

## CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

### WELLNESS PROGRAM

4.260\*+

#### I. Philosophy and Commitment

The Baker County Public Schools 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 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.
- D. To offer and serve low-fat and fat-free milk.
- E. To offer and serve a variety of fruits and vegetables.
- F. To ensure that *a la carte* items meet recommended nutritional standards.
- G. To limit the portion sizes of foods and beverages that are sold individually.
- H. To provide and encourage participation in the school breakfast program.
- I. To 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. 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).

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- K. To establish guidelines for content and portion size of food and beverages in vending machines located at schools and at other worksites.
- L. To encourage participation of eligible students in the free and reduced price meal program.
- M. To sponsor a summer nutrition program consistent with Florida Statutes.
- N. To establish guidelines for snacks and foods used for rewards, celebrations and school sponsored events.
- O. To establish guidelines for any foods that are included in fund-raising activities.
- P. To provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities.
- Q. To incorporate nutrition education in subjects such as mathematics, science, social studies and language arts.
- R. To provide staff development activities for school food service and all other employees.
- S. To provide nutrition education to families through newsletters, parent meetings and other family activities.

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

- A. To provide a physical education program that emphasizes physical fitness and healthy lifestyles.
- B. To provide a physical education program that includes the development of positive attitudes toward wellness and physical activity, safety guidelines, responsible behavior in physical activity settings, appreciation for a variety of physical activities, and understanding of the relationship between physical activity and wellness.
- C. To provide daily recess at elementary schools and to encourage physical activity during the recess period.
- D. To provide opportunities for physical activity before and after school.
- E. To provide opportunities for physical activity during the school day in addition to scheduled physical education classes.

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- F. To provide opportunities for physical activity in other subject area classes.
  - G. To encourage and assist students to set personal fitness goals.
  - H. To provide opportunities for school-wide events, such as field day, that promote physical activity.
  - I. To provide opportunities for physical activities for staff.
  - J. To encourage parents to promote physical activity and to participate in physical activities with their children.
  - K. To avoid the use of physical activity 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 except in designated smoking areas.
  - C. To maintain a school and worksite environment that is free from alcohol and drugs.
  - D. To monitor routes to school and encourage walking and bicycle riding where appropriate and safe.
  - E. To provide safe traffic patterns at school sites for students and vehicles before and after school.
  - F. To provide a comprehensive health and safety education program for students.
  - G. To provide career education awareness for careers in health and wellness related fields.
  - H. To provide bicycle safety training for students.
  - I. To provide health screenings for students and staff.
  - J. To refer students, families and staff to health resources in the community.
  - K. Promote and support health and safety programs in the community.

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- 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 sponsor family wellness activities and schools and worksites.
  - D. To make facilities available to the community for wellness related activities.
  - E. To collaborate with community agencies and organizations to promote wellness activities in the community.
  - F. To 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 as part of the School Health Advisory Council.
  - C. The Superintendent shall appoint a Wellness Contact from the District office, to be Nutrition Services Director and School Health Specialist.
- 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. elementary teacher
    - 3. secondary teacher
    - 4. physical education teacher
    - 5. school administrator

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6. school food service
7. dietitian
8. school health council
9. health professional
10. recreation professional
11. risk management
12. student
13. parent
14. community

- 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 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.
- F. The Wellness Coordinator will work with the Wellness Contacts regarding implementation of the program.

### IX. Oversight, Evaluation and Modification

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- A. The Wellness Steering Committee will monitor the implementation 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 the School Board.
  - 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.**

### **LAW(S) IMPLEMENTED:**

**P.L. 108-265, SECTION 204**

**RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)**

**CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)**

**1001.43, 1003.453, 1006.06, 1006.0606, F.S.**

### **STATE BOARD OF EDUCATION RULE(S)**

**6A-7.040, 6A-7.041, 6A-7.042**

### **HISTORY:**

**ADOPTED: 11/07/05**

**REVISION DATES: 02/212/06, 04/23/07**

**FORMERLY:**