

HARDEE COUNTY WELLNESS PLAN

Mission Statement: The Hardee County School Board will develop and encourage a lifelong positive attitude toward a healthy lifestyle by introducing proper nutrition, wellness and physical fitness.

The Hardee County School Board believes that students who adopt a healthy lifestyle can learn more efficiently and are more likely to complete their formal education. The Board also believes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students.

#1 NUTRITION GOAL

Hardee School District's goal is to teach, encourage, and support healthy eating habits 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;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teacher media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

- (1) Nutrition – Schools are a place where students gain the knowledge, motivation and skills needed for lifelong physical activity and lifelong healthy eating habits and are also a place for students to practice healthy eating habits.
- (2) Meals served under the National School Lunch Program shall, by federal law, meet Nutrition guidelines that require the use of products that are lower in fats, sugar and sodium and higher in fiber and served in appropriate portion sizes consistent with USDA standards.
- (3) Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than what is required by federal and state regulations.
- (4) A la carte choices shall be healthy and meet state and federal guidelines.
- (5) Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.
 - (a) The uses of vending machines in secondary schools are as follows:

CARBONATED BEVERAGES

The School Board will allow the sale of carbonated beverages in secondary schools by a school activity or organization authorized by the principal at all times if a beverage of 100 percent fruit juice is sold at

the same location. To ensure compliance with Federal regulations sales of carbonated soft drinks shall not be allowed where breakfast or lunch is served or eaten.

FOODS OF MINIMAL NUTRITIONAL VALUE

Except for carbonated beverage sales as explained above, sales of all other “Foods of Minimal Nutritional Value,” as identified in appendix B of 7 C.F.R. part 210, may only take place in secondary schools, with the approval of the school board, one hour following the close of the last lunch period (e.g., lunch ends at 1:00 PM, sales could begin at 2:00 PM).

OTHER COMPETITIVE FOOD SALES

Other than for beverage sales as indicated above, sales of any other foods sold in competition with food service may only take place one hour following the close of the last lunch period, in secondary schools, with the approval of the school board.

#2 PHYSICAL ACTIVITY GOALS

Hardee School District’s goal for physical education shall provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. A comprehensive physical activity program that meets a variety of opportunities such as: physical education, recess, before-school activities, interscholastic activities, after-school physical activity programs, and health education that includes physical activity as a main component. All physical education programs and curricula must be reviewed by a certified physical education instructor. The use of national or state developed standards for physical education shall be used.

- (1) The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
- (2) Participation in such physical activity shall be required for all students in kindergarten through grade five for a minimum of one hundred fifty minutes per week.
- (3) Such instruction may be provided for grades 6-8 through formal physical education courses.
- (4) High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit) or a year of “HOPE” (Health Opportunities through Physical Education) for one year of credit effective 2008-09 school year.
- (5) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- (6) Students shall be provided varied opportunities through recess for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

#3 OTHER SCHOOL BASED ACTIVITIES

Policies established under this category create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

- (a) Access to school nutrition programs: all children are able to obtain meals in a non-stigmatizing manner.

- (b) Time and scheduling for meals: appropriate time allotted for students to eat; and the scheduling of mealtimes, bus schedules, and events that might interfere with students' participation in school nutrition programs is limited.
- (c) Surrounding for eating: the physical setting in which students eat are clean and efficient.
- (d) Marketing of food and/or beverages: locations for food and beverage marketing activities and types of marketing permitted to students will follow state guidelines; and strategies to increase the appeal of healthful food and beverage items will be implemented.
- (e) Sustainable food practices: environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware will be implemented when possible.
- (f) Access to facilities for physical activity after school hours: access by students, families, or community groups to a school's physical activity facilities upon availability and permission of School Board.
- (g) After-School programs: physical activity or nutrition related components of school-based programs for students that occur after school hours will be encouraged.
- (h) Coordinated school health approach: a model to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school, from education to staff wellness will be encouraged. Promote and incorporate general hygiene practices (handwashing) in classrooms.
- (i) School health councils: The establishments of committees that help oversee and coordinate physical activity and/or nutrition or other aspects of student health will be initiated.
- (j) Community/family involvement: communications to families on health or nutrition topics (including body mass index results); or the involvement of family or community members in school health committees or taskforces will be encouraged.
- (k) Staff wellness: physical activities and/or nutrition services or programs designed to benefit staff health will be ongoing.
- (l) Offer and encourage age appropriate immunizations at secondary level.

#4 NUTRITION GUIDELINE

All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties and fundraising) during the school day are consistent with current Dietary Guidelines.

#5 ASSURANCE

Nutrition policies and guidelines for reimbursable meals shall not be less restrictive than what is required by the Healthy, Hunger-Free Kids Act of 2010 and state regulations and shall be consistent with USDA standards.

#6 EVALUATING, REPORTING AND MEASURING

The School Health Advisory Committee/Wellness Committee will be responsible for overseeing the policy, monitoring and evaluating implementation and reporting annually on the status of the policy to the School Board with recommended revisions if necessary. The committee will meet annually for reviews.

#7 OPERATIONAL RESPONSIBILITY

The District Superintendent of Schools designee will be charged with the operational responsibility for ensuring that all schools are meeting the local wellness policy.