

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

2.20*+

I. Philosophy and Commitment

The School Board of Bradford 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 district is committed to implementing a multifaceted wellness program with the involvement of students, staff, families and the community.

II. Nutrition Goals

A. Food Service Guidelines

1. Ensure that USDA guidelines are followed.
2. Ensure that food service policies and guidelines for reimbursable meals are not more restrictive than federal and state regulations.
3. Ensure that ala carte offerings are nutritious and meet guidelines for minimal nutritional value.
4. Ensure that snacks meet the minimal nutritional guidelines.
5. Ensure that schools do not distribute food as part of a reward system.
6. Ensure that schools do not serve competitive foods (or provide access to them through direct or indirect sales until the end of the school day).
7. Ensure that elementary schools, under the teacher's supervision, do not allow more than one nutritious snack per day.
8. Ensure that vending machines offer only non-carbonated beverages, water, or 100% fruit juice. Any beverages offered must contain 180 calories or less.

B. Nutrition Education

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III. Physical Activity

- A. Provide a physical education program that emphasizes physical fitness.
- B. Provide an appropriate physical education curriculum for students regardless of their attire, as long as their clothing does not affect their personal safety.
- C. Encourage and assist students to set personal fitness goals.
- D. Provide and encourage opportunities for physical activities for staff.

IV. Health and Safety Goals

- A. Ensure that all sites comply with the district safe and drug free policy.
- B. Ensure that safety procedures and appropriate training for students and staff support a personal, violence and harassment free environment.
- C. Collaborate with health liaisons and resources to promote health and wellness for students, families, staff and community.

V. Family and Community Goals

- A. Encourage parents to promote physical activity through information provided in newsletters, parent meetings, and the local newspaper.
- B. Support and encourage participation in community activities such as community walks, health screenings, and educational programs.

VI. Wellness Steering Committee

- A. Create a Wellness Steering Committee which shall include a broad range of stakeholders, such as:
 - 1. Elementary and Secondary Teacher
 - 2. Physical education teacher
 - 3. School administrator
 - 4. School Food Service Supervisor
 - 5. School Health Advisory Committee representative
 - 6. Health professional

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VII. Implementation

- A. Conduct a baseline assessment of nutrition guidelines, nutrition education, physical activity, and involvement of students, families and staff in wellness activities.
- B. Ensure that all site administrators support and implement guidelines at their location.
- C. Support the ongoing progress of the district Wellness Advisory Council.

VIII. Evaluation and Modification

- A. Review all data collected regarding tile Wellness Program
- B. Analyze all data and develop report to the board regarding the level of success with implementation of the plan.
- C. Conduct an annual review of wellness and nutrition policies and recommend changes as may be needed.

STATUTORY AUTHORITY:

1001.41, 1001.42, F.S.

LAW(S) IMPLEMENTED:

P.L. 108-265, SECTION 204

RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)

CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)

1001.43, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S)

6A-7.040, 6A-7.041, 6A-7.0411

HISTORY:

ADOPTED: _____

REVISION DATES: _____

FORMERLY: NEW