

CHAPTER 2.00: SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

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On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 USC 1751 et.seq.) or the Child Nutrition Act of 1966 (42 USC 1771 et.seq.), to establish a local school wellness policy by July 1, 2006. In 2010, additional requirements were set forth under Section 204 of the Healthy, Hunger-Free Kids Act. This policy incorporates federal law as well as Chapter 5P-1.003(2)(d) of Florida Administrative Code (FAC).

I. Philosophy

The Hamilton County School District believes that a healthy school environment goes beyond the meals in the cafeteria. Maintaining a healthy lifestyle and weight require a combination of healthy food choices and an appropriate amount of physical activity. A healthy and physically active child is more likely to be academically successful. Children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The District also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

A Hamilton County School District will assemble a representative wellness committee that will meet biannually to evaluate and set goals for the development, implementation and periodic review and update of its local school wellness policy.

1. The District Wellness Coordinator shall ensure overall compliance with the local school wellness policy.
2. Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation and periodic review and update of the local school wellness policy.

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- B** Each school within Hamilton County School District will establish an ongoing Healthy School Team that will meet biannually to ensure compliance and facilitate implementation of Hamilton County School District's wellness policy.
1. The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the local school wellness policy.
 2. In each school, the principal or designee will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
 3. The Healthy School Team will include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the public.
 4. The Healthy School Team will be responsible for:
 - a. Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003).
 - b. Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003,
 - c. Reporting its school's compliance of the aforementioned regulations to the District Wellness Coordinator, the person responsible for ensuring overall compliance with the local school wellness policy.
- C** Hamilton County School District will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness to, at a minimum, include a review of Smarter Lunchroom tools and techniques.

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II. Nutrition

Academic performance and quality of life issues are affected by the choice availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Students will be encouraged to start each day with a healthy breakfast. Menus will be in compliance with the new pattern requirements issued by the USDA (Healthy, Hunger-Free Kids Act of 2010).

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
 - Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout the school campus.
- A Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. Menus are posted in the schools, announced via school media productions, and posted on websites, included in monthly newsletters and local news media.
- B Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- C A la carte offerings to students shall be nutritious and meet federal recommended guidelines. A student must buy a lunch or bring one from home to be eligible to purchase a la carte items.
- D Vending Machines: The sale of food and beverage items to students in competition with the District's food service program is prohibited, including those items classified as "foods of minimum nutritional value" as listed in the Code of Federal Regulations 21. Provided, however, school organizations approved by the School Board are permitted to sell these items only in secondary schools thirty (30) minutes following the close of the last lunch period. Proceeds from the sell of foods and beverages items during the school day shall accrue to the food service program or to a school organization approved by the School Board.
- E Free water must be made readily available to children during lunch.

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- F. Schools must offer fat free or low-fat milk varieties.
- G. Ensure students are offered both fruits and vegetable every day of the week, substantially increasing offerings of whole grain rich foods.
- H. Limit calories based on age of children being served to ensure proper portion size.
- I. Increase focus on reducing the amounts of saturated fat, trans fat and sodium.
- J. Fundraising
 - 1. Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
 - 2. No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
 - 3. The school board is permitted to grant a special exemption from the standards for competitive foods as specified below for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

| School Type | Maximum Number of School Days to Conduct Exempted Fundraisers |
|----------------------------|---|
| Elementary Schools | 5 days |
| Middle/Junior High Schools | 10 days |
| Senior High Schools | 15 days |
| Combination Schools | 10 days |

- 4. Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)
- III. Policy for Food and Beverage Marketing
- A. School-based marketing will be consistent with policies for nutrition education and health promotion. As such the following guidelines apply:

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1. Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
2. Marketing activities that promote healthful behaviors (and are therefore encouraged) include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.

IV. Nutrition Standards for All Foods Sold in School

A Competitive Food Sales

1. All foods and beverages sold on the school campus to students 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 CFR 210.11.
 - a. School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
 - b. School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official schoolday.
2. The Food and Nutrition Services department will comply with the provisions set forth in Federal law regarding the sale of competitive food and foods of minimal nutritional value. The Food and Nutrition Services department shall be the sole provider of food and beverage items sold in all schools until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell food and beverage items in accordance with the School Board's wellness policy and with principal approval.
3. Accordingly, all foods and beverages for sale to students on campus from vending machines, from school stores, or as fund-raisers by student clubs and organizations, parent groups, or boosters shall comply with the current USDA dietary guidelines for Americans and the USDA Smart Snacks in Schools regulations, applicable State law, and Florida Administrative Code rule, and shall only be available

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between thirty (30) minutes following the last school lunch period and thirty (30) minutes after the close of the regular school day.

4. Unless being sold by the Hamilton County School District food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternative and grain products, as defined in 7 CFR 210.10 and 210.11 (FAC 5P-1.003).

B. General Nutrition Requirements

1. Water - Free water must be readily available to children during breakfast and lunch.
2. Whole Grains – All snack foods sold in schools must be whole grain rich, this means they contain at least 50% whole grains, have whole grains as the first ingredient, or have a fruit, vegetable, dairy product, or protein rich food as the first ingredient.

3. Calories - Snacks must contain more than 200 calories. A la carte entrees must contain no more than 350 calories.

4. Sugar - Snacks must contain no more than 35% sugar by weight.

*Exceptions exist for dried fruit without added sugars and even for some that have added nutritive sweeteners that are required for processing and/or palatability purposes.

5. Sodium - Snacks must contain no more than 200mg of sodium. A la carte entrees must contain no more than 480mg or less of sodium.
6. Fat - Total fat must be no more than 35% of calories. Saturated fat must be no more than 10% of Calories. There must be no trans-fat in the package as served.

7. Exemptions

- a. Entrees served in the NSLP/SBP on the day of service and the following school day.
- b. Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100% juice, extra light syrup or light syrup.

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- c. Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
 - 8. Beverages
 - a. Allowable beverages are limited to plain water (carbonated or non-carbonated), low-fat milk (unflavored), nonfat milk (flavored and unflavored), nutritionally equivalent milk alternatives, full strength fruit and/or vegetable juices, and full-strength fruit and vegetable juices diluted with water or carbonated water.
 - b. Beverages must be caffeine free for elementary and middle school.
 - c. Beverage portion limits: 8 fluid ounces for elementary school and 12 fluid ounces for middle and high school
 - 9. High School
 - a. Calorie free beverages are allowable in up to 20 ounce containers (less than 5 calories per 8 ounce serving and no more than 10 calories per 20 fluid ounces).
 - b. Lower calorie drinks are allowed with up to 40 calories per 8 ounces or 60 calories per 12 ounces.
 - c. Caffeine is permitted.
 - C. Special Note - These rules only apply to food sold to students. These rules do not apply to food brought from home for lunch, or for birthday parties, off-campus fundraisers, athletic events, and school plays, or for foods sold during non-school hours (30 minutes after school.)
- V. Standards for Food and Beverages Available During the School Day that are Not Sold to Students
- A. The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
 - B. Class parties or celebrations shall be held after the lunch period and only foods that meet the Smart Snacks in School nutrition standards can be served.

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- C. Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

VI. Nutrition and Health Education

Nutrition education shall be provided that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors. Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level. The Hamilton County Health Department along with other community resources can provide nutrition and health educational programs for classroom presentations upon request. Healthy living skills shall be taught to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. The Hamilton County School Health Services Plan addresses the coordination of activities to promote healthy living. Comprehensive School Health Staff from the Hamilton County Health Department will provide health educational programs upon request.

- A. Each school shall provide nutrition and health educational programs.
- B. Students shall have access to valid and useful health information.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- D. Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.

VII. Physical Education and Activity

Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Physical education and activity will be provided by Board approved personnel.

- A. All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- B. Students will have additional opportunities for physical activity through before- and afterschool activities or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.

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VIII. Physical Education Program

The physical education program shall be designed to encourage physical activity and encourage healthy, active lifestyles. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- A. Requires each district school board to include the availability of one-on-one counseling concerning the benefits of physical education in their written physical education policy.
- B. Continues to require 150 minutes each week for students in grades K-5 and requires at least 30 consecutive minutes of physical education on any day during which physical education instruction is conducted.
- C. Requires the equivalent of one class period per day of physical education for one semester of each year for students enrolled in grades 6-8.
- D. Provides waiver options for students and requires that each district school board is required to notify parents of waiver options prior to scheduling a student in physical education.
- E. High school students must have one credit of a HOPE physical education course for graduation purposes.
- F. Students electing one of the three-year, 18 credit graduation options do not have to meet the high school requirement and may use the physical education courses listed as elective credit. Students may waive a portion or all of these requirements only to the extent permitted by statelaw.

IX. Health Services

An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff. The Hamilton County School District and the Hamilton County Health Department are required by Florida Statute 381.0056 to jointly develop a School Health Services Plan. Each school is provided with a licensed nurse.

- A. Primary coordination of health services shall be through a licensed nurse with the support and direction of the Hamilton County School District and the Hamilton County Health Department.

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B A coordinated program of accessible health services shall be provided, to students and staff and may include violence prevention, school safety, communicable disease prevention, health screening [including Body Mass Index (BMI)], community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

X. Family, School and Community Partnership

A Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

B Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. The equality and diversity of the school and district community shall be valued in the planning and implementation.

XI. Staff Wellness

The district, and each work site, shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and well-being of site staff.

A Employees shall be encouraged to engage in daily physical activity before or after work hours in site-sponsored programs or as part of a local fitness facility.

B Wellness flyers will be provided to all District employees on a quarterly basis. This will be known as Wellness Wisdom.

XII. Evaluation and Monitoring

To ensure compliance each school administrator, or their designee, will coordinate with staff members to complete a compliance checklist at the end of each school year. The Wellness Committee members will meet to review the policy and revise as necessary, based on the results of the compliance checklist. The results will be shared with the School Board each year. See Appendix I for a sample of the checklist.

XIII. Triennial Progress Assessments

A Hamilton County School District will develop a triennial assessment to measure compliance with Hamilton County School District's wellness policy. This assessment will include, but is not limited to, the following:

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1. The extent to which schools under the jurisdiction of Hamilton County School District are in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy compares to model wellness policies; and
3. A description of the progress made in attaining the goals of the local school wellness policy.

B. Informing the Public

The Hamilton County School district will ensure the wellness policy, information and updates to and about the wellness policy and the triennial assessment are available to the public at all times.

1. The Hamilton County School District will ensure the most updated version of the wellness policy and the triennial assessments are always available on the school website for the public to view.
2. Wellness goals and policy updates will be provided to students, parents and staff on a monthly basis. Wellness updates may be provided in the form of handouts, Hamilton County School District website, articles and information provided in each school's newsletter, presentations and through other appropriate means to ensure that the community in the district is informed and that public input is encouraged.
3. Each school will provide all parents with a complete copy of the local school wellness policy at the beginning of the school year and make the policy available to the public by posting it on Hamilton County School District's website.

C. Community Involvement

Hamilton County School District is committed to being responsive to community input, which begins with awareness of the wellness policy. Hamilton School District will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and periodic review and update of the local school wellness policy through a variety of means, including:

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1. The school will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
2. Hamilton County School District will use electronic mechanisms, such as email or displaying notices on Hamilton County School District's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of and updates to the wellness policy, as well as how to get involved and support the policy.
3. At the final public school board meeting of each year, the local school wellness policy will be discussed and all stakeholders will be asked to provide feedback on the policy. All comments and recommendations will be reviewed and considered.

D. Record Keeping

Hamilton County School District will retain records to document compliance with the requirements of the local school wellness policy at Hamilton County, FL. Documentation kept in this location will include, but is not limited to, the following:

1. The written local school wellness policy;
2. Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction;
3. Documentation demonstrating compliance with the public notification requirements (consistent with the section on informing/updating the public); and
4. Documentation demonstrating compliance with community involvement requirements.

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108-265 USDA HEALTHY, HUNGER-FREE KIDS ACT OF 2010,
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