

Board Policy EEE: Wellness Program

Status: ADOPTED

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Wellness Program

The Gainesville City Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement

Development of Local Wellness Policy

In accordance with federal law, the district has involved parents, students, representatives of food services, the Board, school administrators and the public in developing a district wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy goals to promote wellness.

Nutrition Guidelines

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal, state law and local board policy EE Smart Snacks and Fundraisers.

The superintendent, school board and principals shall develop procedures for operation of school food services and fundraisers at each school during the day with the objectives of promoting school health and reducing childhood obesity.

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal, state and local requirements.

School Meals will include a variety of healthy choices while accommodating special dietary needs. All schools shall participate in the USDA school breakfast and school lunch program.

Food and Beverage Marketing in Schools

The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with District policy EE.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product

School Environment

All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis. The district shall provide nutrition and physical education consistent with federal, state and local requirements and engage in promotion of nutrition and physical activities aimed at attainment of the following goals:

Physical education includes activities as well as competitive and non-competitive team sports.

Physical activity is encouraged outside of physical education.

Nutrition is integrated into the health curricula or the core curriculum.

Nutrition education promotes fruit, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.

School Nutrition provides a newsletter with nutrition information, menus show portion sizes, and color coded food items illustrating importance of eating healthy based on the Healthy Hunger- Free Kids Act.

Local and State nutrition information links are posted on Gainesville City Schools web page.

All school cafeteria Managers are linked to a staff share folder where Nutrition recourses are available to share with all students at each school location based on grades.

All cafeterias promote nutrition and health with educational displays and posters.

School Nutrition programs that offer the Fresh Fruit and Vegetable program promote nutrition and provide informational flyers on fruits and vegetables.

Schools should not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and should not withhold food, beverages, or physical activity as punishment.

Other School Based Activities

The Superintendent or designee shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:

After school programs will encourage physical activity and healthy lifestyle information. Schools will organize local wellness committees comprised of a parent representative, teacher, school nutrition manager, school nurse and an administrator to plan, implement and improve nutrition and physical activity in the school environment. At discretion of the principal existing school improvement council may be used in place of a separate wellness committee. Local Wellness Policy Goals are considered in planning all school-based activities.

The school district supports the integration of a farm to school movement in the curricular and co-curricular activities as appropriate to facilitate the nutritional and educational goals of the school district. Farm to school edible education is modeled in the schools by offering opportunities for students to try locally procured food when possible.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools success in meeting the goals set forth herein. In each school, the principal shall be charged with the operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the schools compliance to the Superintendent or designee.

The school nutrition director shall monitor compliance with nutrition guidelines within school food service areas only and will report on this matter to the Superintendent or designee at the district level. The Superintendent or designee shall develop a tri annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. That report shall be distributed to the Board and to interested parties. The report will also be made available on the district web site.
