

# GILCHRIST COUNTY SCHOOLS

## CHAPTER 2.00: SCHOOL BOARD GOVERNANCE AND ORGANIZATION

### **WELLNESS PROGRAM**

**2.20\*+**

The Superintendent shall establish a Wellness Program and the District shall implement the multifaceted wellness program for students and employees, with the involvement of students, staff, families and the community.

#### I. Goals and Guidelines

##### A. Goals for Nutrition

1. Promote good nutrition for students and staff.
2. Ensure that guidelines for reimbursable school meals are not less restrictive than regulation and guidelines issued by the United States Department of Agriculture.
3. Provide meals that are appealing and attractive and served in clean and pleasant settings.
  - a. Allow a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.
  - b. Adequate supervision is provided in the dining area.
  - c. Students are allowed to converse with one another while they eat their meals.
  - d. Serve low-fat and fat-free milk.
5. Serve a variety of fruits and vegetables, including fresh, frozen or canned.
6. Serve foods containing whole grains.
7. Ensure that a la carte items meet recommended nutritional standards.
8. Limit the portion sizes of foods and beverages that are sold individually.

##### B. Goals for Nutrition Education

1. Provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and food service activities and is consistent with the Florida Sunshine State Standards.
2. Incorporate nutrition education in other subject areas such as physical education, personal fitness, science, consumer and family science classes, health science, medical skills and services through the Health Academy, and social studies.
3. Provide staff development activities for all employees.
4. Provide nutrition education to families through newsletters, parent meetings and other family activities.

### C. Goals for Physical Activities

1. Elementary students receive a minimum of 90 minutes of physical education per week.
2. Middle and high school students enrolled in physical education classes will engage in moderate to vigorous physical activity at least 15 minutes per day and/or 75 minutes per week.
3. Once a year, testing on each student enrolled in physical education classes will be done in line with the national President's Physical Fitness Tests. A fitness analysis report will be sent home to the parent for the purpose of tracking yearly progress.
4. Elementary school students should have 15 minutes a day of supervised recess, preferably outdoors.
5. Physical activity is not used (e.g. running laps, pushups) as punishment. This guideline does not apply to extracurricular sports teams.
6. Provide opportunities for physical activities for staff.

### D. Goals for Other School-based Activities

1. Vending Sales
  - a. Foods and beverages will meet the nutrition standards as sold individually.
2. Fundraising Activities
  - a. To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods designed for delivery and consumption after school hours; that meet the nutrition and portion size standards for foods and beverages sold individually.
  - b. Schools will encourage fundraising activities that promote physical activity.
3. Snacks
  - a. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on low sugar and low fat items as the primary snacks.
4. Rewards
  - a. School staff shall use only non- food items as a reward for student accomplishment.
  - b. The withholding of food as punishment for students is prohibited, for example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
5. Celebrations
  - a. Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.
6. School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)
  - a. Foods and beverages offered or sold at school-sponsored events outside the school day will include items that meet the nutrition standards for meals or for foods and beverages sold individually.

## II. Implementation

- A. The District Health/Wellness Advisory Committee will conduct a baseline assessment of current nutrition guidelines and activities, nutrition education, physical activity, involvement of students, families and staff in wellness activities, student attendance, staff absences and other wellness related topics.
- B. The District Health/Wellness Advisory Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment.
- C. The goals of the program will be implemented in a progressive manner.
- D. The program will be incorporated into existing parent involvement programs.

## III. Evaluation and Modification

- A. The program will be assessed annually and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
- B. The committee shall report the results of the annual assessment to the Superintendent and the School Board.
- C. Recommendations for modifications in this policy and/or the program, if appropriate, shall be made after analyzing assessment data.

## IV. Wellness Coordinators

- A. The Superintendent shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.
- B. Each principal shall appoint a Wellness Coordinator for his/her school.

STATUTORY AUTHORITY: 1001.41, 1001.42, FS LAW(S) IMPLEMENTED: CHILD NUTRITION ACT OF 1966 (42USC 1771 *et seq*) RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204 1001.43, 1006.06, 1006.0606, F.S.

**This is a change in the State Board Rules referencing school food service from 6A-&. 040, 6A-7.041 and 6a-7.042 as of early February, 2006 to:**

STATE BOARD OF EDUCATION RULE(S): **6A-7.0411**