

The School Board of Monroe County

Bylaws & Policies

8510 - WELLNESS

The School District supports the research which states those who begin each day in a safe environment 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.

The School District Wellness Policy will include the following eight components as established by the Centers for Disease Control and Prevention. The School Board will adopt a School Wellness Policy as required by Section 204 of Public Law 108-265 and established by the School Health Advisory Committee. The committee is comprised of the appropriate designated stakeholders as outlined by the established guidelines.

School Nutrition Services

The District shall operate and provide food service in accordance with the USDA, National School Lunch Program Standards and applicable laws and regulation of the State of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

GOALS:

- A. The goal of the School District is to work with community based organizations and school personnel to provide nutrition education programs for all students.
- B. School meals, to include breakfast, lunch and snack/refreshment items, will offer varied and nutritious food choices that are consistent with current dietary guidelines, portion size and caloric content. Schools will serve food that is high in fiber, low in added fats, sugar and sodium. There will be no more than thirty-five percent (35%) of total calories from fat and ten percent (10%) of total calories from saturated fat, including no added trans fats and no more than thirty-five percent (35%) added sugar by weight.
- C. Items sold during fundraisers, used as rewards, provided during celebration or sold through vending machines on school property must be in compliance with school, District and State procedures and policies. Candy and high-sugar soda are strictly prohibited.
- D. Meals will feature a variety of age/grade appropriate healthy choices that are tasty, attractive and nutritious and of high quality. Meals will be planned with input from students, parents and school personnel.
- E. The District will offer meals at appropriate times and duration.

Meal and menu choices will offer items that are culturally diverse and sensitive and address special needs.

- F. Meals will be served in clean and pleasant settings.
- G. The District will comply with all requirements necessary to attain and maintain the menu certification requirements for the National School Lunch and Breakfast Programs.

- H. All competitive food items sold on the school campus will comply with the Competitive Food Rules which are a part of the Healthy Hunger Free Kids Act 2010. The SHAC will additionally serve as the committee with the Smart Snack program for the National School Lunch Program.

Physical Education and Physical Activity

The District shall ensure that physical education is an essential element of each school's instructional program. Physical education and physical activity should provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to enjoy participating in a lifetime of healthy physical activity.

GOALS:

- A. Physical education will be taught by a certified specialist.
- B. High schools shall require one (1) credit for graduation to include one (1) year of Health Opportunities through Physical Education (HOPE - Physical Education Variation).
- C. Middle school students, grades 6-8, will be required to take the equivalent of one (1) class period per day of physical education for one (1) semester of each year beginning in the school year 2009-2010. Any waivers to this requirement will be outlined in Senate Bill 610 and School District administrative procedures.
- D. Students should be given opportunities to participate in school intramural and/or interscholastic programs on the middle school level for boys and girls.
- E. Recess shall not serve as a replacement for physical education class. Excluding a student from physical education class shall not be a disciplinary option for teachers of other curricula. Physical activity shall not be a form of punishment during required physical education classes.
- F. Professional training shall be made available to encourage the physical education teachers to stay current with curricular concepts and practices.
- G. There shall be a District Physical Education Coordinator to support and assist physical education teachers in maintaining an effective physical education program that is aligned with the State curriculum.
- H. A variety of activity classes shall be offered as electives at the high school level so that students can take physical education each year if they so desire.
- I. Students in middle school and high school shall be required to change clothing for physical education activity.
- J. Adequate facilities and money to buy equipment to implement the curriculum shall be provided.
- K. Students shall have their level of wellness assessed and monitored throughout their years in school by personnel of the District, Florida Department of Health in Monroe County, and community based organization.

Health and Nutrition Education

The District shall ensure that health education is an essential element of each school's instructional program. Health and nutrition education should provide the opportunity for all students to become "health literate" and be able to access health-promoting products and services.

GOALS:

- A. All students will be prepared with the skills necessary to make health enhancing choices to avoid behaviors that can damage their health and well-being to include: injury and disease, nutrition, physical activity, sexuality and alcohol, tobacco and other drugs.
- B. All students will know how to use age appropriate communication and goal-setting skills to enhance health.
- C. District leaders will work collaboratively with community based organizations to ensure health education experiences are provided to all students.
- D. An evidenced-based, medically-accurate, age-appropriate, and comprehensive reproductive and sexual health education curriculum shall be taught beginning in the 6th grade and continue through high school.

School-Site Health Promotion for Staff

The District will support school staff as role models for students encouraging a healthy and fit lifestyle. Health literacy, nutrition and physical activity will be provided to all School District staff. Health promotion can lead to reduced health care costs, reduced insurance premiums, reduced absenteeism and improved employee morale.

Family and Community Involvement in School Health

The District shall establish long term effective partnerships with schools and the community to improve the planning and implementation of health projects and events.

GOALS:

- A. The stakeholders of the District School Health Advisory Committee will include parents, students and community representatives.
- B. All areas of demographic diversity will be addressed in wellness activities.
- C. The District and the School Health Advisory Committee will develop and maintain community partnerships.
- D. The District will actively promote and support activities that teach the skills necessary to make health enhancing choices to avoid behaviors that can damage health and well-being to include: injury and disease, nutrition, physical activity, sexuality and alcohol, tobacco and other drugs.

Healthy School Environment

The District shall support safer communities which promote healthier students. Safe and healthy students do better in school and make greater contributions to their community.

GOALS:

- A. The District will ensure a healthy and safe environment for all, before, during and after school, and year-round.
- B. Schools and District offices will maintain an environment that is free of tobacco, alcohol and other regulated and illegal drugs.

- C. Each District site will maintain an appropriate plan and procedure for the Automatic External Defibrillator(s) (AED) located on the site.
- D. Each school will provide for First Aid, CPR and AED training for staff.
- E. The District and the School Health Advisory Committee will work to develop procedures and will provide ongoing training and resources that support the bullying policy which is mandated by F.S. 1006.147.
- F. All faculty and staff will strive to create a school environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

The District will encourage students to advocate against the tobacco company's practices that entice youth to use their product and to promote leadership skills and community involvement to affect change in social norms in regards to tobacco use.

School Counseling, Psychological, & Social Services

The District shall provide programs and services that support and value the mental health, social and emotional well being of students, families and staff to build a healthy school environment.

School Health Services

The District shall provide an effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers. This will improve the mental and physical health of students and staff. The School Health Advisory Committee will actively support the creation and implementation of the Florida Department of Health in Monroe County's School Health Services Plan.

Monitoring, Evaluating and Reporting

The Superintendent or designee will ensure compliance with this wellness policy. In each school, the principal or designee will ensure compliance with this wellness policy. The Food Service Specialist will ensure compliance with the School Nutrition Service policies within school food service areas. The School Health Advisory Committee will utilize the Healthy Schools Program Framework of Best Practices instrument to monitor schools' compliance. On an annual basis, schools will use this assessment tool and customized action plans to evaluate their compliance. A summary evaluation of the implementation of the Healthy Schools Framework and policy will be presented to the Board annually as an advertised agenda item. As part of the summary report review, the School Health Advisory Committee will submit recommended revisions, will identify and prioritize needs as well as to ensure schools maintain healthy status in the Alliance for a Healthier Generation Healthy Schools program.