

## **CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION**

<b>WELLNESS PROGRAM</b>	<b>2.95*+</b>
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### **POLICY:**

#### **I. Philosophy and Commitment**

The School Board of Wakulla County believes that good health fosters student attendance and student achievement. The Board also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. The Board therefore is committed to provide school and worksite environments that promote and protect students' health, well being, and ability to learn and employees' health and well-being by promoting and supporting healthy eating, physical activity and healthy lifestyles. The District shall implement a holistic wellness program with the involvement of students, staff, families and the community.

#### **II. Nutrition Goals**

- A. To promote good nutrition for students and staff.
- B. To provide meals that are appealing and attractive and served in clean and pleasant settings.
- C. To provide meals that meet nutrition requirements established by federal, state and local laws and regulations. In-school food and beverage marketing will meet competitive food standards.
- D. To serve a variety of fruits and vegetables, whole grain rich products, fat-free and 1% low fat milk.
- E. To ensure that all foods sold to students during the school day in vending machines and other venues comply with the USDA "All Foods Sold in Schools" nutritional standards (7 CFR 210.11), the Food Service Department shall be the sole provider until 30 minutes after the last meal service. School sponsored food fund raisers may occur 30 minutes after the last meal period. Food and beverage fund raising items sold prior to the end of the school day must comply with USDA nutritional standards and state guidelines. Schools may seek an exemption to the standards for fund raising purposes from the School Board via the designated district administrator. Exemptions shall be limited as specified in Rule 5P-1003 of the *Florida Administrative Code*. Food and beverages sold 30 minutes after the school day ends are not bound by federal nutrition standards.

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General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains ¼ cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.

<u>Nutrient Standards</u>	<u>Snack items and Side Dishes (including any added accompaniments)</u>	<u>Entrée Items (including any added accompaniments)</u>
<u>Calories</u>	<u>200 calories or less</u>	<u>350 calories or less</u>
<u>Sodium Limits</u>	<u>200 mg or less</u>	<u>480 mg or less</u>
<u>Total Fat Limits</u>	<u>35% or less of total calories</u>	<u>35% or less of total calories</u>
<u>Saturated Fat</u>	<u>Less than 10% of total calories</u>	<u>Less than 10% of total calories</u>
<u>Trans Fat</u>	<u>0 g of trans fat as served (less than or equal to 0.5g per portion)</u>	<u>0 g of trans fat as served (less than or equal to 0.5g per portion)</u>
<u>Sugar</u>	<u>35% of weight from total sugar as served or less</u>	<u>35% of weight from total sugar as served or less</u>

Exemptions

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients, except water.
- Canned fruits with no added ingredients water, which are packed in 100 percent juice, extra light syrup or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.
- Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

\*Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.

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Nutrition standards for beverages: - Portion sizes listed are the maximum that can be offered.

<u>Beverages</u>	<u>Elementary</u>	<u>Middle</u>	<u>High</u>
<u>Plain water</u>	<u>Unlimited</u>	<u>Unlimited</u>	<u>Unlimited</u>
<u>Unflavored low-fat milk</u>	<u>8 fl. oz.</u>	<u>12 fl. oz.</u>	<u>12 fl. oz.</u>
<u>Unflavored or flavored fat-free milk</u>	<u>8 fl. oz.</u>	<u>12 fl. oz.</u>	<u>12 fl. oz.</u>
<u>100% fruit or vegetable juice</u>	<u>8 fl. oz.</u>	<u>12 fl. oz.</u>	<u>12 fl. oz.</u>
<u>100% fruit or vegetable juice diluted with water but no added sweeteners</u>	<u>8 fl. oz.</u>	<u>12 fl. oz.</u>	<u>12 fl. oz.</u>
<u>Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.</u>	<u>Not allowed</u>	<u>Not allowed</u>	<u>20 fl. oz.</u>
<u>Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.</u>	<u>Not allowed</u>	<u>Not allowed</u>	<u>12 fl. oz.</u>

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

- F. To ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the United States Department of Agriculture (USDA).
- G. To encourage participation of eligible students in the free and reduced price meal program.
- H. To encourage that school activities such as fund raising activities and school-sponsored events offer a variety of age appropriate healthy food and beverage selections.
- I. To provide nutrition education to students through a planned, sequential curriculum and a variety of classroom activities.

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- J. To incorporate nutrition education in subjects such as mathematics, science, social studies and language arts.
- K. To provide staff development activities for school food service and other employees.
- L. To provide nutrition education to families through newsletters, and other activities.
- M. To encourage the use of other means for reward/incentive rather than food.
- N. Standards for food and beverages available during the school day that are not sold to students:
  - The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
  - Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.
  - Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

### **III. Physical Activity Goals**

- A. To provide a physical education program that includes the development of positive attitudes towards wellness and physical activity, safety guidelines, responsible behavior in physical activity settings, appreciation for a variety of physical activities, and an understanding of the relationship between physical activities and wellness.
- B. To provide physical education consisting of developmentally appropriate physical activities of at least moderate intensity, subject to the differing capabilities of students. Elementary students shall average ninety minutes per week of organized physical education, plus 100 minutes per week of outside recess. Middle school students shall average 200 minutes of physical education per week. High school students shall meet the 135-hour physical education graduation requirement of Personal Fitness and an elective physical education course or its equivalent.
- C. To provide opportunities for school-wide events, such as field days and walk-a-thons, that promote physical activity.
- D. To provide opportunities for physical activities for staff.

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- E. To encourage parents to promote physical activity and to participate in physical activities with their children.
- F. To ensure that opportunities for physical activity are provided for all students and not withheld or used as punishment.

### **IV. Health and Safety Goals**

- A. To ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
- B. To maintain a school and worksite environment that is free from tobacco.
- C. To maintain a school and worksite environment that is free from alcohol and drugs.
- D. To provide a comprehensive health and safety education program for students.
- E. To provide career education awareness for careers in health and wellness related fields.
- F. To provide a coordinated program of accessible health services to students and staff including violence prevention, school safety, communicable disease prevention, health screening, Body Mass Index (BMI), community health referrals, immunizations, parenting skills, first aid and other priority health education topics.
- G. To refer students, families and staff to health resources in the community.
- H. To promote and support health and safety programs in the community.

### **V. Family and Community Involvement Goals**

- A. To promote the involvement of families in wellness activities.
- B. To promote nutritional awareness by families.
- C. To collaborate with community health liaisons and other community agencies and organizations to promote wellness activities in the community through the school Health and Wellness Advisory Council, the Wakulla County School District website and parent newsletters sent home from schools.
- D. To support and encourage participation in community activities such as organized walks, health screenings, and educational programs.

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E. Annual updates will be posted on the District website.

### **VI. Wellness Coordinator and Worksite Contact Person**

- A. The Superintendent shall appoint a Wellness Coordinator to oversee the Wellness Program.
- B. Each principal shall appoint a Wellness Contact for his/her school. However, the principal will be responsible to ensure compliance.

### **VII. Wellness Steering Committee**

- A. The Superintendent shall appoint a Wellness Steering Committee, which shall include, but not be limited to, representatives from the following areas:
  - 1. School Board
  - 2. Health Education Teacher
  - 3. Physical Education Teacher
  - 4. School Administrator
  - 5. School Food Service
  - 6. School Health Council
  - 7. Health Professional
  - 8. Student
  - 9. Parent
  - 10. Community
- B. The Wellness Coordinator will also serve on the Wellness Steering Committee. The Wellness Coordinator, who is the District Executive Director of Students Services, will also serve on the Wellness Steering Committee, which will meet four times per year.
- C. The Wellness Committee will review and consider evidence-based strategies in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness. One strategy will include Smarter Lunchroom tools.

### **VIII. Implementation**

The Executive Director of Student Services is committed to being responsive to community input, which begins with awareness of the wellness policy. The Executive Director of Student Services will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development,

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implementation and annual review of the local school wellness policy through a variety of means.

- A. The Wellness Steering Committee, led by the District Student Services Director will conduct a baseline assessment of current nutrition guidelines, nutrition education, physical activity, and involvement of students, families and staff in wellness activities.
- B. The Wellness Steering Committee will work with staff to continue and expand on a comprehensive wellness program based on the results of the initial assessment of current activities.
- C. The program will be incorporated into existing student, staff, and parent involvement programs. The Wellness Coordinator, and the District Student Services Executive Director, will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local wellness school policy. The wellness committee will make appropriate updates and modifications to the policy based on the results from the triennial assessment.
- D. The Wellness Coordinator will work with the Wellness Contacts regarding oversight of the program.

### **IX. Oversight, Evaluation and Modification**

- A. The Wellness Steering Committee will monitor the evaluation of the wellness program.
- B. The program will be assessed annually and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
- C. The committee shall report the results of the annual assessment to the Superintendent and to the School Board.
- D. Recommendations for modifications in the policy and/or the program, if appropriate, shall be made after analyzing assessment data.

### **X. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966.**

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**Statutory Authority:** 1001.41, 1001.42, F.S.

P.L. 108-265, SECTION 204  
NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)  
CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)  
1004.43, 1006.06, 1006.0606, F.S.

**Laws Implemented:**

**State Board of Education Rule(s):** 6A-7.040, 6A-7.041, 6A-7.042

**Florida Administrative Code(s):** Rule 5-P-1.003  
Section 120.54(3)(d)1, F.S.  
Title 7 CFR 210.11

**History:**

**Adopted:** 06/19/2006

**Revision Date(s):** 06/16/2014, 02/17/2015

**Formerly:** New