

## CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

### WELLNESS PROGRAM

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#### I. Philosophy

The Gadsden County School Board believes that students who begin each day as healthy individuals will increase health awareness, promote positive lifestyles, decrease the risks of disease and enhance the quality of life for children, staff and district level personnel. The Board also believes that a healthy staff can be an effective staff and that healthy staff members can serve as role models for healthy lifestyles. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

#### II. Nutrition Goals and Guidelines

- \* To promote good nutrition for students and staff.
- \* To provide meals that are appealing and attractive and served in clean and pleasant settings.
- \* To establish guidelines for content and portion size of food and beverages in vending machines located at schools and at other worksites.

A. **Nutrition.** The Gadsden County Food Services Department will continue to emphasize meals that meet nutrition standards established by the USDA, conform to good menu planning principals and feature a variety of healthy choices that are tasty, attractive and of excellent quality. Academic performance and quality of life issues are affected by the choices and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- (1) Nutrition guidelines that continue to use food preparation techniques to provide school meals which are lower in saturated fats, sodium, sugar and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food Services Department. Menu and product selection shall utilize students, parents, staff and community advisory groups whenever possible.
- (2) Guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- (3) A la carte offerings to students shall be nutritious foods selected with input from students, parents and staff.

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- (4) Snack and vending standards shall provide for single serving snacks that meet at least two, and preferably three of the following: low sodium, low fat, low sugar and one or more grams of fiber per serving. Low fat and fat free snacks, baked chips, oven baked French fries, assorted salads, fresh fruit, yogurt plates, granola bars and trail mix will be made available. Beverages shall include water, 50%-100% fruit-based or vegetable based juice with no added sweeteners, non-fat, low fat, plain or flavored milk in cartons and “chugs”. Electrolyte replacement beverages will be available in secondary schools.
  - (5) Meal times will be scheduled at appropriate times within the academic time frame of the school site allowing for a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch, after being seated.
  - (6) Shall provide and encourage participation in the school breakfast program.
  - (7) Shall sponsor a summer nutrition program consistent with Florida Statutes.
  - (8) Shall provide nutritional staff training for food service and school site staff as well as students families, through pamphlets, school news letters and web sites.
  - (9) Shall encourage and assist with participation of eligible students in the free and reduced price meal program.
  - (10) Classroom activities shall be provided to all students that include hands-on applications of good-nutrition practices that promote health and reduce obesity.
  - (11) School staff will be encouraged to consider not using food as a reward, celebrations and school sponsored events for students, especially that of low nutritional value.
  - (12) Schools should encourage organizations to sell non-food items or nutritious food items for fundraiser, rather than candy or other low nutritional-value food as fundraiser item choice.
- B. **Health Education and Life Skills.** Healthy living skills will be taught by a licensed or certified or trained instructor as part of a regular instructional program that provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

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- (1) Each school community shall value and promote sequential skill-based health education
- (2) Students shall have access to valid and useful health information and health promotion products and services.
- (3) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks.
- (4) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

### III. Physical Education Goals and Guidelines

- \* To provide a physical education program that emphasizes physical fitness and healthy lifestyles.
  - \* 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.
  - \* To encourage and assist students to set personal fitness goals.
- A. **Physical Education and Activity.** Physical education, taught by a certified instructor, is the core of each school's instructional program that provides the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
- (1) School physical education programs shall provide for individual student skill acquisition, individual practice and a sequential curriculum that will develop an enjoyment of life-long participation in fitness activities.
  - (2) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
  - (3) Students shall be provided the opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

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### IV. Health and Safety Goals and Guidelines

- \* To provide a comprehensive health and safety education program for students.
- \* To maintain a school and worksite environment that is free from tobacco.

A. **Healthy and 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.

- (1) District buildings and grounds, structures, buses and equipment shall meet current standards and be kept inviting, clean, safe and in good repair.
- (2) District buildings shall maintain an environment that is free of tobacco, alcohol and other drugs.
- (3) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- (4) 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.

B. **Social and Emotional Well-Being.** Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- (1) Each school shall provide a supportive environment that encourages students, families and staff to request assistance when needed and links them to school or community resources.
- (2) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- (3) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- (4) Students and staff shall be encouraged to balance work with recreation and be aware of stresses that may interfere with health development.

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- C. **Health Services.** An effective health care delivery system that promotes academic achievement by providing appropriately trained personnel to respond to health needs of students.
1. Primary coordination of health services shall be through the school health coordinator with the support and direction of the Gadsden County School District and the Gadsden County Health Department.
  2. Gadsden County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
  3. 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 screening, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

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

- \* To promote the involvement of families in wellness activities.
- \* To promote nutritional awareness by families.
- \* To sponsor family wellness activities at schools and worksites

- A. **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.
- (1) Family, student and community partners shall be included in school and district wellness planning processes.
  - (2) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
  - (3) Community partnerships shall be developed as a resource for school and district programs, projects, activities and events.
  - (4) Schools and the district shall actively develop and support the engagement of students, families and staff in community enhancing activities at the school or throughout the community.

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- B. Staff Wellness.** The district and each work site shall establish a staff committee to assist in identifying and supporting the health, safety and well-being of site staff.
- (1) Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
  - (2) Each school and district site shall insure a safe, accessible and productive work environment free from physical dangers and emotional threat.
  - (3) Employee vending machines shall include food and beverages that are low in fat, sugar and/or calories.

### **VI. Monitoring**

Proper monitoring is an essential component in determining if a policy and its procedures are meeting the intended goals. It also provides valuable input to update and improve the process of meeting the intended objectives

The Superintendent shall designate one or more persons within the Local Education Agency (LEC) charged with operational responsibilities to ensure that the schools meet the local Wellness Policy.

The Superintendent shall direct the Wellness Advisory Committee (WAC) to monitor and review the district-wide Wellness Policy and related procedures. WAC is an ongoing established committee consisting of District staff as well as representatives from the public and private sectors.

The WAC shall:

- Monitor the implementation of the wellness program.
- Prepare a questionnaire to be completed at each school site that monitors the progress of the program and tracks the success toward meeting the goals of the policy.
- Assess annually and compare data to previous year.
- Report the results of the annual assessment to the Superintendent and the School Board.
- Recommend modifications in this policy and/or the program, if appropriate, after analyzing the assessment data.

- VII.** 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.

**LAW(S) IMPLEMENTED:** 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.*)  
1001.43, 1006.06, 1006.0606, F.S.

**STATE BOARD OF EDUCATION RULE(S)** 6A-7.0411

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