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WELLNESS

2 As required by law, the School Board establishes the following wellness policy for the
3 School District as a part of a comprehensive wellness initiative.

4 The Board recognizes that good nutrition and regular physical activity affect the
5 health and well-being of the District's students. Furthermore, research suggests
6 that there is a positive correlation between a student's health and well-being and
7 his/her ability to learn. Moreover, schools can play an important role in the
8 developmental process by which students establish their health and nutrition habits
9 by providing nutritious meals and snacks through the schools' meal programs, by
10 supporting the development of good eating habits, and by promoting increased
11 physical activity both in and out of school.

12 Schools alone, however, cannot develop in students healthy behaviors and habits
13 with regard to eating and exercise. It will be necessary for not only the staff, but
14 also parents and the public at large to be involved in a community-wide effort to
15 promote, support, and model such healthy behaviors and habits.

16 The Board sets the following goals in an effort to enable students to establish good
17 health and nutrition habits:

18 A. With regard to nutrition education:

- 19 1. Nutrition education shall be included in the sequential,
20 comprehensive health curriculum in accordance with the
21 curriculum standards and benchmarks established by the
22 State.
- 23 2. Nutrition education standards and benchmarks shall be
24 age-appropriate.
- 25 3. The standards and benchmarks for nutrition education shall
26 be behavior focused.
- 27 4. Nutrition education shall reinforce lifelong balance by
28 emphasizing the link between caloric intake (eating) and
29 exercise in ways that are age-appropriate.

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

3 A. In accordance with Policy 8500, entitled Food Service, the food
4 service program shall comply with Federal and State regulations
5 pertaining to the selection, preparation, consumption, and disposal
6 of food and beverages as well as to the fiscal management of the
7 program.

8 B. The sale of foods of minimal nutritional value in the food service
9 area during the lunch period is prohibited.

10 C. As set forth in Policy 8531, entitled Free and Reduced Price Meals,
11 the guidelines for reimbursable school meals are not less restrictive
12 than the guidelines issued by the U.S. Department of Agriculture
13 (USDA).

14 D. The food service program will strive to be financially self-supporting;
15 however, if it is necessary to subsidize the operation, it will not be
16 through the sale of foods with minimal nutritious value.

17 E. All food items and beverages available for sale to students for
18 consumption on campus between midnight and thirty (30) minutes
19 after the close of the regular school day shall comply with the
20 current USDA Dietary Guidelines for Americans, including, but not
21 limited to, competitive foods that are available to student a la carte
22 in the dining area, as well as food items and beverages from vending
23 machines, from school stores, or as fund-raisers by student clubs
24 and organizations, parent groups, or boosters clubs.

25 F. All foods available to students in the dining area during school food
26 service hours shall comply with the current USDA Dietary
27 Guidelines for Americans, including competitive foods available to
28 student a la carte or from vending machines.

29 G. Any food items sold for consumption on campus from thirty (30)
30 minutes after the end of the last lunch period until thirty (30)
31 minutes after the school day ends as a fund-raiser by student clubs
32 and organizations, parent groups, or booster clubs shall meet the
33 current USDA Dietary Guidelines for Americans.

34 H. All food service personnel shall receive pre-service training in food
35 service operations.

policy

**THE SCHOOL BOARD OF
GLADES COUNTY**

OPERATIONS
8510/page 5 of 6

1 I. Continuing professional development shall be provided for all staff of
2 the food service program.

3 The Board designates the Superintendent as the individual(s) charged with
4 operational responsibility for measuring and evaluating the District's
5 implementation and progress under this policy. The Superintendent shall develop
6 administrative procedures necessary to implement this policy.

7 The Superintendent shall appoint the District wellness committee that includes
8 parents, students, representatives of the school food authority, educational staff
9 (including physical education teachers), school health professionals, members of the
10 public, and school administrators to oversee the development, implementation,
11 evaluation, and periodic update, if necessary, of the wellness policy.

12 The wellness committee shall be an ad hoc committee of the Board with members
13 recruited and appointed annually.

14 The appointed District wellness committee shall be responsible for accomplishing
15 the following:

16 A. assess the current environment in each of the District's schools;

17 B. measure the implementation of the District's wellness policy in each
18 of the District's schools;

19 C. review the District's current wellness policy;

20 D. recommend revision of the policy, as necessary; and

21 E. present the wellness policy, with any necessary revisions, to the
22 Board for approval or re-adoption if revisions are necessary.

23 Before the end of each school year the wellness committee shall submit to the
24 Superintendent and Board their report in which they describe the environment in
25 each of the District's schools and the implementation of the wellness policy in each
26 school, and identify any revisions to the policy the committee deems necessary.

27 The Superintendent shall report annually to the Board on the work of the wellness
28 committee, including their assessment of the environment in the District, their
29 evaluation of wellness policy implementation District-wide, and the areas for
30 improvement, if any, that the committee identified. The committee shall also report
31 on the status of compliance by individual schools and progress made in attaining
32 goals established in the policy.

policy

**THE SCHOOL BOARD OF
GLADES COUNTY**

OPERATIONS
8510/page 6 of 6

1 The Superintendent shall also be responsible for informing the public, including
2 parents, students and community members, on the content and implementation of
3 this policy. In order to inform the public, the Superintendent shall distribute
4 information at the beginning of the school year to families of school children and
5 post the wellness policy on the District's website.

6 42 U.S.C. 1751 et seq.

7 42 U.S.C. 1771 et seq.

8 F.S. 570.981, 1001.41, 1001.42, 1001.43, 1003.453

9 F.A.C. 5P-1.003

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