

CHAPTER 2.00 - SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

2.95*+

I. Philosophy

The Sumter County School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. To the maximum extent practical, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program (including after-school snacks), and the Summer Food Service Program. This policy encourages a holistic approach to wellness, which includes: Nutrition Guidelines and Education, Physical and Personal Fitness, and Health Education.

II. Nutrition Guidelines and Education

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, and resistance to disease, emotional stability and ability to learn.

- A. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings with adequate time for the students to eat.
- B. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food Service Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. The school food service program will meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- C. School food service will offer a variety of fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- D. School food service will ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the U. S. Department of Agriculture.

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- E. The above outlined nutrition guidelines are recommended to the school administrators for food and beverages offered through parties, celebrations, social events and any school functions (including concession stands at sporting and academic events). The School District encourages the inclusion of healthy snacks to be offered or sold at school-sponsored events outside the school day to reinforce positive nutrition standards.
- F. Meals served through the National School Lunch, School Breakfast Program or After School Snack Program shall meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- G. Students will be encouraged to start each day with a healthy breakfast.
- H. A-la-carte offerings to students shall meet recommended nutritional standards.
- I. School food service will provide meals that are appealing and attractive.
- J. Sumter County School Board will sponsor a summer nutrition program consistent with Florida Statutes.
- K. Food service shall support classroom activities for all students that include hands-on application of good nutrition practices to promote health and reduce obesity.
- L. Nutrition education will be offered in the school dining room and in the classroom, with coordination between the school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

III. Physical and Personal Fitness

A certified teacher shall teach physical education. A qualified staff member shall provide physical activity. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall emphasize the role of physical education in promoting the skills, knowledge and attitudes that prepare students to make healthy lifelong nutrition and physical fitness choices.

- A. The physical and personal fitness education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.

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- B. Participation in a physical education program, which may include a recess break during the day for all students in kindergarten through grade five, five days a week for 30 minutes per day to equal 150 minutes a week, or the equivalent.
- C. Such instruction shall be provided for grades 6-8 through regularly scheduled formal physical education courses, integrated into other courses, and scheduled school-wide activities. Middle school is encouraged to provide 45 minutes per day to equal 225 minutes per week of physical education.
- D. Graduation requirements of the 24 credit traditional program for students entering ninth grade in 2007-08 school year must meet one of the criteria listed for physical education:
 - * One (1) credit in physical education to include the integration of health
 - or
 - * Health Opportunities through Physical Education (HOPE) or the HOPE-PE Variation option to fulfill the PE graduation requirements which are:
 - i. Participation in two seasons of an interscholastic sport at the junior varsity and varsity levels AND a passing grade of "C" on the Personal Fitness Competency test satisfies the full 1 credit Physical Education requirement.
 - ii. Completion of two years in a Reserve Officer Training Corps (R.O.T.C.) class satisfies the full 1 credit PE requirement and the full 1 credit Performing Arts requirement.

The following will meet the physical education graduation requirements for students in 10th, 11th, and 12th grades beginning with the 2007-08 school year.

- * One (1) credit in physical education.
- or
- * Participation in an interscholastic sport at the junior varsity or varsity level for two full seasons and passing the Personal Fitness Competency test with a score of "C" or better.
- or

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- * Enrollment in marching band for a full season with a grade of “C” or better.
 - or
 - * Enrollment in R.O.T.C. for two years.
- E. Students electing one of the three-year, 18 credit graduation options do not have to meet the high school requirement, and may use the physical education courses listed as elective credits. Students may waive a portion or all of these requirements only to the extent permitted by state law.
 - F. Schools will provide opportunities for physical activity after school for staff.
 - G. The district and schools will provide opportunities for physical activities for their staff.

IV. Health Education

Healthy living skills shall be taught as part of the regular instructional program, and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- A. Each school shall provide for an interdisciplinary, sequential standards-based health education program based upon state standards and benchmarks.
- B. Students shall have access to valid and useful health information and health promotion products and services.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
- E. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity should be incorporated into other subject lessons and short physical activity breaks between lessons or classes, as appropriate.

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V. Safety Goals

- A. To insure 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 that is free from alcohol and drugs.
- D. To provide career education awareness for careers in health and wellness related fields.
- E. To provide health screenings for students.

VI. Family and Community Involvement Goals

- A. To promote the involvement of families in wellness.
- B. To promote nutritional awareness by families.
- C. To make facilities available to the community for wellness related activities.
- D. To support and encourage participation in community activities such as organized walks, health screenings, and educational programs.

VII. Wellness Coordinator, Worksite Contact Persons, and Wellness Steering Committee

- 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 Steering Committee.

VIII. Monitoring, Oversight, Evaluation and Modification

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The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee, as requested.

- A. Food service staff, at the district and school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee, as requested.
 - B. The school district will report on the most recent USDA Schools Meals Initiative (SMI) review findings and any resulting changes.
 - C. The district will, as necessary, revise the wellness policy guidelines and develop work plans to facilitate their implementation.
 - D. The Wellness Steering Committee will monitor the implementation of the wellness program.
 - E. The program will be assessed annually.
 - F. The committee shall report the results of the annual assessment to the superintendent and the School Board.
- IX. 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
NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)
CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)
1001.43, 1003.42, 1003.453 1003.455,
1003.46, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S):

HISTORY:

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