

Brevard Public Schools Wellness Policy & Procedures



Fueling the Mind and Body

Creating a school environment that promotes and protects health, well-being and ability to learn by supporting healthy eating & physical activity.

2018-19

Wellness Policy

Brevard County (Florida) Bylaws & Policies

3315 - STUDENT AND STAFF WELLNESS

The School Board of Brevard County, Florida (hereinafter "Board") is committed to providing a healthy school and work environment that promotes and protects the health and well-being of students and staff. The educational setting provides students and staff with the ability to learn and succeed by embracing wellness, good nutrition, and regular physical activity as part of the total learning environment.

The Superintendent will direct the School Health Advisory Committee (SHAC) to monitor and review the District-wide wellness programs and related procedures. These address the following areas:

- A. goals for nutrition education;
- B. goals for physical activity;
- C. goals for other school-based activities designed to promote student wellness;
- D. nutrition procedures for all foods available on school campuses during the school day;
- E. assurances that the procedures for reimbursable school meals are not less restrictive than Federal requirements;
- F. goals for staff activities designed to promote wellness; and
- G. plans for measuring progress of the goals and procedures.

The Board recognizes the importance of a healthy school environment that encompasses nutrition education, food served in schools, and physical activity. The Board also recognizes that promoting a healthy lifestyle for both students and staff will positively impact productivity and achievement of the District's mission, vision, and strategic plan objectives.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

F.A.C. 6A-7.0411

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Wellness Procedures

Administrative Procedures

3315, 4315, – STUDENT AND STAFF WELLNESS PROCEDURES

The School Board of Brevard County, Florida is committed to provide a healthy school and work environment that promotes and protects the health and well-being of our students and staff. The educational setting provides students and staff the ability to learn and succeed by embracing wellness, good nutrition, and regular physical activity as part of the total learning environment. The district sets specific goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness. This is accomplished by utilizing evidence-based strategies in determining these goals as the programs we employ are designed based on scientifically-based USDA guidelines and other evidence-based research. To that end, the District shall include but not be limited to the activities in the following areas:

I. Nutrition

Nutrition is the study of food as it relates to the relationship between diet and states of health and disease. Absence of adequate nutrients can cause certain diseases to take hold that can potentially result in death.

Good nutrition is vital to good health and is essential for the healthy growth and development of children and adolescents. Healthful diets help children grow, develop, and do well in school. They enable people of all ages to work productively and feel their best. To maintain health, a balance between the energy taken in from food along with the energy expended from physical activity throughout the course of daily life must be achieved. Excess food intake along with physical inactivity leads to weight gain, obesity and can lead to various medical conditions such as diabetes, cardiovascular disease, cancer, joint problems and premature death.

Nutrition Education:

- Operate the school cafeteria as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Utilize a Nutrition Educator/Registered Dietitian whose responsibilities will be to:
 - Provide nutrition education and consultation to school community groups, PTO groups, school advisory groups, and other school-based groups.
 - Offer nutrition education in the classroom and throughout the District.
 - Offer Coordinated Approach to Child Health (CATCH).
 - Engage students in OrganWise Guys Curriculum, which is a science-based elementary nutrition and physical activity program.
 - Act as liaison for “National School Lunch Week”, “National School Breakfast Week” and “Team Nutrition” activities.

- Develop promotions to increase fruit, vegetable, dairy consumption, whole grains, and other nutritionally sound options.
- Provide students with the opportunity to taste and learn about fresh produce through the Fresh Fruit and Vegetable Program and Try It Tuesday.
- Offer nutritional content on the District website as well as Brevard.NutriSlice.com for all foods served so every student and parent may have access to the nutritional content of food and beverages sold at breakfast and lunch.
- Implement staff wellness classes regarding nutrition education for teachers, administrators and support staff.
- Integrate nutrition education into other areas of the curriculum such as math, science, health, physical education, language arts, and social studies.
- Provide professional development opportunities to staff that are responsible for nutrition education.
- Share information with families, staff and the broader community to affect the health of both students and community members.
- Supply information to families and staff that encourages them to teach their children about health and nutrition in making healthier food choices and providing nutritious meals for their families.
- Participate in school wellness events.
- Display nutrition education posters, nutritional information and wellness messages in the cafeteria.
- Encourage schools to plant a garden to integrate academic disciplines and create opportunities for children to discover fresh food.
- Support schools with participation in “Fuel Up to Play 60” and the program funding opportunities.

Nutrition Guidelines:

- Implement the USDA Smart Snack Standards for all foods sold in school, as well as any additional state nutrition standards that go beyond USDA requirements. The nutrition standards address all a la carte foods and beverages served and/or sold on campuses during the school day. (Attachment 1) The start and end of the school day is interpreted by USDA as midnight before to 30 minutes after the end of the official school day.
- Meet the Smart Snack Standards for all snacks served in snack vending machines in the high schools. **(Attachment 1)**
- Prohibit student access to snack vending machines in the elementary, middle and jr. /sr. high schools.
- Student access to vending machines in the high schools (grades 9 – 12) is controlled by the Office of Food and Nutrition under the district-wide bid.
- Meet the United States Department of Agriculture (USDA) Nutrition Standards for all National School Lunch and Breakfast program meals, as well as any additional state nutrition standards that go beyond USDA requirements. **(see Useful References, p. 13)**
- Meet Department of Health Nutrition Standards for Child Care Food Programs (CCFP). **(see Useful References, p. 13)**

- Post nutritional information for all food items served in the breakfast and lunch program on the District’s website. Food items are color-coded to represent “Go, Slow and Whoa!”
- Educate students to select healthy choices by utilizing the three color-coded symbols on the nutritional analysis posted on the website.
- Eliminate carbonated soft drinks sold during the school day and/or served in Brevard After School programs. Replace carbonated soft drinks with low fat milk and/or the following bottled carbonated or non-carbonated beverages: water, flavored water, and 100% juice. Work toward adjusting beverage placement in vending machines to promote selection of water.
- Raise nutritional awareness by emphasizing the consumption of fresh fruits, vegetables, and whole grains.
- Offer foods and beverages in serving sizes appropriate to grade level.
- Assure the foods or beverages advertised in the areas accessible to students during the school day are consistent with established Smart Snacks in School Nutrition standards.
- Prohibit the sale of items containing saccharin and aspartame.
- Reinforce the importance of healthy snack choices in the classroom and Brevard After School programs.
- Encourage healthy choices and portion control in classroom celebrations, especially in elementary schools. Offer parents and families guidance related to foods that are appropriate for such celebrations. (Attachment 2) Make parents aware of options provided by the school cafeteria manager.
- Promote fundraisers that include the sale of non-food and nutritious food items and/or physical activity events that generates positive health habits. (Attachment 3)
- Prohibit fundraisers throughout the school day at the Elementary level.
- Prohibit fundraisers at the Secondary level until 30 minutes after the last lunch period. All food items sold as fundraisers must adhere to the SHAC pre-approved list of items noted in Attachment 1. New items for consideration can be submitted to the SHAC using the fundraiser request form on Attachment 1.

Food and Nutrition Operations:

- Assure the child nutrition program will be financially self-supporting and that profit generation will not take precedence over nutritional needs of the students. If child nutrition funds need to be subsidized, it will not come from the sale of foods or beverages that have minimal nutritional value.
- Ensure all students have affordable access to the varied and nutritious foods they need to stay healthy.
- Strive to increase participation in the available federal Child Nutrition programs (i.e. school lunch, school breakfast, and summer foodservice programs).
- Provide the necessary trainings and professional development to cafeteria staff and Brevard After School staff.
- Continue to allow the Food and Nutrition staff to make decisions and policies that positively affect school nutrition environment.

- Appoint a Registered Dietitian to serve as a member of the District Level School Health Advisory Committee (SHAC) and act as an advisor to the Coordinated School Health Programs in each school.
- Coordinate a comprehensive outreach, promotion, and pricing plan to ensure maximum participation in the school meal program, and ensure that all eligible children qualify and receive free and reduced price meals.
- Ensure students eligible to receive free and reduced price meals will not be treated differently from other students or easily identified by their peers.
- Recommend all foods available (outside the meal period) on campus are from a licensed kitchen that complies with the state and local food safety and sanitation regulations, Hazard Analysis and Critical Control Points (HACCP) plans and guidelines required to prevent food illness in schools.
- Limit access to the food service operations to Child Nutrition staff and authorized personnel.

Food Environment:

- Ensure a minimum time for eating, once the student is seated, of 15 minutes for breakfast and 20 minutes for lunch.
- Require all schools to make breakfast available for students who arrive at school on the school bus less than 15 minutes before the first bell rings and shall allow the student at least 15 minutes to eat the breakfast.
- Assure dining areas are attractive and include enough seating to accommodate all students who would like to sit and eat lunch, as well as enough serving areas to minimize student wait time in line.
- Do not use food as a reward or a punishment as part of the school discipline plan for student behaviors. If food is used as part of a learning experience, promote healthy options and ensure a safe environment as it relates to food allergies/medical conditions. (Attachment 4)
- Encourage students and staff to start each day with a healthy breakfast since those who come to school or work hungry may find it difficult to stay alert and learn.
- Require potable water be made available to children at no charge in the place where lunch meals are served during the meal service.
- Restrict access of meals from commercial establishments that lack nutritional integrity as defined by the USDA Nutrition Standards.

II. Physical Activity

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The focus is on physical education, but also includes academic integration, physical activity breaks, and before and after school physical activity programs.

Physical Education:

Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational

endeavors. Physical education courses and curriculum comply with the Next Generation Sunshine State Standards and offer the best opportunity to provide physical activity to all children. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. Physical education programs incorporate best practices including health concepts, developmentally appropriate physical skills, the instruction of individual activities as well as cooperative and competitive games to encourage life-long physical activity. It is highly recommended that:

- State-certified physical education instructors teach all physical education classes.
- Adequate equipment is provided so each student has the opportunity to participate in physical education during the time allotted.
- Physical activity opportunities are incorporated throughout academic assignments.
- Physical activity (e.g. running laps, push-ups) or withholding opportunities for physical activity (e.g. recess, physical education) as punishment is not permitted.
- Schools utilize the Space Coast TPO recommended bicycle/pedestrian safety education curriculum.
- Elementary principals meet the state mandate for students in Grades K-6 by providing a minimum of 150 minutes per week of physical education. Any time physical education is scheduled it must be for a minimum of 30 consecutive minutes.
- Secondary principals strive to achieve the Shape America recommendation of 225 minutes per week of physical education/physical activity.
- Principals strive to meet the goal of teacher/student ratio in physical education classes of no greater than 1:25 (elementary) and 1:30 (secondary) for safe and optimal instruction.
- Families are provided with information that will educate and motivate them to incorporate health concepts and physical activity into their lives via their child's individualized Fitness Assessment report, district and school website, school marquee, brochures, newsletters/flyers, press releases, and/or television productions.

Physical Activity Opportunities During the School Day:

- Elementary principals meet the state mandate for elementary students by providing 100 minutes (20 consecutive minutes per day) of unstructured free play or recess.
- Integrate physical activity across the curricula (classroom-based movement) and throughout the school day to enrich academic subjects (e.g. Science, Math, Social Studies, and Language Arts).
- Allot time for physical activity consistent with research recommendations at the national and state levels. Children need opportunities for physical activity lasting 15 minutes or more approximately every two hours.²
- Encourage whole school physical activity. For example, during announcements via television broadcast incorporate 5 to 10 minute physical activity sessions (Brain Gym/warm ups/JAMmin' Minute) in classrooms and/or during transitions between different lessons.³

Physical Activity Opportunities Before and After School:

- Provide a physical and social environment that encourages healthy, safe and enjoyable activities for all students.
- Encourage staff, families and community members to institute programs that support physical activity.⁴
- Promote indoor and outdoor play that uses gross motor skills in Brevard After School programs.
- Work with local municipalities, county government and law enforcement departments to make it safer and easier for students to walk and bike to school.
- Promote physical activity clubs such as, fitness, walking or running clubs (Morning Mile), intramurals, dance (GeoFitness); motor development programs (*S.M.I.L.E. Lab*, Action-Based Lab, Ready Bodies Learning Minds Lab), or sport development clubs, and enrichment opportunities such as taekwondo, soccer, tennis, golf and cheerleading offered in Brevard After School after care programs.
- Encourage the development of or continued implementation of Family Wellness Events to teach and promote physical activity and wellness.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Encourage children to receive at least 60 minutes of physical activity every day.
- Promote and encourage participation in International Walk to School Day and National Bike to School Day.

III. Other School-Based Activities

Health Education and Life Skills:

Healthy living skills will be taught as part of the regular instructional program consistent with the Health Education Next Generation Sunshine State Standards embedded in English, Language Arts, Social Studies, Science, and Physical Education courses. Students will be provided the opportunity to understand and practice concepts related to health promotion and disease prevention.

- Provide for an interdisciplinary, sequential, health education program, Pre-K through 12, based upon state standards and benchmarks.
- Offer access to valid and useful health information and health promotion products and services.
- Supply students the opportunity to practice behaviors that enhance health and/or reduce health risks.
- Encourage students to interact with family members on assignments and projects.
- Teach communication skills, goal setting and decision making skills that enhance personal, family and community relationships.
- Provide all who teach health education appropriate professional development to promote lifelong health, nutrition and physical activity.
- Provide support to schools to establish or maintain a Student Wellness Advisory Group (SWAG).

Healthy and Safe Environment:

A healthy and safe environment for all, before, during and after school helps to support academic success. Safer schools and communities help to promote and influence healthier students and citizens. Healthier students have greater academic success and make a greater contribution to their community.⁵

- Assure school buildings, grounds, structures, buses and equipment meet all current health and safety standards (including environmental air quality) and are kept clean, safe and in good repair.
- Provide an environment free from tobacco, alcohol, and other drugs, including vaping/juuling in schools, on school grounds, vehicles, district offices and at all school related activities, including before, during and after school activities, 24/7, 365 days each year.
- Educate students and staff on personal safety and violence and substance abuse prevention.
- Educate students, staff and parents on the dangers of distracted driving and promote programs that encourage drivers not to use cell phones especially in and around school zones.
- Educate students, staff, parents, volunteers and visitors on Anti-Bullying/Title IX and harassment/teen dating violence and abuse policies and promote respectful behavior.
- Create an environment where students, parent/guardians and staff members are accepted, respected, and valued for their personal integrity.
- Enforce a bullying/harassment free environment to address and report bullying/harassment and other forms of aggressive behavior.
- Educate and promote suicide/depression awareness, prevention, and strategies. Encourage schools to become suicide prevention certified schools.
- Provide a minimum of one Automated External Defibrillator (AED) per school and have two currently certified personnel in CPR/AED/First Aid Skills. The CPR/AED poster identifying certified personnel should be located adjacent to the AED unit as well as a second location determined at the discretion of each school's administrator. It is highly suggested that signage be posted at the main entrance of the school indicating that an AED is located on the premises.
- Promote proper hydration during school and after hour activities.
- Provide a safe place and opportunities for breastfeeding and/or pumping.

Health Services:

A District sponsored healthcare services program shall offer education and services that also help to promote academic achievement and success. A broad scope of services will be delivered through qualified health care professionals to improve mental, physical and emotional health of both students and staff.

- Deliver health services under the supervision of a professional health services coordinator with the support and direction of the School Board and the Brevard County Health Department.

- Collaborate with other community agencies and resources to promote health and wellness for students, their families and staff.
- Utilize school nurses and other school health services to promote lifelong healthy habits and physical activity.
- Include health services activities such as school safety awareness, parenting skills, and other appropriate and relevant health services education topics. Delivery of services shall include at minimum: emergency health interventions, routine daily management of chronic health conditions that affect a student's academic performance, communicable disease prevention, student health screening (F.S.381.0056) to include Scoliosis, Body Mass Index (BMI), Vision and Hearing Screening and community health referrals as appropriate.
- Awareness of reference/referral process for vision screenings for students at a secondary school.

Social and Emotional Well Being:

Programs and services shall support and value the social and emotional well being of students, families and staff members with the intention of helping to build a healthy school environment.

- Establish a supportive and nurturing environment that includes school counseling services. These services encourage students, families and staff members to request assistance when needed and to help link them to school and community resources as appropriate.
- Provide students the opportunity to express thoughts and feelings in a responsible manner.
- Encourage students and staff to identify and respect the differences in others.
- Promote the development of skills that help students build positive interpersonal relationships.
- Encourage students and staff to balance work and recreation.
- Teach techniques to help students and staff effectively manage stressors that may interfere with their health.
- Adhere to F.S.7026 to expand mental health services to students, including training all staff in Youth Mental Health First Aid (YMHFA).

Staff Wellness:

Each district worksite shall provide information and resources available for optimal health and wellbeing for all employees.

- Comply with policies related to tobacco, alcohol, and other drugs.
- Provide an accessible and productive worksite environment for all that is free from known physical dangers and emotional threats.
- Ensure a physically safe environment in accordance with all applicable occupational, health and safety laws, policies and rules.
- Encourage employees to engage in healthy lifestyle practices throughout the workday and after hours.

- Brevard County Public Schools provides a Wellness Program department with a Wellness Manager and administrative secretary to implement and coordinate the district Wellness Program.
- Include the promotion of exercise, education, healthy habits, health screenings, and Health Risk Assessment tools for all staff as part of the District Wellness Program.
- Continue wellness activities to enhance a healthy lifestyle through education and incentives.
- Plan, implement and evaluate health promotion programs and interventions for all employees.

Family, School and Community Partnerships:

Establish and maintain effective partnerships among families, schools and local community partners benefit both schools and the local community. These partnerships help to improve both the planning and implementation of health promotion projects.

- Provide opportunities for School Advisory Councils (SAC), other parent organizations and the community at large to be included as participants with individual school and district wellness planning processes.
- Promote diversity of each school and the district as a whole in planning and implementing wellness activities.
- Develop and maintain community partnerships as resources for individual school and district programs, projects, activities and events.
- Support the engagement of students, families and staff members in community activities and events that encourage or promote health and wellness.

Team Nutrition:

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The goal of Team Nutrition is to improve children’s lifelong eating and physical activity habits by using the principles of the *Dietary Guidelines for Americans* and *Choose My Plate*.^{6 7}

- Enroll each school with the United States Department of Agriculture (USDA) as a Team Nutrition School.
- Encourage schools to start a community garden and teach life lessons in health and science classes.
- Assist elementary schools in participating in the USDA Healthier US School Challenge including Smarter Lunch Rooms and other possible opportunities at the state and national level.
- Utilize the Team Nutrition program and our Cafeteria Managers to encourage both staff and students to eat more fruits and vegetables.⁸

IV. Monitoring and Policy Review

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

The superintendent or designee shall develop a summary report annually on district-wide compliance with the district's established wellness policy and procedures. This report will be provided to the School Board, principals, and school health services personnel in the district.

The superintendent shall direct the School Health Advisory Committee (SHAC) to monitor and review the district-wide Wellness Policy and related procedures. SHAC is an ongoing, established committee consisting of District staff and the community represented by both public and private sectors.

The Schools/Principal Shall:

- Ensure compliance with the Wellness Policy and Procedures.
- Incorporate within existing committees (SAC) and/or create a Healthy School Team in accordance to Rule 5P1003. Stakeholders must include parents, food service representatives (cafeteria manager), school administrators, physical education teachers, and students.
 - Responsibilities to include:
 - Monitor its school's compliance with competitive food rules
 - Maintain a calendar of exempted food fundraisers
 - Report compliance with the District's Local Wellness Policy

The SHAC Shall:

- Monitor and review the activities, components and results of the District's Wellness Procedures for students and staff.

Community Involvement:

- SHAC will involve, inform and update the stakeholders (i.e. parents, students, representatives of the school, food authority, teachers of physical education, school health professionals, the school board, school administrators and the public) about the content and implementation of the local School Wellness Policy. A link to the current Wellness Policy can be found on the District Web Site – Food and Nutrition Services.
- The SHAC Committee will provide notification to the stakeholders regarding the Wellness Policy process, as well as of the annual assessment via press release.
- Food and Nutrition Services will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through product testing and attention will be given to their comments.

The Wellness Committee Shall:

- Meet annually to review and update the Wellness Policy and Procedures.
- Continually review the “Wellness Policy/Procedures Compliance Checklist.”
- Distribute checklist, tabulate results and provide a “Wellness Policy/Procedures Compliance Checklist” summary to SHAC for review (via the office of K-12 Resource Teacher for Health, Physical Education and Driver Education or designee).
- Conduct an assessment of the local school wellness policy to measure wellness policy compliance annually. This assessment will measure the implementation of the local school wellness policy and include:
 - The extent to which Brevard Public Schools are in compliance with the local school wellness policy.
 - The extent to which the local school wellness policy compares to model local school wellness policies; and
 - A description of the progress made in attaining the goals of the local school wellness policy.

2018-19 Wellness Committee Members

Debi Embry, District Coordinator of Brevard After School
Kelly Sarria, Resource Teacher/Project Manager SEDNET, Students at Risk
Lisa Elam, Students at Risk
Rachel Winsten, Resource Teacher for Health, Physical Education, Driver Education,
JROTC & SHAC Chairperson.
Laurie Conlin, District Food and Nutrition Manager for Food and Nutrition Services
Robin Novelli, Director of Secondary Leading and Learning
Tara Taylor, Director of Elementary Leading and Learning
Christine Moore, Assistant Superintendent of Student Services
Kevin Thornton, Director of Food and Nutrition Services
Karen Trent, District Operations Manager for Food and Nutrition Services
Angie Doucette, Coordinator for Head Start
Dawn Menz, Nutrition Specialist for Food and Nutrition Services
Jamie Lewis, Nutrition Specialist for Food and Nutrition Services
Jeanette Gannon, Program Development Coordinator for Brevard After School
Carol Mela, Coordinator of Elementary Leading & Learning
Bill Macheras, Assistant Director for Student Activities
Angelika Keene, Public Health Specialist, UF/IFAS Extension

Useful Resources:

- US Department of Agriculture Food Security Guidelines: <http://www.usda.gov/wps/portal/usda/usdahome>
- US Department of Agriculture Food and Nutrition Service School Meals <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
- US Department of Agriculture Food and Nutrition Service CACFP <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>
- National Association of State Board of Education: <http://nasbe.org/>
- US Department of Agriculture Team Nutrition Program: <http://www.fns.usda.gov/team-nutrition/>
- National Association for Sport and Physical Education (NASPE): www.aahperd.org/NASPE/
- Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnership: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320676>
- Coordinated Approach To Child Health (CATCH): www.catchtexas.org
- Action for Healthy Kids: www.actionforhealthykids.org
- Substance Abuse and Mental Health (SAMH): www.samhsa.gov
- Center for Disease Control for Violence Prevention: <http://www.cdc.gov/ViolencePrevention/index.html>
- Center for Disease Control School Health Index (SHI): <http://www.cdc.gov/HealthyYouth/SHI/index.htm>
- Center for Disease Control and Prevention Physical Activity for Everyone: <http://cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Florida Physical Education Clearinghouse (DOE): www.flpe.org
- Farm To School: www.farmtoschool.org
- Center for Weight and Health: <http://cwh.berkeley.edu/>
- Alliance for a Healthier Generation: <http://www.healthiergeneration.org/>
- Organwiseguys: <http://www.organwiseguys.com>
- Brevard County Wellness Policy and Procedures: <http://foodservices.brevard.k12.fl.us/>
- FNS Nutrition Education: <http://www.fns.usda.gov/fns/>
- Interactive Student Activities for Students and Parents: GoNoodle.com
- Fuel Up to Play 60: <http://www.fueluptoplay60.com>
- BPS Employee Wellness Web: <http://wellness.brevardschools.org>
- Adventure to Fitness: <http://adventuretofitness.com>
- PE Central: <http://www.pecentral.org/>
- Stop Bullying: <http://www.stopbullying.gov/>
- Sources of Strength: sourcesofstrength.org
- Youth Mental Health: youth.gov
- Youth Mental Health First Aid: mentalhealthfirstaid.org

References:

¹ <http://www.fueluptoplay60.com>

² Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.

³ Brain Gym, All Children Exercising Simultaneously (ACES), warm ups, Take Ten! Mind and Body.

⁴ *Team Nutrition, ActivityGram, America On The Move, PE Central's Log It, the Walking School Bus* and/or the *International Walk Your Child to School Day*.

⁵ School Mental Health Project/Center for Mental Health in Schools, Department of Psychology, UCLA, Los Angeles, CA

⁶ Dietary Guidelines for Americans – <http://www.health.gov/dietaryguidelines/>

⁷ Choose My Plate – <http://www.choosemyplate.gov>

⁸ Team Nutrition – <http://www.fns.usda.gov/team-nutrition/>