

MONROE COUNTY SCHOOL DISTRICT

WELLNESS POLICY

PRESENTED TO THE MONROE COUNTY SCHOOL BOARD ON
August 22, 2008

Authority for Policy: Child Nutrition and Women, Infants and Children (WIC)
Reauthorization Act of 2004

The Monroe County School District believes that those who begin each day in a safe environment as healthy individuals can learn more and learn better and are more likely to complete their formal education. The District also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

The Monroe County School District Wellness Policy will include the following eight Components as established by the Centers for Disease Control and Prevention. The Monroe County School Board will adopt a School Wellness Policy as required by Sect 204 of Public Law 108-265 and established by the School Health Advisory Committee. The committee is comprised of the appropriate designated stakeholders as outlined by the established guidelines (see attachment A).

I. School Nutrition Services

MCSDD shall operate and provide Food Service in accordance with the USDA, National School Lunch Program Standards and applicable Laws and Regulation of the State of Florida. **The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.**

GOALS:

- A. The goal of Monroe County School District is to work with community based organizations and school personnel to provide Nutrition Education programs for all students.
- B. School Meals, to include Breakfast, Lunch and Snack/Refreshment items, will offer varied and nutritious food choices that are consistent with current dietary guidelines, portion size and caloric content. Schools will serve food that is high in fiber, low in added fats, sugar and sodium. There will be no more than 35% of total calories from fat and 10% of total calories from saturated fat, including trans fat and no more than 35% added sugar by weight.
- C. Items sold during fundraisers, used as rewards, provided during celebration or sold through vending machines on school property must be in compliance with school, district and state procedures and policies.
- D. Meals will feature a variety of age/grade appropriate healthy choices that are tasty, attractive and nutritious and of high quality. Meals will be planned with input from students, parents and school personnel.
- E. Monroe County School District will offer meals at appropriate times and duration. Meal and menu choices will offer items that are culturally diverse and sensitive and address special needs.
- F. Meals will be served in clean and pleasant settings.

II. Physical Education and Physical Activity

MCS D shall ensure that Physical Education is an essential element of each school's instructional program. Physical Education and physical activity should provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to enjoy participating in a lifetime of healthy physical activity.

GOALS:

- A. Physical Education will be taught by a certified specialist.
- B. High Schools shall require one credit for graduation to include one year (1.0 credit) of Health Opportunities through Physical Education (HOPE - Physical Education Variation) which shall be taken at the school.
- C. Middle School students will be encouraged to participate in physical education electives. No middle school students may be denied the opportunity to take physical education.
- D. Students should be given opportunities to participate in school intramural and/or interscholastic programs on the middle school level for boys and girls.
- E. Recess shall not serve as a replacement for physical education class. Excluding a student from physical education class shall not be a disciplinary option for teachers of other curricula. Physical activity shall not be a form of punishment during required physical education classes.
- F. Professional training shall be made available to encourage the physical education teachers to stay current with curricular concepts and practices.
- G. There shall be a District Physical Education Teacher Leader to support and assist physical education teachers in maintaining an effective physical education program that is aligned with the state curriculum.
- H. A variety of activity classes shall be offered as electives at the high school level so that students can take physical education each year if they so desire.
- I. Students in middle school and high school shall be required to change clothing for physical education activity.
- J. Adequate facilities and money to buy equipment to implement the curriculum shall be provided.
- K. Students shall have their level of wellness assessed and monitored throughout their years in school by Monroe County School District personnel and community based organization.

III. Health and Nutrition Education

MCS D shall ensure that Health Education is an essential element of each school's instructional program. Health and Nutrition Education should provide the opportunity for all students to become "health literate" and be able to access health-promoting products and services.

GOALS:

- A. All students will be prepared with the skills necessary to make health enhancing choices to avoid behaviors that can damage their health and well being to include: injury and disease, nutrition, physical activity, sexuality and alcohol, tobacco and other drugs.
- B. All students will know how to use age appropriate communication and goal-setting skills to enhance health.
- C. District leaders will work collaboratively with community based organizations to ensure health education experiences are provided to all students.

IV. School-Site Health Promotion for Staff

Monroe County School District will support school staff as role models for students encouraging a healthy and fit lifestyle. Information on health literacy, nutrition and physical activity will be provided to all school district staff. Health promotion can lead to reduced health care costs, reduced insurance premiums, reduced absenteeism and improved employee moral.

V. Family and Community Involvement in School Health

MCSDD shall establish long term effective partnerships with schools and the community to improve the planning and implementation of health projects and events.

GOALS:

- A. The stakeholders of the Monroe County School District School Health Advisory Council will include parents, students and community representatives.
- B. All areas of demographic diversity will be addressed in wellness activities.
- C. Monroe County School District and the School Health Advisory Council will develop and maintain community partnerships.
- D. Monroe County School District will actively promote and support activities that teach the skills necessary to make health enhancing choices to avoid behaviors that can damage health and well being to include: injury and disease, nutrition, physical activity, sexuality and alcohol, tobacco and other drugs.

VI. Healthy School Environment

MCSDD shall support safer communities which promote healthier students. Safe and healthy students do better in school and make greater contributions to their community.

GOALS:

- A. Monroe County School District will ensure a healthy and safe environment for all, before, during and after school, and year-round.
- B. Schools and district offices will maintain an environment that is free of tobacco, alcohol and other regulated and illegal drugs.
- C. Each MCSDD site will maintain an appropriate plan and procedure for the Automatic External Defibrillator(s) (AED) located on the site.
- D. Each school will provide for First Aid, CPR and AED training for staff.
- E. Monroe County School District and the School Health Advisory Council will work to develop procedures and to provide training and resources that support the Bullying Policy which is mandated by Florida Statutes: 1006.147.
- F. All faculty and staff will strive to create a school environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

VII. School Counseling, Psychological, & Social Services

MCSDD shall provide, as available, programs and services that support and value the mental health, social and emotional well being of students, families and staff to build a healthy school environment.

VIII. School Health Services

MCSO shall provide an effective health care delivery system that promotes academic achievement **by** providing a broad scope of services from qualified health care providers. This will improve the mental and physical health of students and staff. The School Health Advisory Committee will actively support the creation and implementation of the Department of Health's School Health Services Plan.

IX. Monitoring, Evaluating and Reporting

The Superintendent or designee will ensure compliance with this wellness policy. In each school, the principal or designee will ensure compliance with this wellness policy. The Food Service Specialist will ensure compliance with the School Nutrition Service policies within school food service areas. The School Health Advisory Council will develop a wellness assessment instrument to monitor schools' compliance. On an annual basis, schools will use this instrument to evaluate their compliance. A summary evaluation of the implementation of the policy will be presented to the school board annually as an advertised agenda item. As part of the summary report review, the School Health Advisory Council will submit recommended revisions and will identify and prioritize needs.

STATUTORY AUTHORITY:1001.41, 1001.42, FS LAW(S) IMPLEMENTED: CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq*) RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204 1001.43, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S): **6A-7.0411**