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8510 - **WELLNESS**

As required by law, the School Board establishes the following wellness policy for the District as a part of a comprehensive wellness initiative.

The Board is committed to providing a school and workplace environment that enhances learning and development of lifelong wellness practices. The District shall promote school and workplace environments that encourage and protect children's and employees' health, well-being, and ability to function productively by supporting healthful nutrition and physical activity.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal

programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits, in partnership with the school health and wellness committee. The Board may engage parents, students, and other community members in the periodic review of District policies and procedures associated with wellness. In partnership with the School Health Advisory Council (SHAC), the Board will engage parents, students, and other community members in the periodic review and revision of District policies and procedures associated with wellness.

The Board establishes the following goals in consideration of evidenced-based strategies to enable students and employees to make good health and nutrition choices:

- A. To promote nutrition education with the objective of improving students' health and reducing childhood obesity.
- B. To improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.
- C. To require compliance with USDA school meal nutrition standards and the USDA *Smart Snacks in Schools* regulations, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity.
- D. To provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active lifestyle.
- E. To promote the health and wellness of students and staff through other school-based activities. There are designated wellness champions at each school, as well as a School Health Advisory Committee (SHAC) and other related committees that will promote resources through the wellness website for schools and the community to utilize.
- F. Each school shall provide at least 100 minutes of supervised, safe, and unstructured free-play recess each week for students in kindergarten through grade five so that there are at least twenty (20) consecutive minutes of free-play recess per day, except, in limited circumstances, when in the professional judgement of the teacher/administrator, it is not possible. Scheduling and flexibility are to be at the discretion of the teacher/administrator.

The Superintendent shall appoint the District wellness team that will meet bi-annually, which includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to participate in the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The wellness team will assist with development, implementation, and evaluation of the wellness procedures.

The wellness team shall conduct an annual review and triennial progress assessment of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.

Before the end of each school year, the wellness team shall submit to the Superintendent its report in which it describes the environment in each of the District's schools and the implementation of the wellness policy in each school, and identifies any revisions to the policy the team deems necessary.

The annual report shall be submitted to the Board on the work of the wellness team, including its assessment of the environment in the District, its evaluation of wellness policy implementation District-wide, triennial progress, and the areas for improvement, if any, that the committee identified. The team shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy. The annual report shall be made available to the public via the District website, the school health advisory committee (SHAC), school listserv, school newsletter, and sent to the FDACS in accordance with F.S. 1003.453.

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