

# Santa Rosa County School District **Wellness Policy**

Focusing On:

Nutrition Guidelines  
Nutrition Education  
Physical Activity  
Wellness Activities

The Wellness Policy is mandated by Public Law 108-625, which requires each school district participating in the National School Lunch Program and National School Breakfast Program to establish, maintain and update a local wellness policy.

## **VISION**

The vision of the Santa Rosa County School District Schools is to foster an environment that promotes health and wellness, engages the community in healthy lifestyles and choices, and carries out initiatives that promote overall well-being of all students and staff.

## **PHILOSOPHY**

The Santa Rosa County School Board is committed to providing school environments that promote and protect children, faculty, and staff well-being and ability to learn and perform by supporting healthy choices and physical activity. Ensuring good health when children are of school age can boost attendance and educational achievement. In addition, a healthy staff can effectively perform their assigned duties and model appropriate wellness behaviors for students. These guidelines encourage a comprehensive wellness approach that is sensitive to individual and community needs.

## NUTRITION GUIDELINES

- Healthy food choices should be available **that and** comply with the current USDA Dietary Guidelines for Americans at or in the following:
  - \*Vending machine      \*Beverage contracts      \*Fundraisers
  - \*School Stores      \*A la carte      \*Concession Stands
  - \*School Parties/Celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- Santa Rosa School District vending machines with student access shall not contain carbonated, sugary beverages and shall be turned off during meal service hours.
- All snacks allowed in vending machines are to follow USDA guidelines.  
[http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf)  
[https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA SmartSnacks\\_508\\_62019.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA SmartSnacks_508_62019.pdf)
- Classroom snacks provided to students outside the National School Breakfast Program and National School Lunch Program should be available in healthy options.  
<http://www.fns.usda.gov/school-meals/smart-snacks-school>
- Parents will be encouraged through education and communication by school and/or school district to provide their children with healthy snacks and lunches.  
<https://sites.santarosa.k12.fl.us/main/smartsnacks/default.htm>
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement, or positive youth development, and are in compliance with local guidelines.
- Food vendor providers should comply with the district's literature distribution and advertisement policies.

## **Nutrition Environment**

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch with lunch **days times** scheduled near the middle of the school day.

As per the Child Nutrition Reauthorization 2010 Water Availability During National School Lunch Program Meal Service, July 12, 2011, revised, schools participating in the NSLP must make potable water available to children at no charge where meals are served during the meal service.

[http://www.fns.usda.gov/sites/default/files/SP28-2011\\_osr.pdf](http://www.fns.usda.gov/sites/default/files/SP28-2011_osr.pdf)

<https://fns-prod.azureedge.net/sites/default/files/cn/SP28-2011osr.pdf>

Food should not be used as a reward or punishment for student behavior.

## CHILD NUTRITION OPERATIONS

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack, and summer food service programs).
- Employ a food service director who is properly qualified to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations. The new professional standards of training will be provided to all food nutrition program personnel in accordance to the Final Rule *Professional Standards for State and Local School Nutrition Programs* personnel as required by the *Healthy, Hunger-Free Kids Act of 2010*.  
<https://www.fns.usda.gov/school-meals/professional-standards>
- The Summer Food Program will be offered in selected communities.

## FOOD SAFETY/FOOD SECURITY

- The district's food program complies with the federal, state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HAACP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to Child Nutrition staff and authorized personnel. All food service personnel are in compliance with the Jessica Lunsford Act. For further guidance, see the US Department of Agriculture food security guidelines.

## NUTRITION INITIATIVES

- Staff Registered Dietitian (Nutrition Education, Healthy/Nutritious Menu Planning)
- Improve nutrition awareness by implementing an innovative online meal planning system that engages parents and educates students to develop better eating habits for a healthier life
- Menus, websites, and newsletters will be used to communicate nutrition education information and initiatives
- Support district wide employee wellness by providing salad and soup bars for teachers, administrators, and staff in each school
- Partnerships with Team Nutrition, United States Department of Agriculture Healthier US School Challenge Program, American Heart Association, American Cancer Society, UF/IFAS and School Health Advisory Council
- Incorporation of farm to school produce into menus when available with fresh fruit and chef salads daily
- Low fat (1 % or less) and fat free (skim) plain, chocolate, and strawberry milk
- Whole wheat grains and bread will be incorporated into entrees, sides and desserts. Examples: whole wheat flours, whole wheat breads, brown rice, and whole wheat pastas
- Healthier Ala Carte options including baked and reduced fat chips, reduced fat cookies and 100 calorie pack snacks
- Healthy beverages that meet the School Beverage Guidelines of the American Beverage Association and Alliance for Healthier Generation for elementary, middle, and high schools
- Healthy beverages that meet the Guidelines of the Healthy US School Challenge (HUSC) for elementary school beverages and HUSC designated middle and high schools
- All elementary schools will follow Healthy US School Challenge Menu Criteria and Snack Guidelines smart snack guidelines.

- All middle and high schools designated as Healthy US School Challenge schools will follow Healthy US School Challenge Menu Criteria and Snack Guidelines

Sources:

[www.fns.usda.gov/huscc/healthierus-school-challenge-application-materials](http://www.fns.usda.gov/huscc/healthierus-school-challenge-application-materials)  
<http://www.fldoe.org/schools/healthy-schools/building-a-healthy-dis.stml>  
[www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)  
<https://www.fns.usda.gov/tn/guide-smart-snacks-school>  
[www.nutrition.gov/food-assistance-programs/school-lunch-and-breakfast-programs](http://www.nutrition.gov/food-assistance-programs/school-lunch-and-breakfast-programs)  
<https://www.fns.usda.gov/nsip>  
<https://www.healthiergeneration.org/>  
<https://foodplanner.healthiergeneration.org/calculator/>

## NUTRITION EDUCATION

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, music, physical education, and art.
- All health education programs will follow state standards and benchmarks. Schools are encouraged to provide students the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and afterschool programs.
- The school cafeteria should serve as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The district/school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.
- The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. [www.fns.usda.gov/school-meals/smart-snacks-school](http://www.fns.usda.gov/school-meals/smart-snacks-school)  
<https://sites.santarosa.k12.fl.us/main/smartsnacks/default.htm>
- Nutrition education should be incorporated during classroom snack times, not just during meals.

## PHYSICAL ACTIVITY

Every student should have the opportunity to participate in and benefit from a quality Physical Education Program. Santa Rosa County School District's Physical Education Program adheres to the New Generation Sunshine State Standards (NGSSS) and reflects state and local requirements for Physical Education. Santa Rosa County Schools have three levels of Physical Education: Elementary, Middle and High School. The district offers adaptive physical education for students with particular disabilities and will differentiate instruction and activity based on the **disabled students individual needs and abilities of students with disabilities.**

### Elementary School

- All Elementary Physical Education instructional programs will provide 150 minutes of Physical Education per week for students in Kindergarten through grade 5 and for students in grade 6 who are enrolled in a school that contains one or more elementary grades so that on any day during which physical education instruction is conducted there are at least 30 consecutive minutes per day. (FL Statute 1003.455)
- Elementary Physical Education must be taught by personnel as defined in section 1012.01 (2) of the Florida Statutes.
- Education Paraprofessionals may be assigned by their Principal to support the teaching of Physical Education and aide in the instructional process but must be under the direct supervision of an Instructional Staff Member.
- All physical education programs and curricula must be reviewed by a certified physical education instructor.
- As funding becomes available, every effort shall be made to increase the number of certified physical education teachers as well as the amount of contact time students have with a certified physical education teacher.
- Schools will provide physical education activities of at least a moderate level of intensity for a duration sufficient to provide significant health benefits to all students, subject to their differing capabilities.
- Schools will require fitness education and assessments to help students understand, improve, and maintain their physical well-being.
- The district will support instruction encompassing a variety of motor skills and physical activities designed to enhance the physical, cognitive, social, emotional, and academic development of every student, while providing activities that are developmentally and ageappropriate.



- Schools will deliver safety skills instruction for various physical activities and equipment.
- District policy will prohibit the use of **withholding** physical activity **and the withholding of physical activity** as punishment.
- Students in grades K-8 are eligible **to for a waiver to** the physical education requirement if they meet the following criteria:
  - The student is enrolled or required to enroll in a remedial course
  - The student's parent indicates in writing to the school that:
    - The parent requests that the student enroll another course from among those courses offered as options by the school district; or
    - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

### **Middle School**

- All 6<sup>th</sup> through 8<sup>th</sup> grade school students will receive the equivalent of one class per day of physical education for one semester per year.
- Middle school students enrolled in a school that contains one or more elementary grades will receive 30 consecutive minutes of physical education on any day physical education is provided.
- As funding becomes available, every effort shall be made to increase the number of certified physical education teachers, as well as, the amount of contact time students have with a certified physical education teacher.
- Physical Education must be taught by personnel as defined in section 1012.01 (2) of the Florida Statutes.
- Classes will provide physical activities that require at least a moderate intensity level for a duration sufficient to provide a significant health benefit to students, subject to their differing capabilities.
- All participants in the physical education classes will undergo pre/post fitness assessments. Such assessments will be utilized to help students understand their present level of fitness, improve their personal fitness levels through good nutrition and physical activity, and maintain their physical well-being throughout daily life.
- Students will be exposed to a variety of motor skills experiences and physical activities designed to enhance the physical, cognitive, social, emotional and academic development of every student.

- Each student will receive instruction in how to develop healthy eating habits and which foods constitute good nutrition.
- District policy will prohibit the use of withholding physical activity and the withholding of physical activity as punishment.
- Students in grades K-8 are eligible to for a waiver to the physical education requirement if they meet any of the following criteria:
  - o The student is enrolled or required to enroll in a remedial course
  - o The student's parent indicates in writing to the school that:
    - The parent requests that the student enroll in another course from among those courses offered as options by the school district; or
    - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

### **High School**

- Students in grades 9-12 shall participate in a physical education program that stresses physical fitness and encourages healthy, active lifestyles.
- Every effort will be made to ensure that all high school physical education courses are taught by certified physical education teachers.
- All students will meet the one-credit graduation requirement in physical education; at least one-half credit will include assessment, improvement, and maintenance of personal fitness. Any other physical education course may satisfy the remaining half credit but should continue to build upon the personal fitness course through assessment, improvement, and maintenance of personal fitness.
- District policy will prohibit the use of withholding physical activity and the withholding of physical as punishment.

## **STAFF WELLNESS**

- Each district work site will provide information about health, nutrition, wellness resources, and services to employees to assist with the identification of health and wellness issues.
- Each school, district site, and vehicle shall be in compliance with drug, alcohol, and tobacco free policies.
- Each school and district site shall provide an accessible and productive work environment (including all vehicles) that is free from known physical dangers and emotional threats.
- School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards (including environmental air quality) and shall be kept clean, safe, and in good repair.
- Employees shall be encouraged to engage in daily physical activity before and after work.
- Training for staff shall support personal safety, violence prevention, and encourage a harassment free environment.
- Each work site, school, and classroom shall endeavor to create an environment where students, parents, guardians, and staff members are accepted, respected, and valued for their personal integrity.

## HEALTH SERVICES

School Health Services are available through a collaborative agreement between the Florida Department of Health Santa Rosa, Pediatric Services of America, and the Santa Rosa County School District. This partnership of highly qualified health care providers seeks to promote academic achievement by providing a broad scope of services to students as an effective means to appraise, protect, and promote health.

- Primary coordination of school health services shall be through the FLDOH Nursing Program Supervisor, implemented via FLDOH School Nurses with the support and direction of the ~~Santa Rosa County Department of Health Florida~~ **Department of Health Santa Rosa**; and through the PSA Nursing Supervisor, implemented via school health technicians and school health procedural nurses with the support and direction of Pediatric Services of America. All school health services shall adhere to established policies and procedures.
- Santa Rosa County School District shall collaborate with community health liaisons and resources to promote training opportunities, and health **/wellness** ~~and wellness~~ for students, families, staff, and community.
- A coordinated program of accessible health services shall be provided to students and staff which shall include: violence prevention, school safety, communicable disease prevention, health screening (to include body mass index-BMI) at targeted populations, community health referrals, immunization compliance, parenting skills, first aid/CPR/blood borne pathogen, and other relevant health education topics.
- Adequate number of staff are CPR/AED/First Aid trained at all school sites and training will be provided to ensure that all health staff are qualified and trained.
- The School District Wellness website should be updated as necessary to provide community members, parents, and students with information regarding the district wellness plan; additionally, the website shall provide parents with resources and tools that will offer information and education in the areas of healthier living and will assist in making healthier choices.

## **OTHER SCHOOL-BASED ACTIVITIES FOR SUPPORTING WELLNESS**

- After School Programs will encourage physical activity and a healthy lifestyle.
- Support for the health of all students and staff will be demonstrated by hosting Health Fairs, Health Screenings, and assisting families with enrollment of eligible children in Medicaid, Healthy Kids, and other state children's health insurance programs.
- Parent education materials and resources will be provided by the district/school in relation to nutrition, physical activity, and health education.
- Elementary Schools are encouraged to develop guidelines that support our wellness initiatives. For example, serving healthy nutritious snacks at birthday parties, field day, fundraisers, festivals and other school related activities.
- It is strongly recommended that Elementary Schools use non-food rewards for their students. If foods are used for rewards, they should meet the USDA Dietary Guidelines for Americans.
- Body Mass Index Assessments will be provided to parents of 1<sup>st</sup>, 3<sup>rd</sup>, and 6<sup>th</sup> grade students with follow-up high risk categories by Florida Department of Health Santa Rosa nurses.
- After school care programs (latchkey) are required to include regular physical activity as a part of the program and snacks served should meet the nutrition guidelines established in our Wellness Policy.
- All schools are encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- Health services shall be delivered under the supervision of the Director of Student Services with the support and direction of the Superintendent, School Board, and the Florida Department of Health Santa Rosa.
- The District/School shall cooperate and collaborate with other community agencies and resources to promote health and wellness for our students, their families, and staff.
- Each school shall provide a supportive and nurturing environment that includes

school counseling, social workers, mental health counseling, and psychological services. These services shall be offered to encourage students, families, and staff members to request assistance when needed and to help link them to school and community resources as appropriate.

- Students shall be instructed in developing skills that can help them build positive interpersonal relations.

## WHAT PARENTS CAN DO TO HELP

- Monitor what your child purchases at school by prepaying for their meals.
- Encourage teachers to use non-food rewards in the classroom.
- Send healthy snacks for classroom parties.
- <https://sites.santarosa.k12.fl.us/main/smartsnacks/default.htm>
- [www.neisd.net/foodserv/pdf/FMNV.pdf](http://www.neisd.net/foodserv/pdf/FMNV.pdf)
- Limit your child's time in front of the TV and computer at home.
- See that your child gets 60 minutes of physical activity every day. (It's great for adults to get 60 minutes daily also.)
- Limit what you purchase for snacks at home and what your child has access to for snacks, including limiting sugary drinks.
- See that your child NEVER skips breakfast!
- Set an example for your children by being physically active. Plan more and frequent physical activities that involve the entire family.
- Ensure children with signs and symptoms of communicable disease remain home until they have no fever for 24 hours.
- Ensure that children receive recommended immunizations.

## **WELLNESS POLICY MONITORING PROCEDURES**

- The superintendent or designee will ensure compliance with the established district-wide nutrition and physical activity wellness policies.
- In each school, the principal or designee will ensure compliance with the district's wellness policies.
- School food service staff, at the school and district level, will ensure compliance with nutrition policies within school food service areas.
- The School Health Advisory Council will annually review compliance results and make changes as needed to the district's Wellness Policy.
- Recommendations for revisions and improvement in the District Wellness plan will be reviewed each year by the School Health Advisory Council. The Santa Rosa County School Board will be given, as an informational item, annual district report regarding the effectiveness of the district wellness plan.