

CHAPTER 2.00 -SCHOOL BOARD GOVERNANCE AND ORGANIZATION

WELLNESS PROGRAM

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On June 30, 2004, Congress passed Section 204 of Public Law 108-265, of the Child Nutrition and WIC reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 USC 1751 et.seq.) or the Child Nutrition Act of 1966 (42 USC 1771 et.seq.), to establish a local school wellness policy by July 1, 2006. In 2010, additional requirements were set forth under Section 204 of the Healthy, Hunger-Free Kids Act. This policy incorporates federal law as well as Chapter 5P-1.003(2)(d) of Florida Administrative Code (FAC).

I. Philosophy

The Santa Rosa County School District believes that a healthy school environment goes beyond the meals in the cafeteria. Maintaining a healthy lifestyle and weight require a combination of healthy food choices and an appropriate amount of physical activity. A healthy and physically active child is more likely to be academically successful. Children and youth who begin each day 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. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

- A. Santa Rosa County School District will assemble a representative wellness committee that will meet annually to evaluate and set goals for the development, implementation and periodic review and update of its local school wellness policy.
1. The Director of Student Services or designee shall ensure overall compliance with the local school wellness policy.
 2. Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public shall be permitted to participate in the development, implementation and periodic review and update of the local school wellness policy.

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- B. Each school within Santa Rosa County School District will establish a Healthy School Team that will meet annually to ensure compliance and facilitate implementation of Santa Rosa County School District's wellness policy.
1. The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the local school wellness policy.
 2. The Healthy School Team will be responsible for:
 - a. Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003).
 - b. Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur in accordance with the frequency specified in paragraph (c) of FAC 5P-1.003,
 - c. Reporting its school's compliance of the aforementioned regulations to the Director of Student Services or designee, the person responsible for ensuring overall compliance with the local school wellness policy.
- C. Santa Rosa County School District will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness.

II. Nutrition

Academic performance and quality of life issues are affected by the choice availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn. Students will be encouraged to start each day with a healthy breakfast. Menus will be in compliance with the new pattern requirements issued by the USDA (Healthy, Hunger-Free Kids Act of 2010).

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to useful nutrition information.

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- A. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible. Menus may be posted in the schools, announced via school media productions, and/or posted on websites, included in monthly newsletters and local news media.
- B. Nutrition services policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
- C. A la carte offerings to students shall be nutritious and meet federal recommended guidelines.
- D. Vending Machines: The sale of food and beverage items to students in competition with the District's food service program is prohibited, including those items classified as "foods of minimum nutritional value" as listed in 7CFR210. Provided, however, school organizations approved by the School Board are permitted to sell these items only in secondary schools thirty (30) minutes following the close of the last lunch period. Proceeds from the sell of foods and beverages items during the school day shall accrue to the food service program or to a school organization approved by the School Board.
- E. Free water must be made readily available to children during lunch.
- F. Schools must offer fat free or low-fat milk varieties.
- G. Ensure students are offered both fruits and vegetable every day of the week, substantially increasing offerings of whole grain rich foods.
- H. Limit calories based on age of children being served to ensure proper portion size.
- I. Increase focus on reducing the amounts of saturated fat, trans fat and sodium.
- J. Fundraising
 - 1. Fundraising efforts will be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
 - 2. No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
 - 3. The school board is permitted to grant a special exemption from the standards for competitive foods as specified below for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

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| School Type | Maximum Number of School Days to Conduct Exempted Fundraisers |
|----------------------------|---|
| Elementary Schools | 5 days |
| Middle/Junior High Schools | 10 days |
| Senior High Schools | 15 days |
| Combination Schools | 10 days |

4. Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur. (FAC 5P-1.003)
- III. Policy for Food and Beverage Marketing
- A. School-based marketing will be consistent with policies for nutrition education and health promotion. As such the following guidelines apply:
 1. Schools should market and advertise those foods and beverages that meet or exceed USDA's School nutrition standards.
 2. Marketing activities that promote healthful behaviors (and are therefore encouraged) include: vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers and coupons for discounted gym memberships.
- IV. Nutrition Standards for All Foods Sold in School
- A. Competitive Food Sales
 1. All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered "competitive foods," and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - a. School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
 - b. School day means, for the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day.

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2. The Food and Nutrition Services department will comply with the provisions set forth in Federal law regarding the sale of competitive food and foods of minimal nutritional value. The Food and Nutrition Services department shall be the sole provider of food and beverage items sold in all schools until thirty (30) minutes following the last lunch period, at which time other school organizations may begin to sell food and beverage items in accordance with the School Board's wellness policy and with principal approval.
 3. Accordingly, all foods and beverages for sale to students during the school day from vending machines, from school stores, or as fundraisers by student clubs and organizations, parent groups, or boosters shall comply with the current USDA dietary guidelines for Americans and the USDA Smart Snacks in Schools regulations, applicable State law, and Florida Administrative Code rule, and shall only be available between thirty (30) minutes following the last school lunch period and thirty (30) minutes after school.
 4. Unless being sold by the Santa Rosa County School District food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternative and grain products, as defined in 7 CFR 210.10 and 210.11 (FAC 5P-1.003).
- B. General Nutrition Requirements
1. Water - Free water must be readily available to children during breakfast and lunch.
 2. Whole Grains – All snack foods sold in schools must be whole grain rich, this means they contain at least 50% whole grains, have whole grains as the first ingredient, or have a fruit, vegetable, dairy product, or protein rich food as the first ingredient.
 3. Calories - Snacks must contain no more than 200 calories. A la carte entrees must contain no more than 350 calories.
 4. Sugar - Snacks must contain no more than 35% sugar by weight.
- *Exceptions exist for dried fruit without added sugars and even for some that have added nutritive sweeteners that are required for processing and/or palatability purposes.
5. Sodium - Snacks must contain no more than 200mg of sodium. A la carte entrees must contain no more than 480mg or less of sodium.
 6. Fat - Total fat must be no more than 35% of calories. Saturated fat must be no more than 10% of Calories. There must be no trans-fat in the package as served.

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7. Exemptions
 - a. Entrees served in the NSLP/SBP on the day of service and the following school day.
 - b. Fresh, frozen or canned fruits and vegetables with no added ingredients, except water, which are packed in 100% juice, extra light syrup or light syrup.
 - c. Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
8. Beverages
 - a. Allowable beverages are limited to plain water (carbonated or non-carbonated), low-fat milk (unflavored), nonfat milk (flavored and unflavored), nutritionally equivalent milk alternatives, full strength fruit and/or vegetable juices, and full-strength fruit and vegetable juices diluted with water or carbonated water.
 - b. Beverages must be caffeine free for elementary and middle school.
 - c. Beverage portion limits: 8 fluid ounces for elementary school and 12 fluid ounces for middle and high school
9. High School
 - a. Calorie free beverages are allowable in up to 20 ounce containers (less than 5 calories per 8 ounce serving and no more than 10 calories per 20 fluid ounces).
 - b. Lower calorie drinks are allowed with up to 40 calories per 8 ounces or 60 calories per 12 ounces.
 - c. Caffeine is permitted.
- C. Special Note - These rules only apply to food sold to students. These rules do not apply to food brought from home for lunch, or for birthday parties, off-campus fundraisers, athletic events, and school plays, or for foods sold during non-school hours (30 minutes after school.)
- V. Standards for Food and Beverages Available During the School Day that are Not Sold to Students
 - A. The school will provide parents and teachers a list of ideas for healthy celebrations/parties, rewards and fundraising activities.
 - B. Class parties or celebrations shall be held after the lunch period and foods that meet the Smart Snacks in School nutrition standards should be encouraged.
- VI. Nutrition and Health Education

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Nutrition education shall be provided that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors. Nutrition topics shall be integrated within the comprehensive health education curriculum in each grade level. The Florida Department of Health in Santa Rosa County, along with other community agencies, supports nutrition and health education through classroom presentations and other resources. Healthy living skills shall be taught to provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention. The Santa Rosa County School Health Services Plan addresses the coordination of activities to promote healthy living.

- A. Each school shall provide nutrition and health educational programs.
- B. Students shall have access to valid and useful health information.
- C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day.
- D. Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.

VII. Physical Education and Activity

Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity. Physical education and activity will be provided by Board approved personnel.

- A. All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- B. Students will be encouraged to participate in community-offered fitness and athletic programs.

VIII. Physical Education Program

The physical education program shall be designed to encourage physical activity and encourage healthy, active lifestyles. The program shall consist of physical activities that are sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

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- A. Continues to require 150 minutes each week for students in grades K-5 and requires at least 30 consecutive minutes of physical education on any day during which physical education instruction is conducted.
- B. Requires the equivalent of one class period per day of physical education for one semester of each year for students enrolled in grades 6-8.
- C. Provides waiver options for students and requires that each district school board is required to notify parents of waiver options prior to scheduling a student in physical education.
- D. High school students must have one credit of physical education course for graduation purposes.
- E. Students electing one of the three-year, 18 credit graduation options do not have to meet the high school requirement and may use the physical education courses listed as elective credit. Students may waive a portion or all of these requirements only to the extent permitted by state law.

IX. 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. The Santa Rosa County School District and the Santa Rosa County Health Department are required by Florida Statute 381.0056 to jointly develop a School Health Services Plan. Each school is provided with a health care professional.

- A. Primary coordination of health services shall be through a licensed nurse with the support and direction of the Santa Rosa County School District and the Santa Rosa County Health Department.
- B. A coordinated program of accessible health services shall be provided to students and staff and may include violence prevention, school safety, communicable disease prevention, health promotion, health screening, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

X. Staff Wellness

The district, and each work site, shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and well-being of site staff.

- A. Employees shall be encouraged to engage in daily physical activity before or after work hours in site-sponsored programs or as part of a local fitness facility.

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B. Evaluation and Monitoring

To encourage participation, each school administrator shall select a site wellness coordinator whose primary purpose is to encourage health and wellness while also encouraging employee ownership and understanding of their own wellness. Progress and outcomes will be measured through data from our self-funded health insurance plan based on reporting on claims activity from our health plan administrator. The ultimate goal is to enable employees to drive their own health care decisions through equipping them with information on health management and wellness. Showing a direct connection between health and medical cost savings will be a major focus.

XI. Family, School and Community Partnership

Santa Rosa County School District is committed to being responsive to community input, which begins with awareness of the wellness policy. Santa Rosa School District will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and periodic review and update of the local school wellness policy through a variety of means, including:

- A. Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
- B. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. The equality and diversity of the school and district community shall be valued in the planning and implementation.
- C. Record Keeping

Santa Rosa County School District will retain records to document compliance with the requirements of the local school wellness policy.

1. The written local school wellness policy.

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STATUTORY AUTHORITY: 381.0056, 1001.41, 1001.42, 1001.43,
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1006.06, 1006.0606, F.S.

LAW(S) IMPLEMENTED: CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT P.L. 108-265
USDA HEALTHY, HUNGER-FREE KIDS ACT OF 2010, PUBLIC LAW 111-296

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

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