

WELLNESS POLICY

2.95

The Hamilton County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Hamilton County School District that: The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

1. School Health Councils

- a. The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

2. Food Policy

- a. The Hamilton County School District will ensure that every student will have access to a healthy lunch and breakfast so that students are prepared to let to their fullest potential. The district will also ensure that every students participating in a board approved after-school program shall have access to a healthy nutritious snack.
- b. Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children; be served in clean and pleasant settings; meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables; serve low-fat (1 %) and fat free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and ensure that half of the served grains are whole grain.

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

- c. **Free and Reduced-priced Meals.** Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
- d. **Summer Food Service Program.** Based on district policy schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least five weeks between the last day of the academic school year and the first day of the following school year.
- e. **Meal Times and Scheduling.** Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch; should schedule meal periods at appropriate times, e.g., per school district policy; and should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- f. **Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
- g. **Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- h. **All beverages** sold on the secondary level and all faculty/staff areas shall include water; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages as defined by USDA.
- i. **A food item sold individually** will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined and will have no more than 35% of its weight from added sugars.

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

- j. **Fundraising Activities.** To support children's health and school nutrition-education efforts, schools will encourage fundraising activities that promote physical activity and healthy nutrition. The school district will make available a list of ideas for acceptable fundraising activities.
- k. **Rewards.** Schools are encouraged not to use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (a list of acceptable items will be provided by the food service department) as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- l. **Celebrations.** Schools should limit celebrations that involve food during the school day. Schools are encouraged to include no more than one food or beverage that does not meet nutrition standards for foods and beverages. Schools shall abide by SB 7.19.7 which states food and beverages services which are available to students shall be provided only during the school day by the food and nutrition service program. The district will disseminate a list of healthy party ideas to parents and teachers.

3. Nutrition and Physical Activity Promotion and Food Marketing

- a. **Nutrition Education and Promotion.** Hamilton County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that: is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - 1. is part of not health education classes, but also classroom instruction in subjects such as math, science, social sciences, and elective subjects;
 - 2. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
 - 3. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
 - 4. links with school meal programs, other school foods, and nutrition-related community services; and
 - 5. includes training for teachers and other staff.

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

b. Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end: classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television. Incorporate 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc.)

- c. **Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. 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. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community. Flyers will be available at school sponsored activities for parents and students through the food and nutrition department listing acceptable food and beverages.
- d. **Staff Wellness.** Hamilton County School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school and district site shall be in compliance with drug, alcohol, and tobacco free policies.

4. Physical Activity Opportunities and Physical Education

- a. **Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education according to the district policy. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

- b. **Physical Activity and Punishment.** Teachers and other school and community personnel are encouraged not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

- c. **Commitment to Marketing a Healthy School Environment.** The Hamilton County School District will: Provide positive, motivating messages, verbal and non- verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
 - 1. Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
 - 2. Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
 - 3. Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Florida children, as well as the need for and benefits of healthy school environments.

5. Monitoring and Policy Review

Monitoring The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent and the school board at a regularly scheduled meeting. The report will then become a part of the school board minutes.

STATUTORY AUTHORITY:

100.41, 1001.42 F.S.

LAWS IMPLEMENTED: 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, 1003.42, 1003.453, 1003.455, 1003.46, 1006.06, F.S.; P.L. 108.265(204)

CHAPTER 2.00 – SCHOOL BOARD GOVERNANCE AND ORGANIZATION

**STATE DEPARTMENT OF AGRICULTURE
AND CONSUMER SERVICES RULE(S):**

5P-1.001, 5P-1.002, 5P-1.003

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Formerly: