



Book	Policy Manual
Section	8000 Operations
Title	STUDENT WELLNESS
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8510 - **STUDENT WELLNESS**

Philosophy

The School Board is committed to the optimal development of every student. The Board believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, the District needs to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the Board's approach to ensuring all students have wellness promoting environments and opportunities to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure:

- A. students in the District have access to healthy foods throughout the school day—both through the Federal reimbursable meals program and other foods available throughout the school campus—in accordance with Federal and State nutrition standards;
- B. students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- C. students have opportunities to be physically active during and after school;
- D. schools engage in nutrition and physical activity promotion and other activities that promote student wellness; and
- E. the community is engaged in supporting the work of the District in creating continuity between school and other settings for students to practice lifelong healthy habits.

Nutrition

The Board is committed to ensuring foods and beverages are available to students on the school campus during the school day to support healthy eating. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability, and the ability to learn.

- A. District nutrition guidelines encourage the sale of acceptable nutritional products including those high in fiber, low in added fats, sugar, and sodium and served in appropriate portions consistent with United States Department of Agriculture (USDA) standards for all foods offered by the District or contracted vendors. Only foods and beverages meeting these standards may be marketed in student accessible areas of school campuses during the school day.
- B. All beverage machines in school public areas shall include water, may include 100% fruit juice, and beverages allowed by the Smart Snacks in Schools Standards. Water must be available in all areas where beverages are sold on campus.
- C. Schools may allow bottled water (in containers with caps) in classrooms to encourage hydration. Students will have access to water during designated meal times and throughout the school day.
- D. District schools shall participate in the USDA School Breakfast Program which offers nutritious breakfasts to students daily.

- E. All foods and beverages sold to students on school campus during the school day must be in compliance with USDA regulations (National School Lunch Program, School Breakfast Program, and Smart Snacks in School Standards), any applicable Florida regulations and the Healthy HungerFree Kids Act. For purposes herein, "school day" shall be defined as beginning at midnight and ending at thirty (30) minutes past the last bell at the end of the academic day.
- F. No sale of food or beverage shall be allowed on school campus until thirty (30) minutes after the conclusion of the last designated meal service period unless operated through the District's dining operation, Red Apple Dining.
- G. Schools are encouraged to implement the use of non-food incentives for rewards, classroom celebrations, and fundraising events. Schools may schedule infrequent school-sponsored fundraisers that do not meet the USDA Smart Snacks in School Standards during the school day provided they do not exceed the following maximum number of school days per school campus each academic year.

<u>School Type</u>	<u>Maximum Number of School Days to Conduct Exempted Fundraisers</u>
Elementary	5 days
Middle School/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools (K-8)	10 days

1. These infrequent school-sponsored fundraisers are allowed by the USDA and the Florida Department of Agriculture if sales start at least thirty (30) minutes after the last lunch period.
2. Food and beverage items sold in conjunction with infrequent school-sponsored fund-raisers may not contain meat or meat alternative and grain products or take the place of a meal.
3. The regulations contained in this section do not apply to food or beverage sold thirty (30) minutes after the last bell on school campuses.

H. Each school's on-site restaurant will be made available as "learning labs" to teachers and their students to promote nutrition education and healthy food choices. Red Apple Dining shall support classroom activities for all students to include applications of good nutrition practices promoting health and wellness.

Health Education

Health education topics shall be integrated into the regular instructional program. The program shall provide students with the knowledge and skills to make healthy choices related to health promotion and disease prevention.

- A. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon State standards and benchmarks.
- B. Students and parents 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 risk during the school day and as part of before or after school programs.
- D. Students shall be taught communication, goal setting, and decision making skills that enhance personal, family, and community health.

Physical Education and Activity

The physical education program is designed to provide students with the knowledge, skills, and attitudes related to wellness that will enable them to lead a healthy, active lifestyle. Physical education and physical activities are essential elements of the schools' instructional program.

A. Physical Education Program

The physical education program shall be designed to emphasize physical fitness and encourage active lifestyles. The physical education program shall consist of activities of at least moderate intensity and for a duration sufficient to provide a significant health benefit to students, subject to the differing capabilities of students.

Participation in physical education will be regularly scheduled for students in accordance with State statute. The physical

education program shall be designed to develop the following learning priorities:

1. motor skills and other movement concepts;
2. positive attitudes toward individual fitness, a healthy lifestyle and lifelong physical activities;
3. health-enhancing levels of physical fitness;
4. responsible personal and social behavior in physical activity settings;
5. appreciation of cultural and individual differences in physical activity settings;
6. safety skills for physical activities.

B. Opportunities for participation in physical activities may be scheduled during the school day and before or after school. Included in these opportunities, students shall be supported in setting and meeting personal fitness goals which result in the achievement and maintenance of a health-enhancing level of physical fitness.

C. High schools shall require one (1) credit of physical education to include the integration of health for graduation. This includes one (1) semester of personal fitness (one-half (1/2) credit) and one (1) semester of an approved physical education course (one-half (1/2) credit). Students may waive a portion or all of these requirements only to the extent permitted by State statute.

Healthy Safe Environment

A healthy and safe environment for all - before, during, and after school - supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- A. School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality and shall be kept inviting, clean, safe, and in good repair.
- B. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- C. Each work site, school, and classroom shall work to create an environment where students, parents, guardians, and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.
- D. For the health of all, the District is a tobacco-free environment as governed by Board Policy 1215, Policy 3215, Policy 4215, Policy 5512, and Policy 7434.

Health Services

Effective health services delivery systems promoting academic achievement by providing a broad scope of services will improve the mental and physical health of the students and staff.

- A. District personnel shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- B. A program shall be provided to students and staff including health screenings, immunizations, first aid, communicable disease prevention, community health referrals, and other priority health education topics.

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.

- A. Family, student, and community partners shall be included on an ongoing basis in school and District wellness processes.
- B. The equality and diversity of the School District shall be valued in planning and implementing wellness activities.
- C. Community partnerships, both nonprofit and for profit, shall be developed and maintained as a resource for school and District programs, projects, activities, and events.
- D. Schools and the District shall advocate, develop, and support the engagement of students, families, and staff in community health-enhancing activities and events at the school or throughout the community.

Monitoring and Reporting

- A. Each school will establish a wellness committee. The wellness committee should include but not be limited to, the following stakeholders: school wellness champion, staff representatives of coordinated school health areas (e.g., school nurse, dining services member, physical education teacher, counselor, social worker), and administrator. Input from parents, students, community members, and business partners is encouraged. The wellness committee shall:

1. assist the school in following the District wellness policy;
2. be responsible for ensuring all foods and beverages sold to students on campus during the school day (outside of the District's food service program) are in compliance with the USDA Smart Snacks in School Standards;
3. maintain a school calendar identifying the dates when school-sponsored fundraisers not meeting the USDA Smart Snacks in School Standards will occur;
4. complete and submit an annual self-assessment to the District.

B. The School Health Advisory Council (SHAC) will review progress of wellness practices implementation including a triennial assessment and review input about the wellness policy.

C. Triennially, or when policy updates are recommended, District staff members representing components of coordinated school health with input from SHAC will provide to the Superintendent an update on wellness assessments and recommendations for changes in practice.

D. The Board will make triennial assessment summaries and policy changes available to the public.

E. Questions and comments regarding the student wellness policy can be sent to the Board clerk.

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Legal	42 U.S.C. 1751 et seq.
	42 U.S.C. 1771 et seq.
	F.S. 595.405
	F.S. 1001.41
	F.S. 1001.42
	F.S. 1001.43
	F.S. 1003.453
	F.A.C. 5P-1.003