

Okeechobee County School Board

Wellness Policy 2014

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.

1. Health Education and Life Skills - Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. Okeechobee County School District's Health Education Program adheres to the Next Generation Sunshine State Standards and reflects state and local requirements. (2.1.1,2.1.2,2.1.3)
 - a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
 - b. Students shall have access to valid and useful health information and health promotion products and services.
 - c. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.
 - d. Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.
2. Physical Education and Activity – Every student should have the opportunity to participate in and benefit from a quality Physical Education Program. Okeechobee County School District's Physical Education Program adheres to the Next Generation Sunshine State Standards and reflects state and local requirements for Elementary Education.
 - a. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity based upon state standards and benchmarks. (3.1.1.1, 3.1.2.1, 3.1.2.2)
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.
 - b. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students. (3.1.2.3)
 - i. Participation in physical education shall comply with time increments and course content mandated by The Florida Department of Education for students in Grades K-5, 6-8 and 9-12. (3.1.2.4)
 - c. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

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.

- d. To encourage physical activity during the recess period.
 - e. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle. (3.1.5.1)
 - f. To provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted
 - g. To consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake and reduce food waste.
 - h. To provide opportunities for physical activity in other subject area classes.
 - i. To provide opportunities for physical activities for staff.
 - j. To encourage parents to promote physical activity and to participate in physical activities with their children.
3. 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. (4.2.3, 4.2.2, 4.2.1)
- a. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Okeechobee County School Board and the Okeechobee County Health Department. (2.4, 2.5, 4.1.3, 4.3.1, 4.4.2)
 - b. Okeechobee County School Board shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community. (1.16.1, 1.16.2, 1.16.5, 2.3, 2.6, 4.5)
 - c. A coordinated program of accessible health services shall be provided to students and staff and shall include, if available: violence prevention, school safety, communicable disease prevention, health screening including Body Mass Index (BMI), community health referrals, immunizations, parent skills, first aid and other priority health education topics. (2.7, 4.4.1, 4.6.2, 4.6.3, 4.6.4)
4. Nutrition - Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
- a. To provide meals that are appealing and attractive and served in clean and pleasant settings.
 - b. The Food Service Department will provide all reimbursable meals and a la carte items offered in compliance with USDA and FL DOE Food and Nutrition Management policies and guidelines.
To provide meals that meet nutrition requirements established by federal, state and local laws and regulations.

To ensure that *a la carte* items meet recommended nutritional standards and limit the portion size of foods and beverages that are sold individually.

- c. Healthy food choices should be available that comply with the current USDA Dietary Guidelines for Americans at or in the following: (5.5.1.1, 5.5.2)

- i. Vending machines
- ii. Beverage contracts
- iii. Fundraisers
- iv. School stores
- v. Concessions stands

To establish guidelines for content and portion size of food and beverages in vending machines located at schools and at other worksites.

To provide recommendations for any foods that are included in fund-raising activities.

- d. Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, music, physical education, and art. Nutrition education services shall support classroom activities for students and include hands-on applications of good nutrition practices to promote health and reduce obesity. (5.3.1.1)

To sponsor a year-round nutrition program consistent with Florida Statutes.

To incorporate nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities. (2.1)

- i. The school cafeteria should serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom. (5.3)
- ii. The district/school will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations/parties, rewards, and fund raising activities.

To provide recommendations for snacks and foods used for rewards, celebrations and school sponsored events.

- iii. Efforts should be made to eliminate meals brought in from outside sources which do not meet these guidelines and compete with the district meal service.
- iv. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community via Nutrislice, menus, websites, and newsletters.

To provide nutrition education to families through newsletters, parent meetings and community activities.

- v. Students will be encouraged to start each day with a healthy breakfast.

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.

- e. The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
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.
 - f. Partnerships with team Nutrition, United States Department of Agriculture Healthier US School Challenge Program, American Heart Association, American Cancer Society, and School Health Advisory Council is encouraged. (1.10.1, 1.10.2, 1.10.3)
 - g. To provide staff development activities for school food service and all other employees. (5.1.2.1, 5.3.1.1)
 - h. Special Dietary Needs
 - i. If a student IEP contains instructions regarding special dietary needs or feeding requirements, a copy of that IEP section should be provided to Food Services Management. When appropriate, a meeting will be scheduled with the parent/guardian and Food Services personnel to develop an appropriate dietary plan.
 - ii. Notification of medical situations which impact dietary intake, such as allergies or diabetes, shall be reported to Food Services Management. When appropriate, a meeting will be scheduled with the parent/guardian and Food Services personnel to develop an appropriate dietary plan. (4.1.1.1)
 - i. A child's need for nutrients does not end when school does. Therefore, recommend offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating a summer food service program for children and adolescents who are eligible for federal program support.
5. Social and Emotional Well-Being – Each school shall provide a supportive and nurturing environment that includes school counseling, social workers, mental health counseling, and psychological services. (6.1, 6.3, 6.4)
- a. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services offered to encourage students, families, and staff members to request assistance when needed and to help link them to school and community resources as appropriate. Programs and student service plans that support and value the social and emotional well-being of students, families and staff build a healthy school environment. (6.1.1.1)
 - b. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
 - c. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
 - d. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stress factors which may interfere with health development.

- e. Notification of unique and temporary conditions which would qualify a student for Free or Reduced lunch status shall be reported to the school cafeteria manager (e.g., homeless situation, death of a parent). In this case and, if necessary, the principal may complete a Free and Reduced lunch application on behalf of the parent/s.
6. Healthy and Safe Environment - A healthy and safe environment for all; before, during and after school programs; supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.
- a. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair. (7.3.3.1, 7.3.4.1)
To ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
 - b. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs. (7.1.6.1, 7.1.6.2, 7.1.6.3, 7.1.7.1)
To maintain a school and worksite environment that is free from tobacco except in designated smoking areas.
To maintain a school and worksite environment that is free from alcohol and drugs.
 - c. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment. (7.1.2.1, 7.1.3.1)
 - d. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments. (7.1.1.1)
 - e. To monitor routes to school and encourage walking and bicycle riding where appropriate and safe.
 - f. To provide safe traffic patterns at school sites for students and vehicles before and after school.
 - g. To provide a comprehensive health and safety education program for students.
 - h. To provide career education awareness for careers in health and wellness related fields.
 - i. To refer students, families and staff to health resources in the community.
 - j. To promote and support health and safety programs in the community.
7. Staff Wellness - The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well-being of site staff. (1.16.1, 1.16.4, 1.12, 1.15, 1.16.1, 1.16.4, 4.2, 9.1.3.1)
- a. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
 - b. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as

- safe as possible and consistent with applicable occupation and health laws, policies and rules. (7.3.1.1, 7.3.9.1)
- c. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities, where available. (8.3.3.1)
 - d. The Student Services and Risk Management Departments will be responsible, at the district level, for the oversight of this policy.
8. Family, School and Community Partnership - Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
- a. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. (1.16.3, 1.16.6, 9.1.1.1)
 - b. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
 - c. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
 - d. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community. (9.2.1, 9.3.1.1, 9.5.1.1)
 - e. To make facilities available to the community for wellness related activities through established procedures.
 - f. 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.
9. The Superintendent's designee shall undertake an annual review of the effectiveness and ongoing program improvements under the provisions of this policy and shall issue a report of his findings to the School Board. Any proposed amendments to the provisions or requirements of the policy in order to improve the effectiveness of the policy will be recommended by the Superintendent to the School Board for adoption. (2.1, 2.2, 2.4, 2.5, 3.1, 4.1)

10. 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.
- #### 11. Wellness Steering Committee
- a. Shall include:
 - i. Parents: (3) Representative from SAC Committees: One each: Elementary, Middle, Senior

- ii. Students (2) Representatives from Student Council: One each: Middle, Senior
- iii. School Board Member (1)
- iv. School Administrators (3) Representative from District Level: Assistant Superintendent for Instruction, Director of Student Services, Supervisor of Food Services
- v. School Nurse (1) Representative from Health Department: Coordinator of School Nurses
- vi. Physical Education Teachers (2) Representative from School Level: One each, Elementary and Secondary Level
- vii. Health Educator (1) Representative Lead Teacher, Health Occupations Senior High

12. 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.

13. 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.

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**