

The School Board of Leon County

Administrative Procedures

Procedures posted on this site reflect current administrative practice in Leon County Schools. Other administrative procedures still in effect may be found at <http://www.planning.leon.k12.fl.us/Procedures/Index.html> until the process of review and conversion to NEOLA's numbering system is complete.

8510 - STUDENT WELLNESS PROCEDURES

Pursuant to Policy [8510](#) - Wellness, the School Board has established the following goals in an effort to enable students 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 promote nutrition guidelines, 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;

There are designated wellness champions at each school, as well as School Health Advisory Committee (SHAC) and other related committees that will promote resources through the wellness website for schools and the community to utilize.

- 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.

The District Wellness Committee's will monitor progress and compliance with implementation of all wellness goals within the schools. Further, the Wellness Committee will provide to the Board an annual summary report on wellness.

NUTRITION EDUCATION

Goal: To promote nutrition education with the objective of improving students' health and reducing childhood obesity.

- A. Schools should provide nutrition education and engage in nutrition promotion that:
1. is a component of comprehensive health education and will be integrated through classroom teachers, PE teachers, guidance counselors, or school nurses in schools that do not have a certified health education teacher;
 2. is not only part of health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
 3. includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits and school gardens;
 4. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
 5. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 6. involves a collaborative and coordinated effort between food services and the school faculty;
 7. teaches media literacy with an emphasis on food marketing;
 8. includes training for teachers and other staff;
 9. involves sharing information with families and the broader community to positively impact students and the health of the community (e.g., District website and newsletters).
- B. Curriculum and resources examples include but are not limited to the following:
1. My Plate/Team Nutrition
 2. OrganWise Guys
 3. Fuel Up to Play60
 4. Healthteacher.com

5. Alliance Healthy Schools Program
6. School gardens
7. 95210
8. Education outside the classroom (farm tours etc.)

C. Objectives:

1. Nutrition education information will be reviewed by a qualified and credentialed professional in accordance with dietary guidelines in order to support Common Core Standards and Next Generation Sunshine State Standards.
2. The school cafeteria serves as a "learning library" to allow students to apply critical thinking skills taught in the classroom.
3. Nutrition education involves sharing information with families and the broader community to positively impact students and the health of the community.
4. The District provides wellness information, including nutrition education, to students, staff and the community through such means as the District's website.
5. Students are encouraged to start each day with a healthy breakfast, eat a healthy lunch that includes fruits and vegetables, and a healthy after school snack to increase learning and sustain energy throughout the day.

NUTRITIONAL GUIDELINES FOR ALL FOODS ON CAMPUS

Goal: 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.

At a minimum, District standards for all foods and beverages served and sold on all school campuses shall comply with State and Federal nutritional requirements for K-12 public schools. Standards for competitive foods and beverages will be consistent with the Institute of Medicine (IOM) Nutrition Standards and represent minimum standards that:

- A. apply to all foods sold and served (a) in all school meals (b) outside the school meal programs; (c) on the school campus; and (d) at any time during the school day;

- B. adhere to current Dietary Guidelines for Americans, USDA Meal Pattern requirements, and USDA regulations for Competitive Foods;
- C. continue to transition towards the recommendations of the national guidelines identified by the Alliance for A Healthier Generation.

School Meal Programs

In response to growing concerns over obesity, recent national attention has focused on the need to establish nutrition standards in schools. In January 2012, the United States Department of Agriculture – Food and Nutrition Service division released Nutrition Standards in the National School Lunch and School Breakfast Programs; Final Rule. This ruling was a part of the original Healthy, Hunger-Free Kids Act (HHFKA) of 2010.

Many of the changes in the final ruling were largely based on the IOM recommendations outlined in the "School Meals: Building Blocks for Health Children" report.

The following are several key requirements set forth by the USDA to improve school lunch and breakfast beginning with the 2012-2013 school year:

- A. Offer a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium.
- B. Offer a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy.
- C. Offer whole grain products – half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich two (2) years post implementation.
- D. Offer fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored).
- E. Offer meals that are designed to meet specific calorie ranges for age/grade groups.
- F. Eliminate trans-fat from school meals.
- G. Require students to select a fruit or vegetable as part of a complete reimbursable meal.

In addition, the District nutrition department will promote and encourage Farm to School efforts in order to implement and comply with above requirements.

Procure local grown produce when economically and geographically feasible. USDA recognized the significance of these changes and provided an implementation timeline upon the release of the Final

Ruling. The majority of the changes are expected to be implemented within the first five (5) years, with the first year of implementation taking place during the 2012-2013 school year.

Healthy Fund-Raising

By the 2013-14 school year, all foods and beverages sold as fund-raisers outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Foods Regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines. A wide variety of alternative healthy fund-raising options can be used without having a negative impact on financial support to the schools (see appendices). All fund-raisers in which foods and beverages are sold during the regular and extended school day shall comply with Policy [5830](#) - Student Fund-Raising; Policy [5830.01](#) - Charitable Activities; and Policy [9211](#) - Parent Organizations, Booster Clubs, and Other Fund-Raising Activities.

Rewards and Classroom Celebrations

- A. Rewarding children in the classroom should not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance. (see appendices)
- B. By the 2013-14 school year, all foods and beverages served outside of the school meals program during the regular and extended school day including rewards and classroom celebrations shall meet the USDA Competitive Foods Regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines.

Vending

By the 2013-14 school year, all foods and beverages sold to students on campus outside of the school meals program during the regular and extended school day shall meet the USDA Competitive Foods Regulations and the Alliance for A Healthier Generation's Competitive Foods and Beverages Guidelines.

NUTRITION PROMOTION

Goal: To promote nutrition guidelines, 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. There are designated wellness champions at each school, as well as SHAC and other related committees that will promote resources through the wellness website for schools and the community to utilize.

Promotion and Partnership:

- A. Through partnership with Gulf Winds Track Club, each school has the opportunity to earn

\$300 to start and implement a mileage or running club.

- B. Through USTA partnerships, each K-12 school had the opportunity to receive more than \$1,200 worth of equipment to teach and implement tennis appropriate to the grade level into the curriculum.
- C. Through community partnerships, almost every elementary school received training and equipment to implement First Tee Golf into the curriculum.
- D. Through grants from the Department of Transportation and local businesses, each elementary school has the opportunity to implement the Florida Traffic and Bicycle Safety Education Program. Schools receive bicycles and helmets to teach bicycle and traffic safety to third through fifth graders. In addition to a local team, EMTs and law enforcement officers are also available to assist in this program.

PHYSICAL ACTIVITY/PHYSICAL EDUCATION

Goal: 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.

Physical Education:

- A. Physical education is offered at every school by certified physical education teachers.
- B. At a minimum, schools shall meet State requirements for minutes of physical education and District Policy [2280](#) - Physical Education.
- C. Teachers have ongoing professional development on the NGSSS and Common Core along with other specific topics related to physical education.
- D. Fitness testing is done – both pre and post.
- E. All elementary and middle school physical education teachers have been trained on the SPARK or CATCH curriculum, which encourages significant activity time for students. Equipment was purchased for this purpose.
- F. Elementary and middle schools students participate in a "Champions" fitness program sponsored by Capital Health Plan. This program, in which students participate twice weekly, is run by qualified and certified coaches who lead students through workouts and games with the goal of improved health and reduced childhood obesity. Pre and post testing is done every

semester.

- G. Middle school physical education students keep fitness/nutrition logs. Students also monitor their heart rate.

Recess:

At the elementary level recess is highly encouraged daily for students. Students should not be denied recess as a form of discipline.

Classroom Activity:

- A. Elementary schools have access to the free Adventure to Fitness, which is an online thirty (30) minutes of physical activity while students are learning about geography, science, language arts and other curriculum areas.
- B. Middle schools have before school programs that often include athletic, and Lifetime sports and leisure activities.

Other Physical Activity:

- A. Schools participate and all are highly encouraged to do fund-raisers that include physical activity (versus candy sales). For example, many elementary schools participate in Jump Rope for Heart and Boosterthon.
- B. Many schools have also implemented 5K or 1-mile walks/runs as fund-raisers.
- C. Fuel Up to Play 60 is in several of schools.
- D. Middle schools have before school programs that often include athletic, Lifetime sports and leisure activities including but not limited to Wii Fit, Let's Dance, Table Tennis, etc.

Promotion and Partnership:

- A. Through partnerships with Gulf Winds Track Club, each school has the opportunity to earn \$300 to start and implement a mileage or running club.
- B. Through United States Tennis Association partnerships, each K-12 school had the opportunity to receive more than \$1,200 worth of equipment to teach and implement tennis appropriate to the grade level into the curriculum.
- C. Through community partnerships, almost every elementary school received training and

equipment to implement First Tee Golf into the curriculum.

- D. Through grants from Department of Transportation and local businesses, each elementary school has the opportunity to implement the Florida Traffic and Bicycle Safety Education Program. Schools receive bicycles and helmets to teach bicycle and traffic safety to third-through fifth-graders. In addition to a local team, EMTs and law enforcement officers are also available to assist in this program.

OTHER SCHOOL-BASED ACTIVITIES

Goal: To promote the health and wellness of students and staff.

A. Healthy Environment

1. Each school shall incorporate a student health, wellness, or fitness goal (or objective that supports another goal) into their School Improvement Plan.
2. All schools will convene a Healthy School Team (wellness council/committee, Alliance for a Healthier Generation) to address the health concerns of the school and to annually update the school's Healthy School Inventory.
3. Web-based resources for all schools
 - a. Alliance for a Healthier Generation "Healthy Schools Program," <http://www.healthiergeneration.org/>
 - b. Action for Healthy Kids, <http://www.actionforhealthykids.org/>
 - c. Healthier US School Challenge, <http://teammnutrition.usda.gov/HealthierUS/index.htm>
 - d. Let's Move, <http://www.letsmove.org/>
 - e. Fuel Up to Play 60, <http://www.fueluptoplay60.com/>
4. All school cafeterias and dining areas should be healthy nutrition environments, facilities conducive to cleanliness, safety, and enjoyable.
5. All students have daily access to school meals (breakfast and lunch). USDA 7 C.F.R. 210 Subpart C, 210.10 (f) requires that school lunch periods be between 10:00 a.m. and 2:00 p.m. Adequate time should be allowed for students to receive and consume meals, and

cafeterias should provide a pleasant dining environment. The minimum recommended eating time for each student after being served is at least ten (10) minutes for breakfast and twenty (20) minutes for lunch.

6. Free potable water will be available to students where meals are served (Healthy, Hunger-Free Kids Act of 2010; Sec. 203).
7. Schools should provide students access to hand washing or hand sanitizing throughout the school day.
8. School-based marketing should be consistent with nutrition education and health promotion. Examples: vending machine covers that promote water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fund-raisers and coupons for discount gym memberships.

DEVELOPMENT, IMPLEMENTATION, EVALUATION AND ASSESSMENT

- A. As set forth in Policy [8510](#) - Wellness, parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the School Board, school administrators, SHAC, and the general public participate in the development, implementation, review and update the wellness policy.
- B. School compliance with Policy [8510](#) - Wellness will be measured periodically throughout the year to determine progress toward attaining goals and objectives.
- C. These periodic assessments will be made available to schools and the student wellness committee in order to determine the effectiveness of the various school wellness activities and where additional assistance and resources may be needed. Examples of assessments include but are not limited to:
 1. Fitness Grams
 2. School Health Index
 3. WellSAT
 4. CDC Resource

PUBLIC NOTIFICATION

Inform and update the public about the content, implementation, and assessment of the wellness policies and procedures through SHAC, wellness website, and other media.

Child Nutrition and WIC Reauthorization Act of 2004

Section 204 of the Healthy, Hunger-Free Kids Act of 2010

Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) - 42 U.S.C. 1758b

Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265)

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