

- 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. This policy shall be monitored for compliance by the site Administrator or their designee and deficiencies reported to the Superintendent.
- II. **Nutrition.** 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. 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.
 - B. Nutrition service 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 and shall be selected with input from students, parents and staff.
 - D. Vending Machines.
 1. All snack vending machines shall provide only single serving snacks.
 2. Vending machines where student meals are served or eaten shall not include carbonated beverages.
 3. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include at least one selection of water.
 4. The beverage vending machines may also include:

- a. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
- b. 100% fruit juice

E. Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

F. Administrators shall discourage the inappropriate use of sweets and other non-nutritional foods as rewards.

III. **Energy Drinks** will not be allowed to be brought to school or consumed at anytime during the school day, school sponsored activities, and/or athletic events.

IV. **Health Education and Life Skills.** Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

A. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

B. Students shall have access to valid and useful health information and health promotion products and services.

C. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

V. **Physical Education and Activity.** Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. 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. **Physical Education Program.** The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient

to provide a significant health benefit to students, subject to the differing abilities of students.

1. Participation in physical education shall be required for all students in kindergarten through grade five for a minimum of 150 minutes each week. On any day during which physical education instruction is conducted that must be at least 30 consecutive minutes of physical activities.
 2. 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.
 3. High schools shall require one credit of physical education for graduation, to include the integration of health. Refer to Student Progression Plan.
 4. 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.
- B. 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.
- C. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- D. Administrators shall discourage either assigning or withholding physical activity as punishment for misbehavior. Assigning safe, alternate activities for students who do not participate in the class assignment shall not be considered punishment.
- 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.

VI. **Healthy and Safe Environment.** A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

- A. 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.
- B. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
- C. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- D. 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.

VII. **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.

- A. Each school shall provide a supportive environment that includes guidance, 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.
- B. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- C. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- D. Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

VIII. **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.

- A. 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.
- B. Calhoun County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
- C. 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.

IX. **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.

- A. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. The implementation and ongoing effectiveness of each area of the plan will be assessed by a checklist at the end of each school year by the District Wellness Advisory Committee. At the regularly scheduled May School Board Meeting, the committee will report and may present plan revisions or recommendations for improvements to the School Board for consideration.
- B. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- C. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
- D. 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.

X. **Staff Wellness.** The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.

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

- B. 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.
- C. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

STATUTORY AUTHORITY:

1001.41, 1001.42, F.S.

LAW(S) IMPLEMENTED:

P.L. 108-265, SECTION 204

RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT (42 USC 1751 *et seq.*)

CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq.*)

570.981, 570.982, 1001.43, 1003.453, 1006.06, 1006.0606, F.S.

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