

## CHAPTER 8.00 - AUXILIARY SERVICES

8.231\*

### WELLNESS POLICY

#### POLICY:

##### I. Philosophy and Commitment

The School Board of Dixie 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 is, therefore, committed to provide school and worksite environments that promote and protect children's 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 multifaceted wellness program with the involvement of students, staff, families and the community.

##### II. Nutrition

- A. Promote good nutrition for students and staff.
- B. Provide meals that are appealing, attractive, and served in clean and pleasant settings.
- C. Provide meals that meet nutrition requirements established by federal, state and local laws and regulations.
- D. Serve a choice of low-fat milk and nutritionally equivalent nondairy alternatives.
- E. Serve a variety of fruits and vegetables daily.
- F. Ensure that *a la carte* items sold meet the recommended District Nutrition Guidelines.
- G. Limit the portion sizes of foods and beverages that is sold individually.
- H. Provide and encourage participation in the school breakfast program.

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- I. Schedule meals at appropriate times and allow a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.
  - J. Ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the United States Department of Agriculture (USDA).
  - K. To continue to have established guidelines for content and portion size of food and beverages sold individually, a la carte or in vending machines located at schools that are available to students.
  - L. Encourage participation of eligible students in the free and reduced price meal program.
  - M. Sponsor a summer nutrition program consistent with Florida Statutes.
  - N. To continue to have established guidelines for snacks and foods used for rewards, celebrations and school sponsored events.
  - O. To continue to have established guidelines for any foods that are included in fund-raising activities and competitive foods.
  - P. Provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities.
  - Q. Incorporate nutrition education in subjects such as mathematics, science, social studies and language arts.
  - R. Provide staff development activities for school food service and all other employees.
  - S. Provide nutrition education to families through newsletters, parent meetings and other family activities.
- III. Physical Activity**
- A. Provide a sequential physical education curriculum that emphasizes physical fitness and healthy lifestyles.
  - B. Provide daily and/or at least three (3) days per week physical education programs at Elementary schools.

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- C. Provide Middle school students with a physical education program with twelve weeks of Health Education and one-semester/0.5 credits of Physical Education, Personal Fitness and Life Management at High School level.
- D. Provide opportunities for physical activity in other subject area classes.
- E. Encourage and assist students to set personal fitness goals.
- F. Provide opportunities for school-wide events, such as field day, that promotes physical activity.
- G. Provide Physical Education courses that carry the same weight as academic subjects in Middle/High schools.
- H. Provide opportunities for physical activities for staff.
- I. Encourage promotion of community physical activity and to have parents participate in physical activities with their children.
- J. Avoid the use of physical activity as punishment.
- K. To continue to have 100% credentialed Physical Education teachers and to have adequate teacher/student ratio in all schools.
- L. To continue professional development for Physical Education teachers.

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

- A. Ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
- B. Maintain a school and worksite environment that is free from tobacco except in designated smoking areas.
- C. Maintain a school and worksite environment that is free from alcohol and drugs.
- D. Monitor routes to school and encourage walking and bicycle riding where appropriate and safe.

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- E. Provide safe traffic patterns at school sites for students and vehicles before and after school.
  - F. Provide a comprehensive health and safety education program for students.
  - G. Provide career education awareness for careers in health and wellness related fields.
  - H. Provide bicycle safety training for students.
  - I. Provide health screenings for students and staff.
  - J. Refer students, families and staff to health resources in the community.
  - K. Promote and support health and safety programs in the community.
- V. **Family and Community Involvement**
- A. Promote the involvement of families in wellness activities.
  - B. Promote nutritional awareness by families.
  - C. Sponsor family wellness activities and schools and worksites.
  - D. Ensure facilities are available to the community for wellness related activities.
  - E. Collaborate with community agencies and organizations to promote wellness activities in the community.
  - F. Support and encourage participation in community activities such as organized walks, health screenings, and educational programs.
- VI. **Wellness Coordinator and Worksite Contact Persons**
- A. The Superintendent shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.
  - B. Each principal shall appoint a Wellness Contact for his/her school.
  - C. The Superintendent shall appoint a Wellness Contact for the District office.

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

- A. The Superintendent shall appoint a Wellness Steering Committee which shall include, but not be limited to, representatives recommended by United States Department of Agriculture.
- B. The Wellness Coordinator will also serve on the Wellness Steering Committee.

### **VIII. Implementation**

- A. The Wellness Steering Committee will conduct a baseline assessment of current nutrition guidelines and activities, nutrition education, physical activity, involvement of students, families and staff members in wellness activities, student attendance, staff absences and other wellness related topics.
- B. The Wellness Steering Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment.
- C. The goals of the program will be implemented in a progressive manner. The plan will identify the goals for each year.
- D. The program shall be implemented at all grade levels, for staff, for parents and for the community.
- E. The program will be incorporated into existing parent involvement programs.

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

- A. The Wellness Steering contact person, along with the principal will monitor the implementation of the wellness program at each school.
- B. The program will be assessed annually by the School Health Advisory Committee (SHAC) and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
- C. The Wellness Coordinator shall report the results of the annual assessment to the Superintendent and the School Board.

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- D. Recommendations for modifications in this 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.**

STATUTORY AUTHORITY: 1001.41; 1001.42, F.S.

LAWS IMPLEMENTED: Child Nutrition Act of 1966 (42 USC 1771 et seq);  
Richard B. Russell National School Lunch Act P L 108-265,  
Section 204 1001.43; 1006.06; 1006.0606, F.S.

STATE BOARD OF EDUCATION RULES: 6A-7.0411

HISTORY: Adopted: June 29, 2006  
Revision Date(s): September 12, 2006  
Formerly: