

I. Philosophy

The Calhoun County School Board believes that 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 Board 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. Calhoun County School District will assemble a representative wellness committee known as the District Healthy School Team, that will meet biannually 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 will oversee that Wellness Program and ensure each school in the district complies with the Wellness Policy.
2. Each principal will appoint a wellness contact for his or her school to serve on the team. However, the principal will be responsible to ensure compliance of the policy that their school.
3. Permanent members of the District Healthy School Team will include the Director of Students Services, the School Lunch Assistant, a PE teacher, a guidance counselor, the Calhoun County Health Department School Health Nurse, and the wellness contact from each school. Parents, students, and community members will also be encouraged to participate on the team.

B. Calhoun County School District will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion, nutrition education, physical activity and other school-based activities that promote student wellness to, at a minimum, include a review of Smarter Lunchroom tools and techniques.

II. 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. Smarter Lunchroom tools and strategies will be used to promote and reinforce healthy eating in the school environment, ensuring that messages are clear and consistent.
- B. The school environment, including the cafeteria and classroom, will provide clear and consistent messages that promote and reinforce healthy eating.
- C. Menus will be posted in the schools and provided to students and the community using various media such as school media productions, school and district websites, and/or local newspapers.

III. Nutrition Education

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

- A. The School Lunch Department will coordinate the use of Florida's Farm to School Harvest of the Month educational program to highlight a different Florida grown product each month of the school year to increase students' exposure to seasonal foods.
- B. Students will have access to useful nutrition information. Posters, worksheets, and/or brochures will be available in classrooms and throughout each school campus and posted on district and school websites.

IV. Physical Activity

Physical education and physical activity shall be 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 healthful physical activity.

- A. Students enrolled in grades kindergarten through grade five are required to participate in physical education for a minimum of 150 minutes each week. On any day during which physical education instruction is conducted there must be at least 30 consecutive minutes of physical activities.
- B. Students enrolled in grades 6 through 8, the equivalent of one class period per day of physical education for one semester of each year is required.

- C. High school students are required to have one credit of physical education for graduation, to include the integration of health.
- D. 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.
- E. Students in grades K-8 are eligible to waive the physical education requirement if they meet any of the following criteria:
 - 1. The student is enrolled or required to enroll in remedial course.
 - 2. The student's parent indicated in writing to the school that:
 - a. The parent request that the student enroll in another course from among those courses offered as offered by the school district; or
 - b. The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.
- F. Administrators will discourage either assigning or withholding physical activity as punishment for misbehavior
- G. All elementary school students will have at least 20 minutes of daily recess.

V. Other School-Based Activities

Calhoun 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.

A. Healthy and Safe Environment

- 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. Energy Drinks will not be allowed to be brought to school or consumed at any time during the school day, school sponsored activities, and/or athletic events.

B. Health Services

1. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Calhoun County School District and the Calhoun County Health Department.
2. Calhoun 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 and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), community health referrals, and immunizations, parenting skills, first aid and other priority health education topics.

C. Staff Wellness

1. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
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.

VI. Guidelines for All Foods and Beverages Available During the School Day

The Calhoun County School District will 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 than regulations and guidance issued by USDA.

A. General Guidelines

1. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
2. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables, while accommodating special dietary needs and ethnic and cultural food preferences.
3. Free, potable water will be made available to all children during each meal service.

B. Competitive Foods

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. o
 - 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.
2. Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars and for in-school fundraisers.
3. Unless being sold by Calhoun County School District’s 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 alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
4. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

C. General nutrition requirements for competitive foods

1. Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
2. Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
3. Be a combination food that contains 1/4 cup of fruit and/or vegetable.
4. If water is the first ingredient, the second ingredient must be one of the above.
5. For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

D. Nutrient Standards for Competitive Foods

Nutrient Standards	Snack Items and Side Dishes (Including any added accompaniments)	Entrée Items (Including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans Fat	0 g of trans fat served (less than or equal to 0.5 g per portion)	0 g of trans fat served (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from total sugar as served or less

E. Exemptions for Competitive Foods

1. Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program.
2. Fresh or frozen fruits and vegetables with no added ingredients, except water.
3. Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light syrup, or light syrup.
4. Low sodium/No salt added canned vegetables with no added fats.

5. 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.
6. Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.

F. Nutrition Standards for Beverages

Beverages	Elementary	Middle	High
Plain Water	Unlimited	Unlimited	Unlimited
Unflavored Low-Fat Milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or Flavored Fat-Free Milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% Fruit or Vegetable Juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% Fruit or Vegetable Juice diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other Flavored and/or Carbonated Beverages that are labeled to contain 5 calories or less per 8 fl. oz. or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other Flavored and/or Carbonated Beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	12 fl. oz.

G. Policy for Food and Beverage Marketing

1. School will only be allowed to market and advertise those foods and beverages that meet or exceed USDA’s Smart Snacks in School nutrition standards.
2. Marketing activities that promote healthful behaviors are encouraged such as vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines and sales of fruit for fundraisers.
3. Calhoun County School District’s nutrition department replacement and purchasing decisions will reflect the marketing guidelines mentioned above.

H. Standards for Food and Beverages Available During the School Day Not Sold to Students

Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

I. 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 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/Junior High Schools	10 days
Senior High Schools	15 days
Combination Schools	10 days

4. The District Healthy School Team will maintain records documenting the occurrence of any exempted school-sponsored fundraisers. (FAC 5P-2.002)

VII. Evaluation and Measurement of the Implementation of the Wellness Policy

The District Health School Team 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. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

VIII. Triennial Progress Assessments

- A. Calhoun County School District will conduct a triennial assessment to measure compliance with wellness policy. This assessment will include, but is not limited to, the following:
 1. The extent to which each school in the district is following the local school wellness policy.

2. The extent to which the local school wellness policy compares to the model local school wellness policy.
3. A description of the progress made in attaining the goals of the local school wellness policy.

B. Informing the Public

1. Calhoun County School District's will ensure the most updated version of the wellness policy and triennial assessments are always available on the district and each school website for the public to view.
2. Calhoun County School District will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

C. Community Involvement

Calhoun County School District is committed to being responsive to community input, which begins with awareness of the wellness policy. Calhoun County 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 annual review of the local school wellness policy through a variety of means.

1. The District Healthy School Team will consider student needs in planning for a healthy nutrition environment. Students will be asked for input and feedback using surveys; attention will be given to their comments.
2. Calhoun County School District will use a variety of communication methods to ensure all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy, such as email, district websites, newsletters, and presentation to parents.

D. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include following:

1. The written local school wellness policy;
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and
3. Documentation of the triennial assessment of the local school wellness policy.

STATUTORY AUTHORITY: 381.0056, 1001.41, 1001.42, 1001.43,
1003.42, 1003.429, 1003.43, 1003.455, 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 DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES RULE(S)
5P-1.001, 5P-1.002, 5P-1.003

HISTORY: **ADOPTED:** 6/12/2007
REVISION DATES: 8/11/2009;7/13/10;12/12/13; 12/14/2021
FORMERLY: Policy 3.43 Policy Number Changed 12/14/2021