

Dixie District Schools Wellness Policy Summary

Dear Parents:

Our goal is to continue to promote good nutrition and physical activity.

We have established portion control and nutrition guidelines for individually sold items through school food services. Our breakfast and lunch menu items are regulated under the USDA guidelines as part of a meal. Nutrient analyses on the meals are taken over a period of one week for breakfast and lunch.

Snacks – Elementary schools may allow one nutritious snack per day, also one snack is allowed during FCAT testing for the district.

- All snacks must meet the nutrition guidelines, which is no more than 35% of total calories from fat or (less than 4 g. of fat per 100 calories) and no more than 10% of those calories from saturated fat.
- No more than 35% of total weight in sugar or (no more than 9 g per 100 calories).
- All snacks must meet the safety and sanitation regulations of the Florida State Board of Health also the HACCP plans and guidelines. (This means no home baked items.)

Rewards – We do not encourage food to be used as a reward, if used it must meet the district nutrition guidelines and safety and sanitation regulations. (No foods of minimal nutritional value) which are foods made predominantly from sugar.

Parties – Only three parties allowed per school year, in addition to one birthday party per month for elementary schools only. All party foods will be exempt from the nutrition guidelines however; they will have to meet the safety and sanitation regulations. (This means no home baked items).

Fundraisers – We recommend nonfood fundraisers. If food is sold it must meet the nutrition guidelines and can only be sold on school campus one hour before school starts and one hour after the last lunch period has ended.

No businesses are allowed to sell food on any campus during school hours other than the School Food Service. This complies with the state competitive food law and the Jessica Lunsford Act.

This policy does not restrict what parents provide for their own child's lunch, however, they may not provide restricted items to other children.

Suggestion list for snacks, rewards, fundraisers and a copy of the district policy is available upon request at each school.

“Dixie School District is an equal opportunity provider and employer”

CHAPTER 8.00 - AUXILIARY SERVICES

8.231*

WELLNESS POLICY

POLICY:

I. Philosophy and Commitment

The School Board of Dixie County believes that good health fosters student attendance and student achievement. The Board also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. The Board is, therefore, committed to provide school and worksite environments that promote and protect children's health, well being, and ability to learn and employees' health and well being by promoting and supporting healthy eating, physical activity and healthy lifestyles. The District shall implement a multifaceted wellness program with the involvement of students, staff, families and the community.

II. Nutrition

- A. Promote good nutrition for students and staff.
- B. Provide meals that are appealing, attractive, and served in clean and pleasant settings.
- C. Provide meals that meet nutrition requirements established by federal, state and local laws and regulations.
- D. Serve a choice of low-fat milk and nutritionally equivalent nondairy alternatives.
- E. Serve a variety of fruits and vegetables daily.
- F. Ensure that *a la carte* items sold meet the recommended District Nutrition Guidelines.
- G. Limit the portion sizes of foods and beverages that is sold individually.
- H. Provide and encourage participation in the school breakfast program.

CHAPTER 8.00 - AUXILIARY SERVICES

- I. Schedule meals at appropriate times and allow a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.
 - J. Ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the United States Department of Agriculture (USDA).
 - K. To continue to have established guidelines for content and portion size of food and beverages sold individually, a la carte or in vending machines located at schools that are available to students.
 - L. Encourage participation of eligible students in the free and reduced price meal program.
 - M. Sponsor a summer nutrition program consistent with Florida Statutes.
 - N. To continue to have established guidelines for snacks and foods used for rewards, celebrations and school sponsored events.
 - O. To continue to have established guidelines for any foods that are included in fund-raising activities and competitive foods.
 - P. Provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and lunchroom activities.
 - Q. Incorporate nutrition education in subjects such as mathematics, science, social studies and language arts.
 - R. Provide staff development activities for school food service and all other employees.
 - S. Provide nutrition education to families through newsletters, parent meetings and other family activities.
- III. Physical Activity**
- A. Provide a sequential physical education curriculum that emphasizes physical fitness and healthy lifestyles.

CHAPTER 8.00 - AUXILIARY SERVICES

Page 3 of 6

8.231* (Continued)

- B. Provide daily and/or at least three (3) days per week physical education programs at Elementary schools.
- C. Provide Middle school students with a physical education program with twelve weeks of Health Education and one-semester/0.5 credits of Physical Education, Personal Fitness and Life Management at High School level.
- D. Provide opportunities for physical activity in other subject area classes.
- E. Encourage and assist students to set personal fitness goals.
- F. Provide opportunities for school-wide events, such as field day, that promotes physical activity.
- G. Provide Physical Education courses that carry the same weight as academic subjects in Middle/High schools.
- H. Provide opportunities for physical activities for staff.
- I. Encourage promotion of community physical activity and to have parents participate in physical activities with their children.
- J. Avoid the use of physical activity as punishment.
- K. To continue to have 100% credentialed Physical Education teachers and to have adequate teacher/student ratio in all schools.
- L. To continue professional development for Physical Education teachers.

IV. Health and Safety

- A. Ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
- B. Maintain a school and worksite environment that is free from tobacco except in designated smoking areas.
- C. Maintain a school and worksite environment that is free from alcohol and drugs.

CHAPTER 8.00 - AUXILIARY SERVICES

Page 5 of 6

8.231* (Continued)

- B. Each principal shall appoint a Wellness Contact for his/her school.
- C. The Superintendent shall appoint a Wellness Contact for the District office.

VII. Wellness Steering Committee

- A. The Superintendent shall appoint a Wellness Steering Committee which shall include, but not be limited to, representatives recommended by United States Department of Agriculture.
- B. The Wellness Coordinator will also serve on the Wellness Steering Committee.

VIII. Implementation

- A. The Wellness Steering Committee will conduct a baseline assessment of current nutrition guidelines and activities, nutrition education, physical activity, involvement of students, families and staff members in wellness activities, student attendance, staff absences and other wellness related topics.
- B. The Wellness Steering Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment.
- C. The goals of the program will be implemented in a progressive manner. The plan will identify the goals for each year.
- D. The program shall be implemented at all grade levels, for staff, for parents and for the community.
- E. The program will be incorporated into existing parent involvement programs.

IX. Oversight, Evaluation and Modification

- A. The Wellness Steering contact person, along with the principal will monitor the implementation of the wellness program at each school.

CHAPTER 8.00 - AUXILIARY SERVICES

Page 4 of 6

8.231* (Continued)

- D. Monitor routes to school and encourage walking and bicycle riding where appropriate and safe.
 - E. Provide safe traffic patterns at school sites for students and vehicles before and after school.
 - F. Provide a comprehensive health and safety education program for students.
 - G. Provide career education awareness for careers in health and wellness related fields.
 - H. Provide bicycle safety training for students.
 - I. Provide health screenings for students and staff.
 - J. Refer students, families and staff to health resources in the community.
 - K. Promote and support health and safety programs in the community.
- V. Family and Community Involvement**
- A. Promote the involvement of families in wellness activities.
 - B. Promote nutritional awareness by families.
 - C. Sponsor family wellness activities and schools and worksites.
 - D. Ensure facilities are available to the community for wellness related activities.
 - E. Collaborate with community agencies and organizations to promote wellness activities in the community.
 - F. Support and encourage participation in community activities such as organized walks, health screenings, and educational programs.
- VI. Wellness Coordinator and Worksite Contact Persons**
- A. The Superintendent shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.

CHAPTER 8.00 - AUXILIARY SERVICES

Page 6 of 6

8.231* (Continued)

- B. The program will be assessed annually by the School Health Advisory Committee (SHAC) and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
 - C. The Wellness Coordinator shall report the results of the annual assessment to the Superintendent and the School Board.
 - D. Recommendations for modifications in this policy and/or the program, if appropriate, shall be made after analyzing assessment data.
- X. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966. The Wellness Program policy will include the Local School Wellness Policy Compliance Checklist.

STATUTORY AUTHORITY : 1001.41, 1001.42, F.S.

LAWS IMPLEMENTED: P.L. 108-265, Section 204; Richard B. Russell National School Lunch Act (42USC 1751 et seq.) Child Nutrition Act of 1966 (42 USC 1771 et seq.) 1001.43, 1003.42, 1003.453, 1003.455, 10903.46, 570.981, 570.982 F.S.

STATE DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES RULES: 5P-1.001, 5P-1002, 5P-1.003

History:

Adopted: June 29, 2006 Revision Date(s): September 12, 2006; February 9, 2010; October 10, 2017 Formerly: --
--