

## WELLNESS POLICY

### I. Philosophy and Commitment

The School Board of Okeechobee County believes that good health fosters student attendance and student achievement. The Board also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. The Board is, therefore, committed to provide school and worksite environments that promote and protect children's health, well being, and ability to learn and employees' health and well being by promoting and supporting healthy eating, physical activity and healthy lifestyles. The District shall implement a multifaceted wellness program with the involvement of students, staff, families and the community and encourage consideration of the district's wellness policy goals in planning all school activities.

### II. Nutrition Goals

- A. To provide meals that are appealing and attractive and served in clean and pleasant settings.
- B. To provide meals that meet nutrition requirements established by federal, state and local laws and regulations.
- C. To provide and encourage participation in the school breakfast and lunch program and encourage participation of eligible students in the free and reduced price meal program.
- D. To schedule meals at appropriate times and allow a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.
- E. To ensure that *a la carte* items meet recommended nutritional standards and limit the portion size of foods and beverages that are sold individually.
- F. To establish guidelines for content and portion size of food and beverages in vending machines located at schools and at other worksites.
- G. To provide recommendations for snacks and foods used for rewards, celebrations and school sponsored events.
- H. To provide recommendations for any foods that are included in fund-raising activities.
- I. To sponsor a year-round nutrition program consistent with Florida Statutes.
- J. To incorporate nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities.
- K. To provide nutrition education to families through newsletters, parent meetings and community activities.
- L. To provide staff development activities for school food service and all other employees.

### III. Physical Activity Goals

- A. To provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- B. To provide a physical education program that emphasizes physical fitness and healthy lifestyles and includes the development of positive attitudes toward wellness and physical activity, safety guidelines, responsible behavior in physical activity settings, appreciation for a variety of physical activities, and an understanding of the relationship between physical activity, wellness and nutrition.
- C. To encourage physical activity during the recess period.
- D. To provide opportunities for physical activity during the school day in addition to scheduled physical education classes and to encourage and assist students to set personal fitness goals
- E. To consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake and reduce food waste.
- F. To provide opportunities for physical activity in other subject area classes.
- G. To provide opportunities for physical activities for staff.
- H. To encourage parents to promote physical activity and to participate in physical activities with their children.

### IV. Health and Safety Goals

- A. To ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
- B. To maintain a school and worksite environment that is free from tobacco except in designated smoking areas.
- C. To maintain a school and worksite environment that is free from alcohol and drugs.
- D. To monitor routes to school and encourage walking and bicycle riding where appropriate and safe.
- E. To provide safe traffic patterns at school sites for students and vehicles before and after school.
- F. To provide a comprehensive health and safety education program for students.
- G. To provide career education awareness for careers in health and wellness related fields.
- H. To refer students, families and staff to health resources in the community.
- I. To promote and support health and safety programs in the community.

V. Family and Community Involvement Goals

- A. To make facilities available to the community for wellness related activities through established procedures.
- B. To collaborate with community agencies and organizations to promote, support and encourage wellness activities in the community and support and encourage participation in community activities such as organized walks, health screenings, and educational programs.

VI. Wellness Coordinator and Worksite Contact Persons

- A. The Superintendent shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.
- B. Each principal shall appoint a Wellness Contact for his/her school.
- C. The Superintendent shall appoint a Wellness Contact for the District office.

VII. Wellness Steering Committee

A. Shall include:

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|--------------------------------|--|
| 1. Parents:                    | (3) Representative from SAC Committees:<br>One each: Elementary, Middle, Senior  |
| 2. Students                    | (2) Representatives from Student Council:<br>One each: Middle, Senior  |
| 3. School Board Member         | (1)  |
| 4. School Administrators       | (3) Representative from District Level:<br>Assistant Superintendent for Instruction,<br>Director of Student Services,<br>Supervisor of Food Services |
| 5. School Nurse                | (1) Representative from Health<br>Department:<br>Coordinator of School Nurses  |
| 6. Physical Education Teachers | (2) Representative from School Level:<br>One each, Elementary and Secondary<br>Level   |
| 7. Health Educator             | (1) Representative<br>Lead Teacher, Health Occupations<br>Senior High  |

VIII. Implementation

- A. The Wellness Steering Committee will conduct a baseline assessment of current nutrition guidelines and activities, nutrition education, physical activity, involvement of students, families and staff in wellness activities, and other wellness related topics.

- B. The Wellness Steering Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment.
- C. The goals of the program will be implemented in a progressive manner. The plan will identify the goals for each year.
- D. The program shall be implemented at all grade levels, for staff, for parents and for the community.
- E. The program will be incorporated into existing parent involvement programs.
- F. The Wellness Coordinator will work with the Wellness Contacts regarding implementation of the program.

IX. Oversight, Evaluation and Modification

- A. The Wellness Steering Committee will monitor the implementation of the wellness program.
- B. The program will be assessed annually and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
- C. The committee shall report the results of the annual assessment to the Superintendent and the School Board.
- D. Recommendations for modifications in this policy and/or the program, if appropriate, shall be made after analyzing assessment data.

- X. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966.

**STATUTORY AUTHORITY: 1001.41, 1001.42, FS**

**LAW(S) IMPLEMENTED: CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq*)  
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204  
1001.43, 1006.06, 1006.0606, F.S.**

**This is a change in the State Board Rules referencing school food service from 6A-7. 040, 6A-7.041 and 6A-7.042 as of early February, 2006 to:**

**STATE BOARD OF EDUCATION RULE(S): 6A-7.0411**