

## STUDENT AND SUPPORT SERVICES POLICIES POLICY 521

1

### WELLNESS POLICY

#### I. Philosophy:

The School Board recognizes that children need access to healthful foods and opportunities to be physically active in order to learn, grow, and thrive. The School Board also believes that good health fosters student attendance and education and a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students;

Community participation is essential to the development of and implementation of a successful school wellness policy; and schools play a critical role in creating a healthy environment for the prevention of childhood obesity, for combating problems associated with poor nutrition and lack of physical activity,

The School Board is committed to providing a school environment that enhances learning and the development of lifelong wellness strategies. Through the collaborative efforts of district administrators, the school food service department (School Way Café), school administrators, teachers, students, parents, school board members, representatives from local hospitals, in partnership with Volusia County Health Department, the School Health Advisory Committee, and District Advisory Committees the following wellness policy was developed and adopted to meet the needs of this district.

#### II. Nutrition Education Goals:

School Way Café will provide accurate nutrition education information and resources to teachers, consistent with the Dietary Guidelines for Americans and the Sunshine State Standards.

School Way Café Managers will work cooperatively with teachers, using the dining room as an opportunity to make healthy choices and promote the consumption of fresh fruits and vegetables.

The School District will encourage schools to become “Team Nutrition Schools.”

School Way Café will continually train staff in nutrition concepts.

The School District will introduce nutrition education curriculum programs to all schools to use at their discretion.

The School District will provide professional development opportunities for health teachers in nutrition concepts and instruction.

#### III. Physical Activity Goals:

Schools will give students opportunities for physical activity through a range of programs, such as recess, intramurals, interscholastic athletics, and physical activity clubs.

## STUDENT AND SUPPORT SERVICES POLICIES POLICY 521

2

Teachers and other school staff are encouraged not to use physical activity or withhold physical activity as negative consequences.

The School District will continue to work with the County of Volusia, and the cities of Volusia County to include schools in recreational programs including opportunities for physical activity which serve the entire community.

The School District’s Physical Education department will make innovative technology and rigorous curriculum resources available for teachers in all schools to teach physical activity lessons.

Schools should discourage extended periods (e.g. of two or more hours) of inactivity.

When activities make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

The School District will provide professional development opportunities for physical education teachers that include fitness concepts and instruction.

#### IV. Nutrition Standards for All Foods Available on the School Campus during the School Day

School Way Café will ensure that all reimbursable program meals served meet the regulations and guidance issued by the Secretary of Agriculture, pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.

The School District will encourage all students to start the day with a healthy breakfast by making breakfast accessible to all students.

School Way Café will review and evaluate all food and beverages sold in the a la carte program for portion size and nutrient content.

School Way Café will offer fresh fruits, vegetables, and whole grain breads.

The School District will comply with all federal and state regulations regarding competitive food sales and the sale of foods of minimal nutritional value.

The School District will ensure that Food and beverages sold in vending machines, snack bars, and concession stands comply with all federal and state regulations. Healthy choices will be made available.

The School District will encourage the limitation of sweet treats served as refreshments at parties and celebrations during the school day.

School Way Café will supply schools with alternative ideas for rewards and incentives to reduce the use of food as rewards and incentives in the classroom.

The School District will encourage the inclusion/addition of healthy food and beverage choices at extra curricular events.

#### STUDENT AND SUPPORT SERVICES POLICIES POLICY 521

3

#### V. Goals for Other School-Based Activities Designed to Promote Student Wellness

The School District will provide a clean dining environment for students.

The School District will establish meal times consistent with federal regulations.

The School District prohibits the withholding of food as a punishment.

Schools will support the health of all students by providing health screenings, hosting health clinics, and helping to enroll eligible children in federal and state children's health insurance programs.

The School District will encourage the promoting of school-based health and wellness activities for students.

#### VI. Staff Wellness Goals

The School District values the health and wellness of every staff member and will explore employee wellness program opportunities that have proven cost effective methodology.

The School District will strive to utilize the health insurance carriers to provide wellness and disease management programs for employees.

The School District will make nutrition and wellness information available to employees. All School District sites will comply with drug, alcohol, and tobacco-free policies.

#### VII. Measuring Implementation

The school administrators will ensure that schools establish strategies to meet the adopted goals by the end of September each school year.

At the beginning of each school year, the school district will provide parents and guardians with information concerning ways that they can help their children to be physically active and to eat healthful foods.

The superintendent will provide the board with an annual report regarding the implementation of this policy, and will recommend revisions as necessary.

Legal Authority:

Sections 1001.41(2), 1001.42(22), Florida Statutes

Laws Implemented:

Sections 1001.43(6), 1003.453, 1006.06, 1006.0606, Florida Statutes

State Board of Education Rule 6A-7.0411

Child Nutrition Act of 1966 (42 USC 1771 et seq)

Richard B. Russell National School Lunch Act PL 108-265, Section 204

STUDENT AND SUPPORT SERVICES POLICIES POLICY 521

4

History:

(Adopted -- July 25, 2006)

(Revised -- January 13, 2009)

(Effective Date -- January 13, 2009)

(Emergency Rule -- June 13, 2006 - September 11, 2006)