

## The School Board of Madison County Bylaws & Policies

9/20/16

### 8510 - WELLNESS

As required by law, the School Board establishes the following wellness policy for the School District 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 District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, 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, and by promoting increased physical activity both in and out of school.

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

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

- A. With regard to nutrition education, the District shall:
  1. Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
  2. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
  3. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
  4. The District shall provide information to parents that is designed to encourage them to reinforce at home the standards and benchmarks being taught in the classroom.
- B. With regard to physical activity, the District shall:
  1. **Physical Education**
    - a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
    - b. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
    - c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
    - d. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.
    - e. All students in grades K-5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for thirty (30) minutes daily five (5) days per week for the entire

school year. All students in grades 6-8 shall receive instruction on physical education for one (1) semester per year.

- f. All students in grades 9-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education, which must include the integration of health education, equivalent to one (1) credit.
- g. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

## 2. Physical Activity

- a. Physical activity should not be employed as a form of discipline or punishment.
- b. The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.
- c. All before/after-school programs shall provide developmentally appropriate physical activity for the students who participate.

### C. With regard to other school-based activities the District shall:

- 1. The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- 2. Schools should not use food as a reward or punishment.
- 3. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

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 - 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. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- E. All food items and beverages available for sale to students for consumption on campus between midnight and thirty (30) minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans, including, but not limited to, competitive foods that are available to students a la carte in the dining area, as well as food items and beverages from vending machines, from school stores, or as fund-raisers by student clubs and organizations, parent groups, or boosters clubs.
- F. The food service program shall be administered by a qualified nutrition professional.
- G. Continuing professional development shall be provided for all staff of the food service program.

The building principals are charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy. The Superintendent shall develop administrative procedures necessary to implement this policy.

The wellness coordinator shall appoint the District wellness committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), 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.

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

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

- A. assess the current environment in each of the District's schools;
- B. measure the implementation of the District's wellness policy in each of the District's schools;
- C. review the District's current wellness policy;
- D. recommend revision of the policy, as necessary; and
- E. present the wellness policy, with any necessary revisions, to the Board for approval or re-adoption if revisions are necessary.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board any revisions to the policy the committee deems necessary.

The Superintendent shall 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 Superintendent shall and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

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

F.A.C. 5P-1.003

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