily.
2. Students may only purchase one serving of these items during the meal period.

Competitive Foods and Snacks

Elementary Schools

An elementary school may serve or sell competitive foods between 12:01 a.m. and the first academic bell. Once the first class begins, competitive foods may not be sold until the end of the normal school day. The snacks provided or sold must not exceed the following maximum nutrition standards:

1. No more than 200 total calories per serving
2. No more than 35% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
3. No more than 10% of its calories from saturated fat
4. No more than 35% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient.

Middle Schools

A middle school may serve or sell competitive foods before the first class begins. Middle school students will not have access to vending snack machines at any time during the school day. The snacks provided or sold must not exceed the following maximum nutrition standards:

1. No more than 225 total calories per serving
2. No more than 35% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
3. No more than 10% of its calories from saturated fat
4. No more than 35% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient.

High Schools

A high school may serve or sell competitive foods. The snacks provided or sold must not exceed the following maximum nutrition standards:

1. No more than 225 total calories per serving
2. No more than 35% of its calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
3. No more than 10% of its calories from saturated fat
4. No more than 35% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient.

Beverages

Elementary Schools

1. **Competitive Beverages:** An elementary school campus may not serve beverages except water or provide access to them through sales to students anywhere on school premises. Water will not exceed 0-2 calories per 8 oz. serving. This does not pertain to beverages made available by the school food service department as part of a reimbursable meal. Vending machines will not be located in the school dining area.
2. **School Food Service Beverages:** Schools must offer 1% and skim milk at all points where milk is served. Only 100% fruit and/or vegetable juice will be served and will not exceed 8 oz.

Middle/High Schools

1. **Competitive Beverages:** Middle/High school campuses may serve beverages or provide access to them through sales to students on school premises. Carbonated beverage vending machines will not be located in the school dining area. Beverages allowed include regular or flavored water (no serving size limit), 100% fruit and/or vegetable juice (not to exceed 12 ounces), unflavored or flavored reduced fat milk (not to exceed 16 ounces), zero calorie drinks (no serving size limit) and low calorie drinks (not to exceed 20 ounces). This does not pertain to beverages made available by the school food service department as part of a reimbursable meal. The entire amount of the beverage which includes 100% fruit juice or reduced fat milk must not exceed the following maximum nutrition standards:
 - a. No more than 160 calories per 8 ounces
 - b. No more than 35% of its calories from fat
 - c. No more than 14% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts).
 - d. Added sugar must not be listed as the first ingredient.
 - i. The entire amount of the beverage which includes low calorie drinks must not exceed the following maximum nutrition standards:
 - a. No more than 60 calories per 8 ounces
 - b. No more than 15% of its calories from fat
 - c. No more than 10% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts).
 - e. No more than 60 calories per 8 ounces
 - f. No more than 15% of its calories from fat
 - g. No more than 10% of its weight from added sugars (excludes naturally occurring sugars and low fat yogurts).
 - h. Added sugar must not be listed as the first ingredient
 - i. Beverages which are not allowed include soft drinks containing caloric sweeteners, fruit based drinks that contain less than 100% fruit and/or vegetable juice and any beverage which exceeds the maximum portion size as listed above.
2. **School Food Service Beverages:** Schools must offer 1% and skim milk at all points where milk is served. Only 100% fruit and/or vegetable juice, diet lemonade, tea, water and low calorie sports drinks will be served.

Portion Sizes

The following portion sizes are maximum amounts and pertain to all foods served or made available to students on school campuses. This listing excludes school meals provided by the School Nutrition Program, which are governed by USDA regulations and are more restrictive

As new products are introduced/suggested schools/organizations are required to submit food/beverage nutrition labels to the School Nutrition Department for approval. Schools should not begin selling any food/beverage item before receiving approval. A letter revealing approval results will be sent to the school. The SN Director will review schools annually to determine/monitor compliance.

Elementary Schools

Food or Beverage Maximum Portion Size

1. Baked chips, crackers, reduced fat popcorn, pretzels, trail mix, nuts and cereals - 1.5 ounces
2. Cookies - 1.5 ounces
3. Cereal bars or granola bars - 2 ounces
4. Bakery items (muffins, pastries, etc.) Excluding items which count as two-bread components served only at breakfast - 3 ounces
5. Low-fat yogurt - 8 ounces
6. Non-carbonated bottled water - No limit

Middle/High Schools

Food or Beverage Maximum Portion Size

1. Baked chips, crackers, reduced fat popcorn, pretzels, trail mix, nuts and cereals - 1.5 ounces
2. Cookies - 1.5 ounces
3. Cereal bars or granola bars - 2 ounces
4. Bakery items (muffins, pastries, etc.) Excluding items which count as two-bread components served only at breakfast - 3 ounce
5. Low-fat yogurt 8 ounces
6. Unflavored, non-carbonated bottled water - No limit
7. Reduced fat milk (1% or less), flavored or unflavored - 16 ounces
8. 100% fruit and/or vegetable juice - 12 ounces
9. Zero calorie drinks - No limit
10. Low-calorie drinks - 20 ounces

Fundraisers

To support student health and wellness, schools will encourage fundraising activities which promote physical activity. Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

Elementary Schools

Food and beverage items may be offered as a fundraising activity during the school day once a year at the regularly scheduled school "Field Day". They may not be sold during meal time and the following standards must be applied:

1. All food must be a pre-packaged item as defined in section I and must be in single serving sizes
2. Foods of Minimal Nutritional Value will not be available anytime during the school day
3. Items will provide no more than 200 calories per serving
4. Total fat will be no more than 35% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
5. Saturated fat will be no more than 10% of the total calories

6. Sugar content will be no more than 35% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient.
7. Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

Middle Schools

If food items must be offered as a fundraising activity during the school day, the following standards must be applied:

1. All food must be a pre-packaged item as defined in section I and must be in single serving sizes
2. Foods of Minimal Nutritional Value will not be available anytime during the school day
3. Items will provide no more than 225 total calories per serving
4. Total fat will be no more than 35% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses)
5. Saturated fat will be no more than 10% of the total calories
6. Sugar content will be no more than 36% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient. Foods sold as fundraisers between 12:01 a.m. and the ringing of the first academic school bell must be limited to breakfast/protein biscuits and are exempt from the above fat and calorie standards. They must be handled in compliance with the hazardous foods regulations as set by the Department of Health and must be delivered in vendor supplied containers to ensure appropriate temperature levels. All potentially hazardous food products must be sold and consumed within a 2 hour time period which begins at the time of pick-up or delivery. All unsold food products must be discarded and thrown away after the 2 hour limit. Under no circumstances should students or staff consume any product after the 2 hour limit has passed. Foods sold as fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

High Schools

1. If food items must be offered as a fundraising activity during the school day, the following standards must be applied:
2. All food must be a pre-packaged item as defined in section I and must be in single serving sizes.
3. Foods of Minimal Nutritional Value will not be available anytime during the school day.
4. Items will provide no more than 225 total calories per serving.
5. Total fat will be no more than 35% of the total calories from fat (excluding nuts, seeds, nut butters and reduced fat cheeses).
6. Saturated fat will be no more than 10% of the total calories.
7. Sugar content will be no more than 36% by weight (excludes naturally occurring sugars and low fat yogurts). Added sugar must not be listed as the first ingredient.
8. Foods sold as fundraisers between 12:01 a.m. and the ringing of the first academic school bell must be limited to breakfast/protein biscuits and are exempt from the above fat and calorie standards. They must be handled in compliance with the hazardous foods regulations as set by the Department of Health and must be delivered in vendor supplied containers to ensure appropriate temperature levels. All potentially hazardous food products must be sold and consumed within a 2 hour time period which begins at the time of pick-up or delivery. All unsold food products must be discarded and thrown away after the 2 hour limit. Under no circumstances should students or staff consume any product after the 2 hour limit has passed. Foods sold as

fundraisers that are available for sale outside of the school day will support healthy eating by limiting foods high in added sugar and fat.

Classroom Parties/ Celebrations/Rewards

We encourage schools to evaluate the foods being offered for celebrations and to promote healthy eating and nutritious foods choices. While foods that do not meet the nutritional standards mentioned above may be offered, schools should also provide foods which do meet the nutritional standards for healthy snacks.

Classroom parties and celebrations will not be planned to occur during the regular scheduled mealtimes. Schools will not withhold food or beverages as a punishment. While using food as a reward is not suggested, we strongly encourage staff to limit any practice of distributing FMNV to students at any time during the school day.

Foods Brought from Home

Parents will be encouraged to promote their child's participation in the School Meals Program. If their child does not participate in the School Meal Program, parents will be encouraged to provide and purchase healthy alternatives.

All nutrition standards will be explained to parents. A flyer containing these expectations will be distributed during the student registration process. Parents will continuously be provided with nutrition education through newsletters, wellness workshops, family nights, etc.

Due to national statistics that show the relationship between fast food consumption and childhood obesity, parents are encouraged not to bring commercial foods into the school.

Snacks

Elementary Schools

To promote healthy eating habits during meals, snack times for students should not be scheduled within 2 hours prior to the students' lunch time.

All snacks for school sponsored after school programs, must be provided by the School Nutrition Program and must follow the federal guidelines for reimbursable snacks. All snacks for other school sponsored remediation or tutoring programs must meet either the federal guidelines for reimbursable snacks or the local guidelines for acceptable competitive foods.

Nutrition Composition of Foods

The nutritional composition of all foods and beverages served will be available to students, parents, and staff through posting on the Monroe County School Nutrition website.

National School Breakfast/Lunch Participation

School Nutrition Managers are required to meet goals to increase breakfast and lunch participation each year. Promotions will be completed and nutrition education lessons will be taught in order to meet these goals. All schools in Monroe County will participate in the National School Breakfast Program. Maximum participation in the breakfast program will be encouraged through breakfast promotions.

Timing of Meals

Students will be given adequate time to consume meals.

Physical Activity Outside the School Day

All middle and high schools offer a variety of sports programs after school hours. Many of the elementary schools offer afterschool programs and activities for students (dance teams, jump-rope teams, etc.).

Student Health Problems

Each year parents will complete a medical health update form. The school health technicians and nurses are notified and receive a copy of the form. An individual health action plan is developed for students with specific health issues when required, and copies of that plan are made available as appropriate.

- Upon receipt of individual health plan, further information/training is provided when needed.
- Dietary, health related procedures, and academic accommodations are made as needed.
- When a child's chronic health condition restricts his/her diet, accommodations/modifications are provided based on the student's healthcare provider's recommendation. The students are placed on a medical alert list and monitored for academic progress.

Foods of Minimal Nutritional Value (FMNV)

Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. The following is taken from Appendix B of 7 CFR Part 210 of the National School Lunch Program regulations which describes the foods of minimal nutritional value:

Restricted Foods

Foods and beverages that are restricted from sale to students are classified in the following four categories:

1. **Soda Water:** A carbonated beverage. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
2. **Water Ices:** Any frozen, sweetened water and flavored ice with the exception of products that contain fruit or fruit juice.
3. **Chewing Gum:** Any flavored product from natural or synthetic gums and other ingredients which forms an insoluble mass for chewing.
4. **Certain Candies:** Processed foods made predominantly from sweeteners, such as sugar (sucrose) and corn syrup, with a variety of minor ingredients which characterize the following types:
 - a. **Hard Candy:** A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.
 - b. **Jellies and Gums:** A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - c. **Marshmallow Candies:** An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
 - d. **Fondant:** A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - e. **Licorice:** A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
 - f. **Spun Candy:** A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - g. **Candy Coated Popcorn:** Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

FMNV and Guidelines Exemptions

Instructional Use of Food in Classroom: Students may consume food prepared in class for instructional purposes; however, this should be on an occasional basis, and the food should not be sold or provided to other students or classes. Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from this administrative rule. We strongly encourage staff to limit the use of FMNV.

Athletic, Band, Academic and other Competitions

The nutrition administrative rule does not apply to students who leave campus to travel to athletic, band, academic or other competitions unless the students are provided with a meal by the school food service.

The school day is considered to have ended for these students. School activities, functions and events that occur after the normal school day are not covered by the administrative rule.

The School District recognizes that certain types of food allergies do exist. Therefore, awareness of these foods containing known allergens will be considered accordingly.

Established Plan for Measuring Implementation of Administrative Rule

1. Each principal will appoint a designee as the school-based wellness leader (Wellness Coach) whose responsibility is to monitor the local school wellness administrative rule.
2. The School Nutrition Department will support, share guidance and assist principals in implementing and maintaining school board wellness administrative rule.
3. Each vendor will provide a nutrient analysis to the School Nutrition Department for all competitive foods sold on school campuses during school hours. This includes vending items, food sales, and fundraiser items.
4. When new products are introduced or suggested, schools/organizations will submit food/beverage nutrition labels to the School Nutrition Department for approval. Schools will not begin selling any food/beverage item before receiving approval. A letter revealing approval results will be sent to the school. The SN Director will review schools yearly to determine/monitor compliance.
5. The Team will consist of members such as: Nutrition Director, Nutrition Staff, a Board Member, Physical Education Coach, School Nurse, Local Health Department Representative, Teacher, Principals, Students, Parents and PTA Members, and Members of the Local Business Community.
6. The Team will evaluate the effectiveness of the administrative rule yearly and make changes when necessary.

Public Notification

The public may notified via the following sources:

1. District website
2. Nutrition Newsletter and school level PTA Newsletter
3. PTA Meetings
4. District Facebook and/or Twitter account
5. School Messenger (Monroe Messages)
6. Monroe County Reporter
7. Faith-based websites and bulletins
8. Public announcements at sporting events (Ex. Football)

Implementation

1. The Wellness Coach will be responsible for monitoring implementation at each school.

2. Nutrition Services will provide support in the implementation and monitoring of the Wellness Administrative rule. During the annual Nutrition Services Review, each school's vending machines and competitive foods sold will be evaluated.
3. When age appropriate, physical education teachers use the Fitness Gram to measure students' BMI progress annually.
4. Students are surveyed to measure behavioral changes after nutrition education training in Health classes.
5. Implement a fitness test in P.E. for overall wellness
6. Vendors will provide nutrient analysis to the Nutrition Department on all vending items and competitive food items.
7. Any new products suggested/introduced require a nutrition label for all food and beverage items. Written approval from the Nutrition Department is required prior to selling any new items.
8. A Wellness Team is established to monitor the effectiveness of the administrative rule and make changes when needed. The Team members consist of the Nutrition Department, Students, Faculty, Parents, SN Managers, Principals, Administrators, PTA Members, Community Leaders, and Health Educators.
9. Wellness Team holds bi-annual meetings to review and update the District's Local Wellness Administrative Rule.

Local Designation

1. Each school will have a designee who will serve as the Wellness Coach for their school site, as well as the chairperson of the School Wellness Team, to be appointed by the Principal.
2. Each Wellness Coach is responsible for organizing, guiding, assisting, and maintaining a School Wellness Team.
3. The Wellness Coach, working in conjunction with the School Wellness Team, is responsible for ensuring that the Local Wellness Guidelines is implemented at that location.
4. Quarterly reviews are conducted by each Wellness Coach and/or School Wellness Team, using the Monroe County School Wellness Scorecard, the results of which are presented, along with a written summary, to the Monroe County Local Wellness Team, Principals, Superintendent, and the School Board. Timeline will be established by the Monroe County Schools Local Wellness Team.
5. The Monroe County Schools Wellness Team appoints a team to train and assist each Wellness Coach, review quarterly reports, assess each school's compliance to the Local Wellness Guidelines.