

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

2.95*+

Preamble

On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 USC 1751 *et seq.*) or the Child Nutrition Act of 1966 (42 USC 1771 *et seq.*), to establish a local school wellness policy by July 1, 2006.

I. Philosophy

The Walton County School District believes that a healthy school environment goes beyond the meals in the cafeteria. Maintaining a healthy lifestyle and weight require a combination of healthy food choices and an appropriate amount of physical activity. A healthy and physically active child is more likely to be academically successful. Children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The District also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

II. Nutrition

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Students will be encouraged to start each day with a healthy breakfast.

- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with U.S. Department of Agriculture (USDA) standards shall be established for all foods offered by the District's Nutrition Services Department or contracted vendors. The process of menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. Menus are posted in the schools, announced via school media productions, posted on websites and included in monthly newsletters and local news media.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

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- C. *A la carte* offerings to students shall be nutritious and meet federal recommended guidelines. A student must buy a lunch or bring one from home to be eligible to purchase *a la carte* items.
- D. Vending Machines - The sale of food and beverage items to students in competition with the District's food service program is prohibited. This includes those items classified as "foods of minimal nutritional value" as listed in the 7 CFR Part 210, Appendix B. However, school organizations approved by the School Board are permitted to sell these items only in secondary schools one (1) hour following the close of the last lunch period. Proceeds from the sale of foods and beverage items during the school day shall accrue to the food service program or to a school organization approved by the School Board.

III. Nutrition and Health Education

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be provided. The Walton County Health Department along with other community resources can provide nutrition and health educational programs for classroom presentations upon request. Healthy living skills shall be taught to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. The Walton County *School Health Services Plan* addresses the coordination of activities to promote healthy living. Comprehensive School Health Staff from the Walton County Health Department will provide health educational programs upon request.

- A. Each school shall provide nutrition and health educational programs.
- B. Students shall have access to valid and useful health information.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

IV. Physical Education and Activity

Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Physical education and activity will be provided by Board approved personnel.

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Physical Education Program - The physical education program shall be designed to encourage physical activity and encourage healthy, active lifestyles. The program shall consist of physical activities that are sufficient to provide significant health benefit to students, subject to the differing abilities of students.

- A. Participation in such physical activity shall be encouraged for students in kindergarten through grade five for a minimum of thirty minutes, three days a week, or the equivalent.
- B. Such instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.
- C. High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit).
- D. Students electing one of the three-year, 18 credit graduation requirement options do not have to meet the high school physical education requirement and may use the physical education courses listed as elective credit. Students may waive a portion or all of these requirements only to the extent permitted by state law.

V. Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff. The Walton County School District and the Walton County Health Department are required by Florida Statute 381.0056 to jointly develop a *School Health Services Plan*. Each school is provided with a licensed nurse.

- A. Primary coordination of health services shall be through a licensed nurse with the support and direction of the Walton County School District and the Walton County Health Department.
- B. A coordinated program of accessible health services shall be provided to students and staff and may include violence prevention, school safety, communicable disease prevention, health screening including Body Mass Index (BMI), community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

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VI. Family, School and Community Partnership

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. The equality and diversity of the school and district community shall be valued in the planning and implementation.

VII. Staff Wellness

The District and each work site shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and well being of site staff.

- A. Employees shall be encouraged to engage in daily physical activity before or after work hours in site-sponsored programs or at a local fitness facility.
- B. Wellness flyers, distributed through the Payroll Department, will be provided to all District employees.

VIII. Evaluation and Monitoring

To ensure compliance, each school administrator or his/her designee will coordinate with staff members to complete a compliance checklist at the end of each school year. The Wellness Committee members will meet to review the policy and revise as necessary, based on the results of the compliance checklist. The results will be shared with the School Board each year. A sample of the checklist will be in Appendix I of the Wellness Program plan.

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STATUTORY AUTHORITY: 1001.41, 1001.42, F.S.

LAW(S) IMPLEMENTED: P.L. 108-265, SECTION 204
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)
CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)
381.0056, 570.981, 570.982, 1001.43, 1003.42, 1003.429, 1003.43,
1003.453, 1003.455, 1003.46, ~~1006.06, 1006.0606~~, F.S.

~~STATE BOARD OF EDUCATION RULE(S) 6A-7.040, 6A-7.041, 6A-7.0411~~
STATE DEPARTMENT OF AGRICULTURE
AND CONSUMER SERVICES RULE(S): 5P-1.001, 5P-1.002, 5P-1.003

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