

The School Board of Putnam County Bylaws & Policies

Unless a specific policy has been amended and the date the policy was revised is noted at the bottom of that policy, the Bylaws and Policies of The School Board of Putnam County were adopted on October 2, 2012, and were in effect beginning October 3, 2012.

8510 - COMPREHENSIVE WELLNESS PROGRAM

The School 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 developmental 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.

The School Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. 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.

POLICY

The School Board will encourage coordinated health programs at all sites. The programs may include:

- A. A coordinated school health program that provides integrated health and nutrition education, appropriate staff development and active involvement with parents and the community.
 - B. A comprehensive physical education including a physical activity program.
 - C. An integrated Student Nutrition Program that provides for the availability of healthy foods and beverages.
 - D. A system-wide staff wellness education program intended to involve employee health and productivity.
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SUMMARY OF PROCEDURES

Nutrition and Health Education:

The District will provide nutrition education experiences that will positively influence students' eating behaviors and help develop lifelong healthy habits.

- A. ***Health and Nutrition Education*** – Nutrition education will be offered as part of a planned, systematic, comprehensive school health education program designed to provide students with knowledge and skills necessary to promote and protect their health. It will be based on Federal and State guidelines for health and nutrition education.
- B.

Integrating Nutrition Education into Existing Curriculums – Instructional staff will integrate nutrition education into other classroom content areas such as math, science, language arts, music, physical education, and social studies.

- C. ***Professional Development for Teachers and Staff*** – The District will provide appropriate training for teachers and other school staff members in the area of health and nutrition education. Professional development activities and training will provide basic knowledge of nutrition, combined with instructional techniques and strategies designed to promote healthy eating behaviors. Staff providing nutrition education shall not advocate dieting behaviors or any specific eating regimen.
- D. ***After School Programs*** – The District will incorporate health and nutrition concepts into the academic, enrichment and recreational components of after school programs by providing a wide variety of opportunities for children and young people to engage in hands-on, experimental learning that allows them to internalize and master new concepts about nutrition.
- E. ***Cafeteria Based Nutrition Education*** – Nutrition education will be coordinated between School Food Service programs and classroom lessons. The cafeteria will be used as a learning lab to reinforce nutrition lessons that are taught in the classroom.

Physical Education and Physical Activity:

The District will provide a variety of opportunities for all students to develop motivation, knowledge, and behaviors necessary to promote and maintain a lifetime commitment to wellness, centered on physically active lifestyles.

- A. ***Sequential Physical Education*** – Physical education classes shall be developmentally appropriate and based on standards from the National Association for Sport and Physical Education (NASPE and Florida Department of Education's Sunshine Standards. Education shall be sequential, building from year to year. All physical education will be taught by teachers appropriately certified to teach the physical education courses.
- B. ***Daily Recess*** – All elementary schools will be encouraged to have supervised recess for a minimum of twenty (20) minutes in a space and environment that is conducive to safe and enjoyable activity. Students will be encouraged to engage in moderate, unstructured physical activity by practicing or using skills developed in physical education classes.

School principals are also encouraged to schedule recess before lunch. Students who play before they eat have demonstrated improved behavior on the playground, in the classroom and in the cafeteria, as well as increased meal consumption, with less food waste.
- C. ***Physical Activity and Punishment*** – It is recommended that teachers and other school personnel not withhold physical activity or physical education classes from students as a form of punishment or for remedial purposes. NASPE guidelines state that physical activity shall not be used as a form of punishment for behavioral or academic performance. In addition, all children should be allowed to participate in physical education classes; therefore, schools are encouraged to find alternative strategies on offering remedial/intensive instruction that does not conflict with this course.
- D. ***Incorporating Physical Activity into the Classroom*** – Opportunities for physical activity shall be incorporated into other subject lessons as part of the learning process and as an "activity break". Short physical activity breaks between lessons or classes can also be used as reinforcement, reward, and celebration for achievement, positive behavior, and completion of

assignments. Physical education teachers assigned to each school shall be used as a resource for training other teachers on appropriate methods for "activity breaks".

- E. **Professional Development for Teachers** – The District will provide appropriate training on developmentally appropriate best practices in physical education instruction for teachers.
- F. **Safe Routes to Schools** – When appropriate, the District shall work with local community agencies to make it safer and easier for students to walk and bike to school.
- G. **Physical Activity and School Events** – Schools are encouraged to incorporate school and/or community based activities that support physical education and active lifestyles. These activities may be coordinated with school fundraisers and/or community agencies.
- H. **After School Programs** – The District shall incorporate physical activity concepts into the academic, enrichment and recreational components of after school programs by offering a variety of physical activities, including team sports and low-impact exercise that can be done individually or in small groups. Participation in physical activities that support community initiatives is also encouraged.

School Meals:

The District will provide students with convenient access to a variety of affordable, nutritious and appealing, high quality foods that meet students' health and nutrition needs while accommodating ethnic, cultural, and dietary preferences.

- A. **Nutrition Standards** – Meals served under the National School Lunch and Breakfast programs shall offer varied and nutritious food choices that are consistent with United State Department of Agriculture (USDA) nutrition standards, as specified by Federal regulations. Menus will support and reinforce the Dietary Guidelines for Americans by offering nutrient-dense foods and beverages, such as whole grains, vegetables, fruits, and low-fat dairy products while limiting levels of cholesterol, fat, saturated fat, trans fat, sodium and added sugars. Foods should be served in reasonable portion sizes and appropriate for the age group. Nutrient standards are evaluated based on nutrients provided by foods served on weekly menus.
- B. **Breakfast** – The District will continue to provide a breakfast at no charge to all students, regardless of their economic eligibility through the USDA CEP. School principals and staff will encourage breakfast consumption to students and families and communicate its benefits. Children who eat breakfast have higher test scores, behave better in school, are more cooperative, healthier, and have improved attendance.
- C. **Special Dietary Needs** – The District will provide meal substitutions or modifications for children who are considered disabled under Section 504 of the Rehabilitation Act of 1973 or the Individuals with Disabilities Act (IDEA) when the need is certified by a licensed physician. The school nurse, food service personnel and parent should communicate closely to implement meal plans.
- D. **Scheduling Meal Times** – Schools will schedule meal times that allow students adequate time to eat their breakfast and lunch. The National Association of State Board of Education recommends that students should be provided at least ten (10) minutes for breakfast and twenty (20) minutes for lunch, from the time the student is seated. Schools are encouraged to not schedule club or organized activities during mealtimes, unless students are allowed time to receive a meal from the school cafeteria and eat during such activities. Students will also have access to hand washing facilities before they eat meals.

Other Foods and Beverages at School:

- A. **Nutrition Standards** – Food and beverages offered should support and reinforce the Dietary Guidelines for Americans by offering nutrient-dense foods and beverages, such as whole grains, vegetables, fruits and low-fat dairy products while limiting levels of cholesterol, fat, saturated fat, trans fat, sodium and added sugars. Foods should be offered in reasonable portion sizes and appropriate for the age group.
- B. **Food and Beverage Vending** – Food and beverages sold or served at school will not contradict healthy school messages, will meet nutrient standards, and reinforce nutrition lessons taught in the classroom and cafeteria. Items available for student purchase will contribute valuable nutrients to diets without excessive amounts of sugar, fat, or sodium.
- C. **Incentive, Rewards, and Punishment** – Schools will find appropriate means, other than offering food and beverage items, to reward students for academic performance or good behavior. If foods are offered on special occasions, it is recommended that they be commercially prepared, prepackaged and unopened when possible, to ensure food safety. This also helps students with special diets to recognize familiar foods that they can or cannot eat. In addition, food and beverages will not be withheld from students as a punishment for bad behavior or poor academic performance.
- D. **Fundraising** – Schools commonly use food and beverage sales in fundraising activities. To support children's health and reinforce nutrition lessons, fundraising activities should include healthy foods and/or physical activity and/or non-food items. School fundraising activities that includes the sale of healthy foods and non-food is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping schools meet their financial needs. All fund-raising will comply with Policy 8550, Policy 9211, and Policy 5830.
- E. **Early Childhood Education** – Teachers will provide opportunities for children to learn to like a variety of nutritious foods by regularly exposing them to these foods. Positive food socialization practices will be used to create a social environment that is critical to establishing lifelong healthy eating habits.
- F. **After School Programs** – Managers of after school programs will ensure that healthy snacks are provided for students, such as USDA after school snacks.

Foods Brought to School:

- A. **Food Safety** – To ensure food safety and the children we are serving, it is recommended that food shared with other students be commercially prepared, prepackaged and/or unopened, when possible. Food must be safe from bacterial contamination and its ingredients easily recognized by those children with food allergies and special diets.
- B. **Celebrations** – Schools are encouraged to promote a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrate a school commitment to promoting healthy behavior and supports classroom lessons.

Staff Wellness:

The District will establish an environment that increases health awareness, promotes positive lifestyles, decreases the risk of disease and enhances the quality of life for District personnel, and in turn, reduces health insurance costs.

- A. ***Establish a District Committee*** – The District will establish and maintain a staff wellness committee comprised of appropriate employees, community partners and insurance representatives to promote and encourage healthy eating, physical activity and other elements of a healthy lifestyle for school staff as well as assist with forming the health school teams at each school site.
- B. ***Encourage Staff as Role Models*** – By adopting personal healthy habits, school personnel will model healthy eating and physical activity behaviors to students and reinforce positive health messages in the school environment.
- C. ***Coordinating Staff Wellness with School Initiatives*** – Staff wellness goals will be included when schools develop their school improvement plans and coordinated school health programs.
- D. ***Develop Partnerships with Community*** – The District will seek partnerships with health and exercise facilities that can be used at a reduced cost to school board employees.
- E. ***Collaborate with District's Insurance Provider*** – The District's health insurance provider will support the District's wellness measures recommended in this policy.

Community Involvement:

The District will develop partnerships with local organizations as well as State and national groups such as, Florida Alliance for Healthy Kids, North East Florida Education Consortium (NEFEC), the Dairy Council, and the Cooperative Extension, that can be used to provide resources and training.

Communication:

The District wishes to promote clear and consistent messages that reinforce healthy eating and physical activity habits.

- A. ***Food Marketing in Schools*** – Promotions are powerful marketing tools that have a direct, meaningful impact on customers and their purchasing decisions. When marketing is used in school signage or instructional materials, it should promote good nutrition, healthy foods, and physical activity and not contradict healthy messages.
- B. ***Communication with Parents*** – The District will provide information to families, through a variety of appropriate methods such as websites, newsletters, seminars and menus, that encourages them to help their children develop healthy eating and physical activity habits.
- C. ***Consistent Health Messages*** – Food and beverages sold at school will not contradict nutrition messages in the classroom and school environment. Schools are encouraged to actively promote healthy eating and physical activity to students, families, school staff members and the community. Positive health messages can be promoted through a variety of appropriate methods, including school media, working with school and student organizations, conducting nutrition and physical activity promotions and events, providing information for food and beverage options in the cafeteria and vending.

Monitoring and Policy Review

The District will ensure compliance with accepted District-wide goals for nutrition, physical activity, and foods provided on school campuses through monitoring and policy review.

- A. ***Wellness Coordinator*** – Assign monitoring responsibility to appropriate existing staff for curriculum, staff, and food service areas.
- B. ***Establish a District Wellness Committee*** – The District will establish a School Wellness Committee that will meet at a minimum, once a year to discuss progress on meeting District goals. The committee will address proposed changes to the existing policy and make recommendations to the School Board as needed.
- C. ***Establish School Health Team*** – Each school will establish a School Health Team. The team shall include a representative from the school administration, food service, physical education, guidance, the school nurse, a school improvement plan member, a teacher and a member of the PTO. The team will encourage the healthy behaviors of the students and staff. The team will share the best practices and information disseminated through the District Wellness Committee.
- D. ***Assessment Tools*** – Develop, utilize, and implement assessment tools at school and District level, along with Healthy School Self Assessment.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 595.405, 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

F.A.C. 5P-1.003

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