



Book	Policy Manual
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8510 - **WELLNESS**

As required by law, the School Board establishes the following wellness policy for the School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research supports that there is a positive correlation between a student's health and well-being and his/her ability to learn. 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 in a health school meal environment and by promoting increased physical activity in and out of school.

School personnel, parents, and the public at large must be involved in a community-wide effort to promote, support, and model healthy behaviors and habits with respect to eating and exercise.

The Board sets the following goals to enable students to establish lifelong skills and attitudes that promote good health, healthy nutrition, and physical activity habits.

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

A. With regard to nutrition education, the District shall:

1. Include in the health curriculum instruction that is sequential and standards-based and provides students with the knowledge, mind-set, and skills necessary to lead healthy lives.
2. Include sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Include into other subject areas of the curriculum, when appropriate, knowledge and life skills that complement, , the standards and benchmarks for health education.
4. Offer age-appropriate and culturally-relevant nutrition education opportunities that meet applicable standards and benchmarks shall be age-appropriate and culturally relevant.
5. Reinforce a lifelong balance of healthy eating and physical activity by emphasizing the link between caloric intake (eating) and exercise expenditure (exercise) in ways that are age-appropriate and enjoyable.
6. Included nutrition education standards and benchmarks that promote the benefits of an inclusive balanced diet that includes with emphasis on consuming fruits, vegetables, whole grain products, lean meats, fish, poultry, and plant-based proteins, and low-fat and fat-free milk and dairy products.

B. Regarding physical education, the District shall:

1. Physical Education

- a. Provide sequential, comprehensive physical education program to students in grades K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. Provide sequential, comprehensive physical education curriculum to 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. Provide planned instruction in physical education that is sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. Include instruction in physical education that encourages and promotes participation in physical activity outside the regular school day.
- e. Offer students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), physical education in accordance with F.S. 1003.4282 and 1003.455, which includes the following:
 1. Elementary School Students (Grades K-5) - 150 minutes per week. A minimum of thirty (30) consecutive minutes is required on any day that physical education instruction is provided.
 2. Middle School Students (Grades 6-8) - One (1) class per day for one (1) semester each year.
 3. High School Students - One (1) credit will be earned in physical education with the integration of health.
- f. Offer planned instruction in physical education that includes teaching cooperation, fair play, and responsible participation.
- g. Offer planned instruction in physical education that includes teacher skill sets that address the needs of all students, including those who are not athletically gifted.
- h. Offer planned instruction in physical education that is presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.
- i. Offer planned instruction in physical education that includes a variety of cooperative and competitive games.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. Integrate, when possible, physical activity across the curricula and throughout the school day.
- c. Encourage families to promote and provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- d. All students in grades K-5, provide a daily recess period in accordance with Board Policy 2280 - *Physical Education*.
- e. Provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- f. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.

C. With regard to other school-based activities:

Students shall be provided access to free drinking water during designated lunch and breakfast meal times and may be available throughout the school day in designated areas.

- 1. The schools shall provide at least twenty (20) minutes daily for students to eat.
- 2. The schools shall schedule mealtimes that promote the school meal programs with minimum disruption from bus schedules, recess, and other special programs or events.
- 3. The school shall provide attractive, clean environments within which the students eat.
- 4. The schools may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- 5. Schools in our system utilize electronic identification and payment systems, for school meals to eliminate any stigma or identification of students eligible to receive free and/or reduced price meals.
- 6. 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 and other food safety concerns.

D. With regard to nutrition promotion, the District shall provide that any foods and beverages marketed or promoted to students on the school campus, during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the District shall:

- 1. encourage students to increase their consumption of healthful foods during the school day;
- 2. create an environment that reinforces the development of healthy eating habits, including offering and encouraging consumption of the following healthy foods that align with the USDA Dietary Guidelines for Americans and comply with the USDA Smart Snacks in School nutrition standards.

E. All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Smart Snacks in School nutrition standards.

F. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

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*, 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. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. 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).
- D. All foods and beverages sold to students on the school campus during the school day outside of reimbursable school meals are considered "competitive foods" and must comply with the nutrition standards for competitive food as defined and required in 7 C.F.R. 210.11. Competitive foods include items sold a-la-carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers. For the purposes of competitive food standards implementation, "school campus" refers to all areas of the property under the jurisdiction of the school that are accessible to students during the school day. "School day" refers to the period from midnight before to thirty (30) minutes after the end of the official school day.
- E. Unless sold by the Food Service Program, competitive food items sold to students during the school day shall not consist of ready-to-eat combination foods of meat or meat alternate and grain products as defined in 7 C.F.R. 210.11 and incorporated in F.A.C. 5P-2.002.
- F. Competitive food and beverage standards may be exempted for the purpose of conducting in-frequent school-sponsored fundraisers up to five (5) days per school year in elementary schools, ten (10) days per school year in middle and combination schools, and fifteen (15) days per school year in high schools. Each school is responsible for maintaining records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with this policy.
- G. No school-sponsored fundraisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- H. All food and beverages that are provided, other than through sale, on the school campus during the school day (which may include for classroom parties and at holiday celebrations) align with the food and beverage standards approved by the Superintendent.
- I. Schools may limit the number of celebrations involving serving food during the school day.

The Board designates the Superintendent as the individual(s) charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative procedures necessary to implement this policy.

The Superintendent shall appoint the District wellness committee that meets at least four (4) times per year and includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, 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. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The wellness committee shall be an ad hoc committee of the Board with members recruited and appointed annually. Members shall be familiar with the District's wellness policy. The appointed District wellness committee shall be responsible for accomplishing the following:

- A. assess the current environment in each of the District's schools;
- B. measure the implementation of the District's wellness policy in each of the District's schools;
- C. review the District's current wellness policy no less than annually;
- D. recommend revision of the policy, as necessary; and
- E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.

Before the end of each school year, the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary. In its review, the wellness committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the work of the wellness committee, including their assessment of the environment in the District, their evaluation of wellness policy implementation District-wide, and the areas for improvement, if any, that the committee identified. The committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Superintendent shall also be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall include information in the student handbook and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

The District shall assess this policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of this policy. The assessment shall be made available to the public on the School District's website.

The District will update and make modifications to this policy as appropriate based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerge and new Federal or State guidance or standards are issued.

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