

Health Education

Goals & Guidelines

The nutrition education curriculum is sequential and consistent with the Florida Next Generation Sunshine State Standards approved health education teaching standards for grades PreK-Kindergarten through Grade 12.

In addition, the Baker County Health Department in collaboration with classroom teachers instruct and educate students on health related topics.

Nutrition Education involves the sharing of information with families and community through menus, newsletters, the Food and Nutrition Services Website, parent meetings and other district wide wellness activities.

The district shall offer training opportunities for teachers and other school staff members in the area of health and nutrition education.

All students in grades PK-12, including students with disabilities, special healthcare needs and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthful eating habits.

Students will be encouraged to start each day with a healthy breakfast.

Physical Education

Goals & Guidelines

Schools are to use the Pupil Progression Plan as a guide for integrating physical activity into the school day. Daily recess is to be provided at all elementary schools and physical activity is to be strongly encouraged during recess time. Grades 6, 7 and 8 are highly encouraged to enroll in physical education classes that stress physical fitness as a significant healthy benefit and encourages healthy, active lifestyles.

The Baker County K-12 physical education curriculum and instructional time is updated periodically to meet the national standards and CPALMS curriculum for physical education.

Schools are to provide opportunities for school-wide events, such as field days, pep rallies, wellness awareness events, Special Olympics to promote physical activity.

Teachers are encouraged to use physical activity as a reward and not a punishment.

Encourage the use of Certified Physical Education Teachers for K-12 students.

Increase recruitment efforts for teachers to attend training classes in physical education.

At schools 1-12, a computerized fitness and activity assessment component, current version of Fitness Gram 9.2 or higher, for physical education programs will be implemented.

The YMCA partners with the Baker County School District to provide athletic programs promoting water fitness and health. Programs include soccer, flag football (adults), basketball, swim lessons and swim team.

Grades K-3 are to use curriculum mapping in physical education class using Exemplary Physical Education Curriculum (EPEC)

Health Services

Goals & Guidelines

Primary coordination of health services shall be through the district Health Services Specialist. Services will be implemented via Registered Nurses at each school site. The Nurses will follow the policies and procedures in the health services manual.

Baker County School District in conjunction with the Baker County Health Department will develop a school health services plan.

A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screenings, including body mass index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics. Students and staff that fail one or more health services will be referred to the appropriate entity.

Adequate number of staff are trained and certified to provide first aid and CPR at all school sites.

Training will be provided and evaluations will be conducted to ensure that all health staff are qualified and adequately trained.

Processes are in place to ensure that care of disabled or chronically ill students is coordinated among medical providers, parents, staff and faculty.

Nutrition Services & Education

Goals & Guidelines

School Meal Guidelines - Requires use of products that are high in fiber (51% whole grain), low in added fats (less than 10% saturated fats and 0g trans-fat), sugar and/or sodium, and served in appropriate portion sizes consistent with United States Department of Agriculture (USDA) standards.

Meal Services - Schools will schedule meal times that allow students time to eat their breakfast and lunch. The National Association of State Boards and Education Policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require. Water is made available to all students at mealtimes.

Breakfast – Baker County School District shall provide and encourage participation in the school breakfast program and possible utilization of breakfast expansion.

After Schools Snack – All snacks/beverages provided for children participating in on site programs after the school day ends will meet USDA Smart Snack Nutrition Standards.

Summer Program - Sponsor a summer nutrition program and encourage participation consistent with Florida Statutes.

Special Dietary Needs – The district will provide meal substitutions or modifications for children who are considered disabled under Section 504 of the Rehabilitation Act of 1973 or the Individuals with Disabilities Act (IDEA) when the need is certified by a licensed physician. The school nurse, food service personnel and parent should communicate closely to implement meal plans.

Free and Reduced Lunch – Baker County School District shall encourage and assist with participation of eligible students in the free and reduced price meal program.

Incentive, Rewards & Punishment – School staff will be encouraged to not use food, especially that of low nutritional value, for students rewards and celebrations.

Competitive foods – For the purpose of this policy “competitive foods” are defined as any foods or beverages made available for sale to students other than those foods or beverages sold under the National School Lunch Program or School Breakfast Program. Competitive foods sold by the Food and Nutrition Services Department will comply with the Healthy, Hungry-Free Kids Act of 2010 – Smart Snack Rule.

Fundraising – The Baker County District School Board recognizes certain school groups desire to sell food and beverages during the school day as a fundraising activity.

- Elementary Schools may not sell any competitive food or beverages during the school day as a fund raiser.
- Middle/High Schools may sell competitive food and beverages one hour after the end of the last serving period, subject to the principal’s approval.

Marketing – Activities that promote healthy behaviors are encouraged during the school day, i.e., newsletters, website links, posters, PA system announcements and Smarter Lunchroom Techniques.

Monitor and revise as needed Nutrition Services link to the Baker County School District’s website that has available nutrition/wellness information.

- Interactive menus
- Free and reduced price meal information
- Resource links for physical fitness and nutrition
- Nutrition analysis for students with specific health needs. i.e. diabetic students
- Smart Snack Guidelines (http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)

Counseling/Psychological & Social Services

Goals & Guidelines

Each school shall provide a supportive environment that includes guidance counseling and professional services that encourage student needs and link them to school or community resources.

Students shall be taught skills to express thoughts and feelings in a responsible manner and how to give and receive support from others.

Students shall be taught how to recognize, to understand and respect individual differences and how to build positive interpersonal relations.

Students and staff shall be encouraged to balance work and recreation and be taught to become aware of stressors that may interfere with health development.

The district shall have procedures in place for crisis intervention: Training will be provided for the team.

Healthy School Environment

Goals & Guidelines

School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.

Sidewalks, bicycle storage and adult supervision are provided at each school to promote active transport.

Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

Policies, procedures and appropriate training for students and staff shall support risk management issues, personal safety, violence prevention and bully and harassment prevention contributing to a safe and secure learning environment.

All schools/sites will convene a Healthy School Team led by a Wellness Coordinator to address the health and wellness concerns. The Wellness Coordinator will be responsible for assuring compliance in the schools/sites and for reporting progress to the District Wellness Committee.

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.

Employee Wellness

Goals & Guidelines

Staff wellness coordinators will provide and promote opportunities to improve the health status of their staff through activities such as health assessments, health education and health-related fitness activities.

Promote and encourage staff to participate in the annual Health/Wellness Fair. The employee wellness fair will provide School Board staff with wellness vendors and opportunities.

The district wellness committee will offer encouragement, reasonable incentives and a worthwhile educational program to district school personnel. By implementing these programs year round, we hope to perpetuate a cultural shift toward better health and well-being.

The district's health insurance provider will collaborate and support the districts wellness measures recommended in this policy.

Health promotions, i.e., "Healthy Hint of the Week", provided by school nurses, will be provided to staff through the wellness website for employees, which contain health and benefit information, newsletters and incentives.

Encourage staff to model healthy eating, drinking and physical activity behaviors.

A confidential Employee Assistance Program is provided and promoted to school staff.

The district will seek community partnerships with health and exercise facilities that can be used at a reduced cost for district school personnel.

Family & Community Involvement

Goals & Guidelines

Family, student and community partners shall be included on an ongoing basis in both school and district wellness planning processes.

The wellness policy will be accessed and updated periodically by the District Wellness Committee and made available via the district website.

The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.

Schools and the district shall continually develop and support the engagement of students, families and staff in community health and nutrition-enhancing activities and events at the school or community, i.e., Field Day, Jump Rope for Heart, Kite Day, Special Olympics and other local agency events.