

# DeSoto Trail Elementary Wellness and Health Policy

Adopted school year 2013

DeSoto Trail Elementary School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

In accordance with the Leon County Wellness Policy-8510, DeSoto Trail Elementary has established the following policies and procedures in an effort to enable students and staff make good health and nutrition choices:

## A. Nutrition:

- All food and beverages served and offered to students and staff, or snacks brought in by the students during the regular day or extended school day meet or exceed the USDA's Smart Snacks in Schools nutrition standards. These standards can be view at: [www.fns.usda.gov/school-meals/nutrition-standards-school-meals](http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals)
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- Foods and beverages will not be used as a reward, or withheld as

punishment for any reason, such as for performance or behavior; instead students will be rewarded with extra physical activities or other activities such as dance parties, extra recess, electronic days, etc.

## B. Physical Education/ Health education

- In order for students to receive 150 minutes of Physical Education as mandated by state law, ALL students must report to the basketball court, walking track and play area at least 10 minutes per day before school for a total of 50 minutes per week. The before school activity program is, supervised, and regulated by our certified Physical Education teacher and meets all of the qualification of the Florida Standards.

***This component of our physical education meets the state physical education standards Strand PE.4.L- Lifetime Fitness and Strand PE.4.R- Responsible behaviors and values.***

- All teachers for all grades will include health and nutrition in their classroom lessons including but not limited to activities outside the classrooms and field trips.
  - The school will use only non-food fundraisers, and encourage those promoting physical activity (such as; patron program, 5K/1mile run, FunRun, Jump Rope for Heart)
- D. School prohibits using physical activity and withholding physical education class as punishment. This prohibition is consistently followed and includes physical activities such as recess, physical education classes and other group fitness activities. Administration ensures this prohibition is consistently followed.
- E. A wellness committee will be established each year and will meet on a regular basis throughout the year. The wellness committee will be composed of teachers, administrators, parents, and students.
- F. Students and family members have opportunities to provide both suggestions for school meals and other foods and beverages sold, served, and offered on school campus and feedback on the meal programs and other foods and beverages sold, served, and offered on school campus. These are done through taste testing, surveys and suggestions boxes, as well as PTO meetings and SAC meetings.