

## CHAPTER 2.00-SCHOOL BOARD GOVERNANCE AND ORGANIZATON

### WELLNESS PROGRAM

2.20\*+

#### I. Philosophy

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 recommended nutritional guidelines.
4. Ensure that snacks meet the minimal nutritional guidelines.
5. Establish guidelines for snacks and foods used in celebrations and school sponsored events.
6. Ensure that schools do not distribute food as part of a reward system.
7. 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).
8. Ensure that elementary schools, under the teacher's supervision, do not allow more than one nutritious snack per day.
9. Ensure that vending machines offer only non-carbonated beverages, water, or 100% fruit juice.
10. Ensure creative choices are offered.

##### B. Nutrition Education

1. Provide nutrition education to families through newsletters, parent meetings, and other family activities
2. Provide healthy food and snack information on the monthly menu
3. Provide nutrition education and school statistics to the staff
4. Provide nutrition guidelines

**III. Physical Activity**

- A. Provide opportunities for physical activities through recess, intramurals or other interscholastic athletics
- B. Encourage parents to promote and to participate in physical activities with their children.
- C. Encourage and assist students to set personal fitness goals.
- D. Provide and encourage opportunities for physical activities for staff.
- E. Follow Policy 4.021 (Physical Education)

**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.
- D. Promote a Wellness fair for staff
- E. Conduct Wellness Survey

**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.
- C. Promote wellness on the District website.

**VI. Wellness Steering Committee**

- A. The Superintendent shall appoint a District Wellness Coordinator to manage and Coordinate the implementation of the program and serve as the District Wellness Contact.
- B. Create a Wellness Steering Committee which shall include a broad range of stakeholders such as:
  - 1. elementary teacher\*\*\*\*\*Kelli Clark
  - 2. secondary teacher\*\*\*\*\*Chad Farnsworth
  - 3. physical education teacher\*\*\*\*\*Anthony McCallum
  - 4. school principal\*\*\*\*\*Rick Stephens
  - 5. school food service contact\*\*\*\*\*Dotty Rondelli
  - 6. health professional\*\*\*\*\*Aimee Johns, Tricia Clark, Gayle Nicula, Dr. Pete Gianas
  - 7. parent\*\*\*\*\*Wendy Trinckes
  - 8. community representative\*\*\*\*\*Raynell Fields, Elaine Slocum
  - 9. school board member\*\*\*\*\*Vivian Chappell, Stacey Creighton
  - 10. school administrator\*\*\*\*\*Becky Reddish
  - 11. student \*\*\*\*\*Abbie Clark
- C. Each principal shall be the Wellness Contact for his/her school

**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. The Wellness coordinator will work with the Wellness Contacts regarding implementation of the program
- D. Support the ongoing progress of the district Wellness Advisory Council.

**VIII. Evaluation and Modification**

- A. Review all data collected regarding the Wellness Program
- B. Analyze all data and develop report for the board regarding the level of success with implementation of the plan.
- C. Report annually to the School Board data collected.
- D. 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:**

**RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204  
1001.43, 1006.06, 1006.0606 F.S**

**STATE BOARD OF EDUCATION RULE(S) 6A-7. 040, 6-A-7.041, 6A-7.042**

**HISTORY:**

**ADOPTED: 3/13/2006**

**REVISION DATES: 8/13/07**

**FORMERLY: NEW**