

BROWARD COUNTY PUBLIC SCHOOL  
Policy 5314 WELLNESS-TRIENNIAL EVALUATION  
November 19, 2018

Policy 5314 -Wellness was reviewed and adopted with revisions on 10/3/17. Policy 5314 allows the Florida Healthy Schools Self-Assessment, conducted and submitted by Coordinated Student Health Services to serve as the evaluation tool. The study was conducted in the spring of 2018 and submitted the Florida Partnership for Healthy Schools. The assessment is attached.

**Achievements:**

- Recognized as a Florida Healthy School at the Gold level for the period May 2018-April 2020, based on the evaluation submitted to the Florida Partnership for Healthy Schools in April 2018.
- Twenty-two schools designated Healthier US Schools Challenge (HUSSC) schools. This recognition is from USDA for achievement in nutrition and fitness at the school. This endeavor was a partnership with the University of Florida/IFAS. They worked in more than 25 schools in 2017-18.
- Classroom Video Pilates (through BECON) was made available.
- A Pediatric Tool Kit was developed for parents of students identified through grade mandated screenings with unhealthy body mass index (BMI). It was developed in cooperation with the Broward Regional Health Planning Council.
- Implemented a pilot program to reduce greenhouse emissions and feed the hungry through food sharing.
- Ten schools were recipients of USDA Fresh Fruit and Vegetable Program grants to provide free fruit and vegetable snacks to students in these elementary schools to encourage consumption of plant-based foods. Food and Nutrition Services provides free monthly fruit and vegetable tastings to all students in elementary schools.
- Universal Free Breakfast is served in all schools.
- Special Ag in the Classroom/STEM training demonstrated how to incorporate gardening into curriculum.
- Smarter Lunchroom Training (Cornell University) was provided to cafeteria managers.
- Participation in the Farm to School Program allows students to regularly eat fresh fruit/vegetables from Florida.
- Nationally recognized employee wellness program.
- The Summer Breakspot program was implemented in over 100 schools providing breakfast and lunch to children from 2-18 years of age, during the summer months when free school meals are not available to students in need.
- The District and community fully participate in National School Lunch Week with the District sponsoring an art contest, civic and educational dignitaries dining at schools during NSLW, and most municipalities providing a proclamation.
- Yoga and mindfulness training are provided for teachers.
- HIV-STD student education is on-going in the District.
- BCPS opened a food pantry at Lauderdale Manors serving 150- 300 individuals biweekly, 10-20 pounds of food.
- The Department of Health-Broward's School Based Dental Program, with a field team of 4 dental hygienists, provided dental assessment to 33,472 children with 22,295 receiving sealants in Title 1 elementary and middle schools. An additional 1,164 students with urgent dental needs were identified, and an immediate referral was made to DOH Broward Dental Clinic. Tooth decay is one of the most chronic conditions of childhood, with sealants being the most effective method of preventing dental caries.

**Goals for 2018-2020**

- Revise Policy 5314 Wellness based on suggestions by Florida Department of Agriculture and Consumer Services and to include Hands Only CPR training as part of the High School PE curriculum.
- Increased funding for Drivers Ed.
- Promote development of drug, alcohol and tobacco prevention programs for students.
- Develop guidelines for schools' gardens and composting to meet local requirements for use in school food-service operations.
- Support expansion of Department of Health Broward's school-based Dental Sealant Program to 260 Elementary, Middle and Charter Schools
- Increase participation in school meals.
- Maintain Gold level in the Florida Healthy Schools Self-Assessment