

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Martin County School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student ala carte or from vending machines.

The Board designates the building principals as the individuals charged with operational responsibility for measuring and evaluating the District's implementation and progress under this policy.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

I. SPECIFIC GOALS FOR NUTRITION

Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.

Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

II. SPECIFIC GOALS FOR PHYSICAL ACTIVITY

Physical Education

A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.

The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

Physical Activity

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.

Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

III. SPECIFIC GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.

Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.

Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.

The schools shall provide adequate time daily for students to eat.

IV. NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS DURING THE SCHOOL DAY

In accordance with Policy 8500, entitled Food and Nutritional Services, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.

The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

All foods available to students in the dining area during school food service hours shall comply with the current USDA guidelines for foods with

minimum nutritional value, including competitive foods available to student ala carte or from vending machines.

The food service program shall be administered by a qualified nutrition professional.

V. PROGRAM MONITORING

The principal or designee will ensure compliance with the wellness policy in his/her school and will report on the school's compliance to the superintendent or designee. An annual report of progress and compliance will be submitted to the School Board and the district Food Service Department.

VI. POLICY REVIEW

To assist with the initial development of the district's wellness procedures, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and procedures. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Fla. Stat. 1001.41, 1001.43
42 U.S.C. 1751, Sec. 204
42 U.S.C. 1771
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