

CHAPTER 2.00 SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

2.95*+

I. Philosophy and Commitment

The School Board of Sarasota County believes that good health promotes student attendance and student achievement. Staff wellness is also an integral part of a healthy school environment, since school staff can serve as daily role models for healthy behaviors. Well-planned and effectively implemented school nutrition and fitness programs will promote and protect children's health and well-being, as well as their behavior and ability to learn.

II. Nutrition Goals

- A. To promote good nutrition, appropriate food choices, and food safety for students and staff in the development of overall health and well-being, in compliance with federal, state and local laws and regulations.
- B. To provide a variety of meal delivery strategies and meal schedules so that school meals are accessible to all students.
- C. To emphasize low-fat and fat-free milk, reduced-fat dairy products, a variety of fruits and vegetables and whole grain products in menu development.
- D. To limit the content and portion size of foods and beverages that are sold individually and in vending machines.
- E. To ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the United States Department of Agriculture (USDA).
- F. To adhere to all requirements regarding competitive food sales and foods of minimal nutritional value, and to comply with nutrition standards established by the USDA and the Florida Department of Education.
- G. To encourage participation of eligible students in the free and reduced price meal program.
- H. To sponsor a summer nutrition program consistent with Florida Statutes.

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- I. To promote guidelines for snacks and other foods used as classroom rewards, celebrations, school sponsored events and fundraising activities.
 - J. To provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities. Nutrition education will also be provided to families through menus, newsletters, the Food and Nutrition Services website, parent meetings and other wellness activities.
 - K. To operate all child nutrition programs with school foodservice staff who are properly qualified according to current professional standards.
- III. Physical Activity Goals
- A. To provide a physical education program by a certified physical education teacher that emphasizes physical fitness and healthy lifestyles.
 - B. To provide a physical education program that includes the development of positive attitudes toward wellness and physical activity, safety guidelines, responsible behavior in physical activity settings, appreciation for a variety of physical activities, and an understanding of the relationship between physical activity and wellness.
 - C. To provide opportunities for physical activity before, during and after the school day in addition to scheduled physical education and other subject area classes.
 - D. To encourage and assist students and staff in establishing personal fitness goals.
 - E. To provide opportunities for school-wide events that promote physical activity, such as Field Days or Health Fairs.
 - F. To encourage parents to promote physical activity and to participate in physical activities with their children.
 - G. To avoid the use or elimination of physical activity as punishment.

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- H. To make available adaptive physical education opportunities for students with disabilities.
- IV Health and Safety Goals
- A. To ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
 - B. To maintain a school and worksite environment that is free from tobacco except in designated smoking areas. It is unlawful for any person under 18 years of age to smoke tobacco in, on, or within 1000 feet of school campuses.
 - C. To maintain a school and worksite environment that is free from alcohol and drugs.
 - D. To encourage walking and bicycle riding where appropriate and safe.
 - E. To provide a comprehensive health and safety education program for students.
 - F. To refer students, families and staff to health resources in the community.
- V. Family and Community Involvement Goals
- A. To promote the involvement of students, staff and families in wellness activities.
 - B. To make facilities available to the community for wellness related activities (in compliance with School Board Rule 9.30).
 - C. To collaborate with community agencies and organizations to promote wellness activities in the community.
 - D. To support and encourage participation in community activities such as organized walks, health screenings, and health and safety educational programs.

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VI. Wellness Implementation Plan

- A. The District will designate a Wellness Contact(s) to manage and coordinate the implementation of the program.
- B. The Wellness Steering Committee will consist of representatives from the School Health Advisory Committee and the Nutrition Review Committee.
- C. The Wellness Steering 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, insurance usage rates, and other wellness related topics.
- D. The Wellness Steering Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment. The program will be continuously evaluated and updated.
- E. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966, revised 2004.
- F. The Wellness Program will adhere to "The School Board of Sarasota County Wellness Procedures Manual."

STATUTORY AUTHORITY: **1001.41, 1001.42, F.S.**

LAW(S) IMPLEMENTED: **CHILD NUTRITION ACT OF 1966 (42 USC 1771 et seq.)**

NATIONAL SCHOOL LUNCH ACT (42 USC 1751 et seq.)
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT P.L.
108 265, SECTION 204
1001.43, 1003.42, 1003.453, 1003.455, 1003.46, 1006.06,
1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S)

6A-7.0411

HISTORY:

ADOPTED:6/6/06
REVISION DATES:
FORMERLY: NEW