



Book	Policy Manual
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	8510 - WELLNESS

As required by law, the Governing Board establishes the following wellness policy for the Corporation as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research supports that there is a positive correlation between a student's health and well-being and his/her ability to learn. 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 in a healthy school meal environment and by promoting increased physical activity in and out of school.

School personnel, parents, and the public at large must be involved in a community-wide effort to promote, support, and model healthy behaviors and habits with respect to eating and exercise.

The Board sets the following goals to enable students to establish lifelong skills and attitudes that promote good health, healthy nutrition, and physical activity habits:

A. Regarding nutrition education, the Corporation shall:

1. Include in the health curriculum instruction that is sequential and standards-based and provides students with the knowledge, mind-set, and skills necessary to lead healthy lives.
2. Offer age-appropriate and culturally relevant nutrition education opportunities that meet applicable standards and benchmarks.
3. Display age-appropriate nutrition education posters, such as the USDA's MyPlate in the cafeteria and other appropriate areas visible to students and others in the school community.

4. Included nutrition education standards and benchmarks that promote the benefits of an inclusive balanced diet with emphasis on consuming fruits, vegetables, whole grain products, lean meats, fish, poultry, and plant-based proteins, and low-fat and fat-free milk and dairy products.

B. Regarding physical activity, the Corporation shall:

1. Physical Education

- a. Provide a sequential, comprehensive physical education program to students in grades K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. Utilize teachers properly certificated/licensed to provide instruction in physical education.

2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. All students in grades K- 5, provide a daily recess period in accordance with Board Policy 2280 *Physical Education*.

C. With regard to other school-based activities:

Students shall be provided access to free during designated lunch and breakfast meal times and may be available throughout the school day in designated areas.

1. The schools shall schedule mealtimes that promote the school meal programs with minimum disruption from bus schedules, recess, and other special programs or events.
2. School personnel will be offered a variety of optional organized wellness programs.
3. Schools in our system utilize electronic identification and payment systems for school meals to eliminate any stigma or identification of students eligible to receive free and/or reduced-price meals.

D. With regard to nutrition promotion, the Corporation shall make sure any foods and beverages marketed or promoted to students on the school campus, during the school day, meet or exceed the USDA Smart Snacks in School nutrition standards.

Additionally, the Corporation shall:

1. encourage students to increase their consumption of healthful foods during the school day;
2. create an environment that reinforces the development of healthy eating habits, including offering and encouraging the consumption of the following healthy foods that align with the USDA Dietary Guidelines for Americans and comply with the USDA Smart Snacks in School nutrition standards:
 - a. a variety of fresh produce to include those prepared without added fats, sugars, and/or sodium;
 - b. a variety of vegetables daily to include five (5) specific subgroups outlined in the Dietary Guidelines for Americans and promoted in the MyPlate materials (dark green, red/orange, beans/peas/legumes, starchy and other);
 - c. whole grain, whole and whole grain rice products – that meet school lunch and breakfast program requirements and, if offered, Smart Snack in School standards;
 - d. choice of fluid milk from fat-free or low-fat (unflavored and flavored) at program lunch and breaks meals with one (1) choice being unflavored;
 - e. meals planned to meet specific calorie ranges for the age/grade groups served;
 - f. eliminate foods offered in program meals and those offered as part of Smart Snacks in Schools are free of added trans-fat;

- g. promote and encourage a variety of choices from the fruit component and vegetable component daily within the school lunch program;
 - h. provide opportunities for students to develop the knowledge and skills for consuming healthful foods;
- E. All foods and beverages sold to students as fund-raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Smart Snacks in School nutrition standards.
- F. 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.

Furthermore, with the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled *Food Service*, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. The sale of foods of minimal nutritional value in the food service area during the lunch period is prohibited.
- C. As set forth in Policy 8531, entitled *Free and Reduced Price Meals*, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- D. All foods and beverages sold to students on the school campus during the school day outside of reimbursable school meals are considered "competitive foods" and must comply with the nutrition standards for competitive food as defined and required in 7 C.F.R. 210.11. Competitive foods include items sold a-la-carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers. For the purposes of competitive food standards implementation, "school campus" refers to all areas of the property under the jurisdiction of the school that are accessible to students during the school day. "School day" refers to the period from midnight before to thirty (30) minutes after the end of the official school day.
- E. Unless sold by the Food Service Program, competitive food items sold to students during the school day shall not consist of ready-to-eat combination foods of meat or meat alternate and grain products as defined in 7 C.F.R. 210.11 and incorporated in F.A.C. 5P-2.002.
- F. Competitive food and beverage standards may be exempted for the purpose of conducting in-frequent schoolsponsored fundraisers up to five (5) days per school year in elementary schools, ten (10) days per school year in middle and combination schools, and fifteen (15) days per school year in high schools. Each school is responsible for maintaining records documenting the occurrence of any exempted school-sponsored fundraisers to demonstrate compliance with this policy.
- G. No school-sponsored fundraisers, which include the sale of food items, will be permitted to occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- H. All foods offered on the school campus during the school day shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, or from vending machines, for classroom parties, or at holiday celebrations.
- I. Schools may limit the number of celebrations involving serving food during the school day to no more than one (1) party per class per month.
- J. The school food service program may involve students, parents, staff, school officials in the selection of competitive food items to be sold in the schools.
- K. All food service personnel shall receive pre-service training in food service operations.

The Board designates the Director of Ancillary Services as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The CEO shall develop administrative procedures necessary to implement this policy.

The Director of Ancillary Services shall appoint the Corporation wellness committee that meets periodically and includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school

administrators to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy. School-level health advisory teams may assist in the planning and implementation of these Wellness initiatives.

The Director of Ancillary Services may report to the Board on the work of the wellness committee, including their assessment of the environment in the Corporation, their evaluation of wellness policy implementation Corporation-wide, and the areas for improvement, if any, that the committee identified. The committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.

The Director of Ancillary Services shall also be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the Director of Ancillary Services shall have the wellness policy available for review and post the wellness policy on the Corporation's website, including the assessment of the implementation of the policy prepared by the Corporation.

The Corporation shall assess this policy at least once every three (3) years on the extent to which schools in the Corporation are in compliance with the Corporation policy, the extent to which the Corporation policy compares to model wellness policies, and the progress made in attaining the goals of this policy. The assessment shall be made available to the public

- A. in the parent and staff handbooks.
- B. in the School District Annual Report to the public.
- C. on the School District's website.
- D. on each individual school's website.

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