

# Jefferson County Schools

# **WELLNESS POLICY**

*Adopted 03-09-2009*

*Revised 03-11-2013*

Jefferson County School Board

575 South Water Street

Monticello, Fl. 32344

850-342-0100

**7.420 WELLNESS AND PHYSICAL EDUCATION POLICY**

The District School Board of Jefferson County 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 comprehensive approach to staff and student wellness that is sensitive to individual and community needs:

(1) School Food and Nutrition:

Academic performance and quality of life issues are affected by the choice and availability of healthy foods in our schools. The consumption of healthy foods helps to support students' physical growth, cognitive development, resistance to disease, emotional stability, and the ability to learn:

(a) It is the goal of the school district to establish an environment that provides, promotes, and encourages lifelong healthy eating habits and the consumption of nutritious foods;

(b) All foods offered by the School Food Service Department will meet the nutritional requirements established by the United States Department of Agriculture (USDA);

(c) To ensure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidelines issued by the USDA;

(d) Vending Machines:

1. All snack vending machines shall contain items that comply with the current USDA dietary guidelines;

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 accessible to students are permitted to sell items that will meet the nutritional recommendation of the current USDA Dietary Guidelines for Americans beginning one hour following the close of the last lunch period;

4. The sale of food and beverage items to students in competition with the District's food service program is prohibited, including those items classified as foods of minimum nutritional value.

(2) Nutrition Education:

(a) Nutrition education topics should be comprehensive and sequentially taught from pre-kindergarten through twelfth grade;

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(b) It is the goal of the school district to promote the development of lifelong knowledge and skills in students and adults to make nutritious healthy food choices;

(c) Lifelong healthy eating habits and the positive relationship between healthy diet and good health should be an integral part of the nutrition education curricula;

(d) The district's commitment to nutrition and health shall be collaborated with the community and other outside agencies/groups to convey conformity to students and their families;

(e) School administrators, faculty and staff members are encouraged to pattern healthy consumption behaviors;

(f) The following nutrition education strategies will be implemented:

1. Distribute school district provided wellness information and resources to students throughout the year;
2. Create wellness bulletin boards for students;
3. Create wellness TV spots to be telecast during the morning announcements;
4. Include wellness information for students, parents, and families in the school newsletters, websites and marquis;
5. Include the monthly menus and information on the district website;
6. Create a health fair/wellness program to the community with age appropriate populations.

(3) Health Education and Life Skills:

(a) The regular instructional program shall be taught as part of the concepts of nutrition and health living skills;

(b) The goal of the school district is to provide the ability for students to demonstrate healthier promotional skills and disease prevention behaviors;

(c) An interdisciplinary skill-based health education program, based on state standards and benchmarks shall be provided by each school;

(d) A concentrated emphasis on communication, goal setting and decision-making skills shall be taught to enhance students' personal, family and community relationships;

(e) Students shall have opportunities to practice behaviors which will enhance proper health and/or reduce health risks.

(4) Physical Education and Activity:

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The School District of Jefferson County believes that physical education is an important component of the total educational program. Physical activity is essential to the development and maintenance of good health, and shall focus on providing students with the knowledge and skills to make healthy lifestyle decisions.

- (a) The physical education program shall be consistent with the standards of the National Association for Sport and Physical Education and with the Sunshine State Standards. It shall be an integral part of the District Wellness Program;
- (b) The physical education curriculum shall be a continuum from pre-kindergarten through grade 12. Activities shall be appropriate for the grade level and capabilities of the students and shall be of sufficient intensity and duration to provide a health benefit;
- (c) Physical education and physical activity shall be an essential element of each school's instructional program;
- (d) The goal of the school district is to provide students the opportunity to develop the skills, knowledge, abilities and attitudes for healthy lifelong physical activity;
- (e) Physical Education shall be provided by a certified/highly qualified teacher;
- (f) Physical Education for students during the normal school day shall be consistent with current school board policy;
- (g) The use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use of physical education class time to complete assignments from other classes shall be prohibited;
- (h) Schools will provide students with 150 minutes of physical education each week grades kindergarten through grade 5;
- (i) Schools are encouraged to provide 225 minutes of physical education each week for students in grades 6 through 8;
- (j) Schools are encouraged to offer after-school intramural programs and/or physical activity clubs that meet the needs and interests of all students;
- (k) Schools should encourage parents and community members to institute programs that support physical activity, such as a walk-to-school program, brain gym activities and involvement in public recreation;
- (l) One-on-one counseling concerning the benefits of physical education will be available for all students upon request;
- (m) The District shall notify parents annually that counseling concerning the benefits of physical education is available at each school. The District

shall also inform parents, prior to scheduling a student for physical education, that the requirement for participation in physical education may be waived under certain circumstances as specified in law.

(5) Healthy and Safe Environment:

- (a) A healthy staff and safe environment for all, before, during and after school helps to support academic success;
- (b) The goal of the school district is to provide safe schools and communities to promote and influence healthier lifestyles for all students and citizens;
- (c) 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;
- (d) Schools, district offices, and vehicles shall provide an environment that is free from tobacco, alcohol and other drugs;
- (e) Safety procedures and training for students and staff shall support personal safety, violence prevention and encourage a harassment free environment;
- (f) 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.

(6) Social and Emotional Well-Being:

- (a) Programs and services shall support and value the social and emotional well-being of students, families and staff members;
- (b) The goal of the school district is to build a coordinated and comprehensive healthy school environment;
- (c) Each school shall provide a supportive and nurturing environment that includes school guidance, counseling services, health services, social work services, and referrals to community resources as appropriate;
- (d) Students shall be provided the opportunity to express thoughts and feelings in a responsible manner;
- (e) Students shall be instructed in developing non verbal/verbal skills that can help them build positive interpersonal relations;
- (f) Students and staff shall be encouraged to balance personal/professional work and recreation and will be instructed in techniques to help them become aware of stressors which may interfere with a healthy lifestyle.

(7) Health Services:

- (a) To promote academic achievement and success, the healthcare services program will provide educational services;
- (b) It is the goal of the school district to provide a broad scope of health services to promote the mental, physical and emotional health of students, staff and community members;
- (c) The supervision of a professional health services coordinator and/or a trained school healthcare practitioner shall deliver health services with the support and direction of the Jefferson County Health Department, and the Jefferson County School Board;
- (d) The Jefferson County School Board shall assist and collaborate with other resources and community agencies to promote health and wellness for students, families, staff and community;
- (e) Health services program activities shall include: parenting skills, violence prevention, school safety awareness, school health screening, communicable disease prevention, immunizations, community health referrals, first aid/CPR and other priority health education topics;
- (f) The school district will participate in the annual Florida Youth Survey for middle and high school students sponsored by the Governor's Office, the Governor's Office of Drug Control, the Department of Education, the Department of Health and the Department of Children and Families.

(8) Family, School and Community Partnerships:

- (a) Improving the planning and implementation of health promotion projects through long-term effective partnerships with families, schools and the local community benefits both schools and the community;
- (b) It is the goal of the school district to strengthen partnerships to improve both the planning and implementation of health promotion projects;
- (c) Family, student and the community at large will have the opportunity to be included as participants in all individual school and district wellness planning processes;
- (d) The equality and diversity of the school and community shall be valued in planning and implementing wellness activities;
- (e) Community partnerships shall be developed and maintained as resources to be used for school and district programs, projects, activities and events;
- (f) Individual schools and the district shall support the engagement of students, families and staff members in community health related activities and events that encourage or promote health and wellness.

(9) Staff Wellness:

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- (a) Each district work site shall provide information about health and wellness resources and services to employees;
- (b) It is the goal of the district to identify health and wellness issues at each district site and help develop plans to remediate the issues;
- (c) Each school, district site, and all district vehicles shall be in compliance with drug, alcohol, and tobacco-free policies;
- (d) 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;
- (e) All sites will be as physically safe as possible in accordance with all applicable occupational, health and safety laws, policies and rules;
- (f) 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;
- (g) Each school will encourage social outings for employees;
- (h) Guest speakers will be invited to address various wellness topics.

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Law(s) Implemented: 1001.43, 1003.41, 1003.42, 1003.428, 1003.453, 1003.455 F.S., Richard B. Russell School Lunch Act, Child Nutrition Act of 1966, 20 USC 1232g (FERPA), P.L. 108-446 (IDEIA)

STATE DEPARTMENT OF AGRICULTURE                      5p-1.001, 5p-1002, 5p-1.003  
AND CONSUMER RULE(S)

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