

**Flagler County Public Schools**  
**Wellness Policy**  
**Revised July 2009**  
**Board Approved on August 18, 2009**

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In March 2006, the Flagler School District issued the Flagler Public School Wellness Policy to promote a healthy school environment. This policy was the result of a collaborative effort of school authorities, student representative, and community partners with a shared responsibility to dedicate time and effort towards a common goal.

The SHAC (School Health Advisory Committee) facilitates the interrelationships between schools, communities, health organizations, and other groups to annually review and revise this policy, spanning the areas of nutrition education, physical activity, and other school-based activities in addition to setting guidelines for the measurement and evaluation of the areas aforementioned.

### **I. Introduction**

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools shall establish a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

### **II. Setting Nutrition Education Goals**

Academic performance and optimal wellness is affected by the choice and availability of nutritious foods in our schools. Nutrient dense foods support student physical growth, cognitive function, emotional stability and resistance to disease.

#### **A. Nutrition Guidelines**

1. 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 School Food Services Department or contracted vendors. Menu and product selection shall utilize input from students, staff and SHAC whenever possible.
2. School Food Services policies and guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the United States Department of Agriculture or the Florida Department of Education.
3. A la carte offerings to students shall meet federal recommended guidelines and offer a variety of choices. Input from students, staff and the SHAC shall be utilized whenever possible.
4. All snack vending machines items shall meet USDA standards for minimal nutritional value; specifically, must contain no less than 5% of all of the following 8 nutrients: protein, calcium, vitamin A, vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts.)
5. Ice cream, ice milk, and water ices that include fruit or fruit juices shall not be restricted.

6. Vending machines where student meals are served or eaten shall not include carbonated beverages.
7. All beverage vending machines in secondary public school areas shall include:
  - a) Water
  - b) 100% fruit juice
  - c) Non-carbonated drinks
  - d) Flavored low fat or skim milk may be offered in up to 16 ounce serving sizes
8. School Food Services shall support classroom activities for all elementary students that promote good nutrition practices and reduce obesity.
9. The sale of food items for non-related school events (i.e., an outside entity rents the school property and holds an event featuring a food sale) are not subject to the districts nutrition guidelines of the policy.
10. Energy Drinks are prohibited on campus.

#### **B. Nutrition Education Program**

1. The Flagler County School District education policies comply with all nutrition activity standards and benchmarks set forth in the Sunshine State Standards for all grade levels.
2. All nutrition education course contents are provided by a certified teacher (i.e., science, health, or physical education, etc).
3. A Registered Dietitian is available to review nutrition educational material or to provide in-class instruction as deemed necessary.

#### **C. Nutrition Standards for Foods Available on School Campus during the School Day**

1. The Food Services Program sets guidelines for foods and beverages sold on school campuses. Offerings shall meet federal recommended guidelines and offer a variety of choices. Input from students, staff and SHAC shall be utilized whenever possible.
2. The Food Services Program sets guidelines for foods and beverages sold in vending machines and school stores. Offerings shall meet federal recommended guidelines. Input from students, staff and the SHAC shall be utilized whenever possible.
3. The school district sets guidelines for foods and beverages sold at concession stands on school campuses. Offerings shall meet federal recommended guidelines and offer a variety of choices. Input from students, staff and SHAC shall be utilized whenever possible.
4. The school district sets guidelines for foods and beverages sold as part of school sponsored fundraising activities. Offerings shall meet federal recommended guidelines. Input from students, staff and the SHAC shall be utilized whenever possible.

5. The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day. Offerings shall meet federal recommended guidelines. Input from students, staff and the SHAC shall be utilized whenever possible.

### **III. Physical Activity Goals**

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#### **A. Physical Education Program**

1. Certified teachers are hired to teach physical education and supervise physical activities in the District.
2. Students are provided with and encouraged to develop the skills, knowledge, attitudes, and behavior necessary to participate in a lifetime of physical activity.
3. 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.
4. Students are regularly assessed for attainment of physical education skills.
5. Students are provided many choices of physical activity including cooperative and competitive games
6. Students are provided with physical activity choices that take into account gender, cultural differences and physical disabilities or limitations.

#### **B. District Physical Education Policy**

1. The Flagler County School District education policies comply with all physical activity standards set forth in the Sunshine State Standards for all grade levels.
2. Elementary School Grades (K-5) require physical education at each grade level, for a total of 150 minutes per week, 30 consecutive minutes per day.
3. For Middle School Grades (6-8), students in targeted grades will be enrolled in physical education. Beginning with the 2009 -2010 school year, students will be required by state statutes to complete one semester of physical education each year.
4. High School Grades (9-12) require students to earn a minimum of 0.5 credit hour in physical education and 0.5 credit hour in personal fitness for graduation.

#### **C. District Wellness Promotion**

1. Parents and guardians are encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
2. Resources are readily available for students, teachers and staff about physical education.
3. District encourages teachers and other adults in the school setting to serve as role models for students.
4. District has a "wellness program" in place for adults.
5. Recreational facilities are safe, clean, and accessible for all students, faculty, and staff as well as visitors.

#### **IV. Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

##### **A. Health Education and Life Skills**

School Health Education encompasses the whole student, physically, mentally, emotionally, and socially. One of the key components is to focus on motivating students to maintain, improve, and take responsibility for their own health. The structure of health education is planned, sequential instruction that is both developmentally and culturally appropriate for all students.

1. The Sunshine State Standards are addressed at all grade levels through the following strands:
  - a. Health literacy
  - b. Responsible health behavior
  - c. Advocate and promote healthy living
2. Elementary School Grades (K-5) require comprehensive health education at each grade level to include human growth and development, and alcohol and substance abuse prevention.
3. Middle School Grades (6-8) require comprehensive health education at each grade level to include alcohol, tobacco and other drug prevention education, Acquired Immune Deficiency Syndrome (AIDS) and communicable disease prevention, human growth and development, and personal health and hygiene. Health Education will include the following:
  - a. Abstinence from sexual activity outside of marriage is the expected standard for all school-age children; and
  - b. Abstinence from sexual activity is a way to avoid AIDS sexually communicable diseases.
4. Each school shall provide for an interdisciplinary, sequential skill-based health education program.
5. Students shall have access to valid and useful health information and health promotion products and services.
6. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks.
7. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

##### **B. Healthy and Safe Environment.**

A healthy and safe environment for all, before, during and after school supports academic success. Flagler County Public Schools utilizes the coordinated efforts of instructional staff as well as Risk Management, Maintenance Department, and Custodial Services to help provide a safe and healthy

school environment. Healthier students do better in school and make greater contributions to their community.

1. 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.
2. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. 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.
5. School resource officers are available to each school to provide safety and education (drug and gang awareness etc.) to all students and staff.
6. A school social worker is available to help schools decrease absenteeism through direct home contact.
7. The Student Services Department provides attendance monitoring, home-to-school communication, and a linkage with community agencies for family services.

### **C. Social and Emotional Well-Being**

Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

1. Each school shall provide a supportive environment that includes school counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
2. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
3. Students shall be taught to understand and respect the diversity of others and how to build positive interpersonal relations.
4. Students and staff shall be encouraged to balance work and recreation and shall be helped to become aware of stressors which may interfere with health.

### **D. 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.

1. Primary coordination of health services shall be through SHAC, with the support and direction of the Administrator for School Health and the Flagler County Health Department.

2. The Flagler County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff.

#### **E. Staff Wellness**

The district and each work site shall provide information about wellness resources and services.

1. Each school and district site shall be in compliance with relevant State Statutes to be drug, alcohol and tobacco free.
2. 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.
3. Employees shall be encouraged to engage in daily physical activity.

#### **F. Dining Environment**

1. The school district provides a clean and safe meal environment for students.
2. The school district provides enough space and serving areas to ensure all students have access to school meals.
3. The school district encourages all students to participate in school meal programs and protect the identity of students who eat free and reduced-price meals.
4. Appropriate meal times are scheduled to allow students at a minimum ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.

#### **G. District and School Activities**

1. The school district will provide opportunities for on-going professional training and development for food service staff and teachers in the areas of nutrition and physical education.
2. The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
3. The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
4. The school district encourages and provides opportunities for students, teachers, and community volunteers to practice healthy eating habits.
5. The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

6. The school district encourages all students to participate in available school meal programs.

## **V. Setting Goals for Measurement and Evaluation**

### **A. 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.

1. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
4. 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.

### **B. Assessments**

The School Health Index (SHI) is an annual self-assessment and planning guide that enables the district to identify the strengths and weaknesses of our policy for promoting health and safety within our schools. This tool provides our SHAC and schools with information needed to develop an action plan which involves teachers, parents, students, and the community in improving school policies, programs, and services. The SHI is completed each year by a team of district and school staff.

### **C. Continuous Improvement**

Each year, the policy is reviewed and updated as needed.

## **VI. Responsibility and Authority**

### **A. School District**

The district school system is part of the state system of public education and includes all public schools, classes, courses of instruction, and all services and activities which are under the district school officials' directions and directly related to education in the district.

Any individual with a documented disability that may limit a major life function, is protected from discrimination and is entitled to certain rights under this policy.

### **B. School Board**

The school board is responsible for the organization and control of the public schools of the district and is empowered to determine the policies necessary for the effective operation and general improvement of the school system. Policies and regulations shall not be less restrictive than those set forth by the state board of education and by law.

**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, FS

**STATE BOARD OF EDUCATION RULE(S)**

6A-7.040, 6A-7.041, 6A-7.042, 6A-7.0411