

8510 - WELLNESS

As required by 42 U.S.C. 1758b(a), the School Board establishes the following wellness policy for the School District as part of a comprehensive wellness initiative.

The School Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone cannot combat the childhood obesity epidemic. A community commitment is necessary and requires the support of schools, parents, and the public at large to promote and model healthy behaviors including healthful habits and exercise.

The School Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. Nutrition Education

1. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State. Schools may include the following essential nutrition education topics in their health education curriculum: the relationship between healthy eating and personal health, food guidance from MyPlate (a nutrition guide by the USDA Center for Nutrition Policy and Promotion), eating a variety of foods every day, eating more fruits and vegetables, and the relationship between calorie intake and expenditure.
2. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
3. Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
4. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
5. The school environment, including the cafeteria and/or classroom, shall provide clear and consistent messages that promote and reinforce healthy eating. These may include posters, flyers, digital signage, and brochures that have useful nutrition information such as MyPlate, Team Nutrition (USDA initiative) and other materials emphasizing the benefits of eating a balanced diet and physical activity.

6. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
7. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
8. The School Food and Nutrition Department staff, including a registered dietitian, is an available resource for nutrition education and nutrition education activities as well as allied groups.

B. Physical Education and Activity

1. **Physical Education**

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks established by the State.
- b. Physical education curriculum shall provide students with opportunities to learn practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
- e. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, motor skills, and social skills.
- f. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- g. Teachers properly certificated/licensed in the subject area of physical education shall provide all instruction in

physical education.

- h. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- i. Attendance in physical education classes shall not be withheld as punishment or in order to complete assignments in other classes.
- j. All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one (1) semester of physical education in each of the three (3) years. In grades 9-12, students receive one (1) credit of physical education requirement with the integration of health in senior high school as required. One (1) semester must be personal fitness while the second semester may be any physical education course offered by the School District with the approved State course codes (as per Sunshine State Standards).

2. **Physical Activity**

- a. Recess or physical activity will not be withheld or imposed as a form of punishment or disciplinary consequence, except to protect the safety of student(s).
- b. Students in grades K-5 shall be provided with a daily recess period of at least twenty (20) minutes so there are at least 100 minutes of supervised, safe, and unstructured free-play recess per week.
- c. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.

C. Guidelines for All Foods and Beverages Available During the School Days

- 1. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- 2. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs.

3. Free, potable water will be made available to all children during each meal service.
4. All foods and beverages sold on the school campus to students outside of reimbursable school meals during the school day (from midnight up until thirty minutes after dismissal of the final class of the day) are considered "competitive foods" and must meet or exceed the USDA Smart Snacks in School Nutrition Standards. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and snack bars.
5. Marketing of food products shall be limited to those foods and beverages that meet the requirements set forth by the USDA Smart Snacks in School nutrition standards.
6. The District recommends that classroom parties and school celebrations that serve food that is not compliant with Smart Snacks in Schools Standards shall not be held until after the end of the assigned lunch period. Foods served during celebrations and parties should comply with the school-based administration's guidelines. The District encourages schools to adopt a celebrations policy that encourages the use of healthy and allergen-free foods and non-food items.
7. The District encourages the use of non-food items for student rewards. The District will provide parents, teachers, and other relevant school staff a list of alternative ways to reward children, which will be made available on the Food and Nutrition Service (FNS) web site. Schools must demonstrate a commitment to discourage the use of food as a reward. If an individual student's Individualized Education Plan (IEP) or Multi-tiered Systems of Support (MTSS) Tier 2 or Tier 3 behavioral support recommends the use of food for behavior modification, a teacher may use food as a reward for that student. But, food shall be used as a last alternative for behavioral modification as part of an IEP and teachers should minimize classroom use and provide healthy food when available. Teachers shall use physical activity as a reward for academic performance or good behavior, as appropriate.
8. Schools shall encourage fund-raisers that promote positive health habits such as the sale of no food and nutritious food items as well as fund-raising to support physical activity events. All fund-raisers held during the school day must be in compliance with Florida's Competitive Food Rule, F.A.C. 5P-1.003 and may not take place until thirty (30) minutes after the end of the last lunch period. The District will provide parents and teachers a list of ideas for healthy celebrations/parties and fund-raising activities.
9. The Superintendent is permitted to grant a special exemption from the USDA Smart Snacks in School Nutrition Standards for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fund-Raisers
Elementary Schools	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

D. Other School-Based

1. The school shall provide attractive, clean environments in which the students eat.
2. An organized wellness program shall be available to all staff.
3. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy [8500](#), entitled Food Service Program, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy [8531](#), entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- D. The school food service program may involve students, parents, staff, and/or school officials in the selection of competitive food items to be

sold in the schools.

- E. Food will not be withheld as a form of discipline or punishment.
- F. The school food service program will involve students in the selection of food items to be sold in the schools. When feasible, parents, staff, and school officials will also be included.
- G. Nutrition information for foods available during the school day may be reviewed at the District Food and Nutrition Department.
- H. All foods available to students in District programs, other than the food service program, shall be served with consideration for promoting student health and well-being.
- I. The school shall prepare and make available on the school's website, a list of snack items that comply with the National School Lunch Program and School Breakfast Program, Nutrition Standards for All Foods Sold in Schools required by the Healthy, Hunger-Free Kids Act of 2010.
- J. The food service program shall be administered by a qualified nutrition professional.
- K. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- L. All food service personnel shall receive on-going training in food service operations.
- M. Continuing professional development shall be provided for all staff of the food service program.

Local School Wellness Policy Leadership

- A. The School District will assemble a representative wellness committee that will meet biannually during the school year to monitor and set goals for the development and implementation of its local school wellness policy. As required by F.S. 1003.453, the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.
- B. The wellness committee shall be an ad hoc committee of the School Board with members recruited and appointed annually.
- C. The Food and Nutrition Service Director shall appoint the District wellness committee that includes parents, students, representatives of

the school food authority, educational staff (including physical education teachers) school health professionals, members of the public, and school administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

- D. The Superintendent shall report to the School Board at least annually on the District's compliance with this policy and on the progress toward achieving the goals set forth herein.
- E. The Food and Nutrition Services Director shall ensure overall compliance with the local school wellness policy.
- F. The School District will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.

Evaluation and Measurement of the Implementation of the Wellness Policy

- A. The School District will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three (3) years. This assessment will measure the implementation of the local school wellness policy and include:
 - 1. the extent to which District is in compliance with the local wellness policy;
 - 2. the extent to which the local school wellness policy compares to model local school wellness policies; and
 - 3. a description of the progress made in attaining the goals of the local school wellness policy.
- B. The school wellness committee will make recommendations to the School Board for changes or updates to the wellness policy based on the results of the annual review and triennial assessment and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges, and new Federal or State guidance of standards are issued.
- C. The District will ensure that the wellness policy and most recent triennial assessment are available to the public at all times on the District's web site. The District will also actively notify households (via the web site) on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.
- D. Each school must establish a "healthy school team" with the

responsibility of annually evaluating the school's adherence to the Smart Snack requirements in fund-raising, a la carte and vending sale (i.e. compliance with 7 C.F.R. 210.11 requirements for the sale of competitive foods); maintaining a school calendar identifying the dates of exempted competitive food fund-raisers; and reporting the school's compliance with this rule to the District. The healthy school team may include, but is not limited to, the cafeteria manager, Department of Health's assigned school health nurse, the physical education teacher, site administrator, and parents.