

01-21 WELLNESS POLICY

(A) Preamble

The Okaloosa County School Board recognizes that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

The Okaloosa County School Board is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

(B) Local School Wellness Policy Leadership

(1) District Level

- (a) The Okaloosa County School District will assemble a representative wellness committee that will meet bi-annually to monitor and set goals for the development and implementation of its local school wellness policy. As required by §1003.453, *Florida Statutes* the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.
- (b) The District's Insurance Ombudsman shall ensure overall compliance with the local school wellness policy.
- (c) 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.
- (d) The Insurance Ombudsman will be responsible for:
 - (i) Triennial report on goals and objectives of the local school wellness policy to the Okaloosa County School Board.
 - (ii) Revision(s) to the local school wellness policy in response to the annual review.

(2) School level

Each school within the Okaloosa County School District will establish an ongoing Healthy School Team that will meet four times a year to ensure compliance and to facilitate the implementation of this Wellness Policy.

- (a) The school principal and local school staff shall have the responsibility to comply with federal and state regulations as they relate to the District's Wellness Policy.
- (b) In each school, the Principal will be responsible designating a Healthy School Team Leader for their school. The Healthy School Team Leader will be responsible for establishing the Healthy School Team that will ensure compliance with this policy.
- (c) The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.
- (d) The Healthy School Team is responsible for:
 - (i) 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);
 - (ii) 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; and
 - (iii) Reporting its school's compliance of the aforementioned regulations to the Student Services Program Director annually by way of submission of the Healthy School Team Monitoring Tool.

(C) Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meal programs.

- (a) The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

- (b) Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations and opportunities for physical activity before and after school by way of monthly communications, including but not limited to, the District's Food Service website and the Healthy Okaloosa Schools Newsletter provided by the Department of Health in Okaloosa County.
- (c) Students will have access to useful nutrition information. Posters, worksheets and brochures will be available in classrooms and throughout each school's campus.

(D) Nutrition Education

Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- (a) The nutrition benchmarks included in Florida's Physical Education Standards shall be taught as part of the structured and systematic unit of instruction during physical education classes and will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- (b) Students will receive nutrition education that is interactive and teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities and student participation will be provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay and fill in the blank) will be given in the areas of nutrition.
- (c) Nutrition education will teach skills that are behavior-focused. Students will be taught about calorie balance, energy expenditure and how to read and interpret nutrition facts labels.

(E) Physical Activity

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

- (a) All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive a minimum of one credit of

physical education in senior high school as required. One semester must be personal fitness while the second semester may be any physical education course offered by the District with the approved state course codes. (Sunshine State Standards)

- (b) 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.
- (c) Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

(F) Other School-Based Activities

Okaloosa County School District will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

(1) General Guidelines:

- (a) The goals outlined by this Wellness Policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- (b) Afterschool programs will encourage healthy snacking and physical activity.
- (c) 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 in collaboration with the Department of Health in Okaloosa County and Healthy School Teams at each school.
- (d) Each school within the District shall be in compliance with drug, alcohol and tobacco-free policies.

(2) Eating Environment

- (a) Students will be provided an adequate amount of time to consume their meal.
- (b) Convenient access to facilities for hand washing and oral hygiene will be available before and after meal periods.

(3) Employee Wellness

- a) The District Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources and performs other functions that support staff wellness in coordination with Human Resources staff.
- (b) All staff will be provided with opportunities to participate in physical activities that are accessible and free or low-cost.

(4) Health Services

A coordinated program of accessible health services shall be provided to students and shall include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, including body mass index, community health referrals, mental health services and immunizations.

(5) Behavior Management

- (a) The District is committed to discouraging the use of food as a reward, unless incorporated into an activity that promotes positive nutrition messages.
- (b) Teachers and other school personnel will not deny or require physical activity as a means of punishment.

(G) Guidelines for All Foods and Beverages Available During the School Day

The District Food Services Division shall operate and provide food service in accordance with USDA's National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive, but can be more than the regulations and guidance issued by USDA.

(1) General Guidelines

- (a) All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- (b) Free, potable water will be made available to all children during each meal service.

(2) Competitive Foods

- (a) All foods and beverages sold during school hours on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive foods as defined and required in 7 CFR 210.11.
 - (i) School day means, for the purpose of competitive food standards implementation, the period from midnight (12:00 a.m.) before, to thirty (30) minutes after, the end of the official school day.
 - (ii) Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, and snack bars.
- (b) To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

(3) Standards for food and beverages available during the school day that are not sold to students

- (a) The school will provide parents and teachers the Smart Snack Calculator to verify if snacks are in compliance.
- (b) During class parties or celebrations Smart Snacks in School nutrition standards shall be encouraged.

(4) Fundraising

- (a) 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.
- (b) 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. All such fundraisers shall be in compliance with the requirements of both Sections 2-13 and 13-8 of School Board policy.
- (c) The School Board may grant a special exemption from the standards for competitive foods as specified above 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:

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

- (d) 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)

(H) Policy for Food and Beverage Marketing

- (1) School-based marketing will be consistent with policies for nutrition and health promotion. Cafeterias will only market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- (2) These marketing guidelines do not apply to private vending contracts approved by the School Board unless required in such contracts.

(I) Evaluation and Measurement of the Implementation of the Wellness Policy

- (1) The District's Wellness Committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. This Wellness Policy will be assessed as indicated at least every three (3) years following the triennial assessment.

(2) Triennial Progress Assessments

The District will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three (3) years. This assessment will measure the implementation of the local school wellness policy, and include:

- (a) The extent to which the District is in compliance with the local school wellness policy;
- (b) The extent to which the local school wellness policy compares to model local school wellness policies; and
- (c) A description of the progress made in attaining the goals of the local school wellness policy.

(J) Informing the Public

- (1) The District will ensure that this Wellness Policy and the most recent triennial assessment are available to the public at all times. The District will also actively notify households on an annual basis about any updates made to this Wellness Policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.
- (2) The District will ensure the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- (3) The District will present wellness policy updates, as applicable, during meetings with Parent Teacher Associations/Organizations, School Board, Superintendent of schools, health and wellness committee and other interested groups or stakeholders.
- (4) Wellness updates will be provided to students, parents and staff, as applicable, to ensure that the community is informed and that public input is encouraged.

(K) Community Involvement

- (1) The District is committed to being responsive to community input, which begins with awareness of this Wellness Policy. The 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 annual review of the local school wellness policy through a variety of means, including:
 - (a) The District will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback through the use of surveys and attention will be given to their comments.
 - (b) The District will use electronic mechanisms to ensure that all families are actively notified of any updates to this Wellness Policy, as well as how to get involved and support the policy.

(L) Record Keeping

- (1) Records to document compliance with the requirements of this Wellness Policy will include, but are not limited to the following:
 - (a) The written local school wellness policy;

- (b) Documentation demonstrating compliance with community involvement requirements, including requirements to make this Wellness Policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
- (c) Documentation of the triennial assessment of this Wellness Policy.

Statutory Authority: §§1001.41(1) and (2), *Florida Statutes*

Laws Implemented: §§1003.453 and 1003.455, *Florida Statutes*; Ch. 5P-1.003(2)(d) FAC; Section 204, Healthy, Hunger-Free Kids Act; and “Local Schools Wellness Policy Implementation Under Healthy, Hunger-Free Kids Act of 2010”

Adopted: 07/24/2006

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