

WELLNESS PROGRAM

2.20D

The Gilchrist County School Board recognizes that good nutrition and regular physical activity affect the health and well-being of all 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 through the schools' meal programs, supporting the development of good eating habits and promoting increased physical activity both in and out of school.

The Gilchrist County School Board is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines listed below encourage a comprehensive wellness approach that is sensitive to both individual and community needs.

- I. Local School Wellness Policy Leadership
 - A. District Level- The Gilchrist County School Board will assemble a representative wellness committee that will meet bi-annually (twice per year) to monitor and set goals for the development and implementation of its local school wellness policy. As required by K-20 Education Code 1003.453 the policy shall be reviewed annually and an updated copy shall be sent to the Florida Department of Agriculture and Consumer Services when a change or revision is made.
 1. The Assistant Superintendent and Director of Food Service shall ensure overall compliance with the local school wellness policy.
 2. Representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, parents, students and the general public shall be permitted to participate in the development, implementation, and periodic review and update of the local school wellness policy.
 - B. School Level- Each school within Gilchrist County School District will establish an ongoing Healthy School Team that will meet bi-annually (twice per year) to ensure compliance and to facilitate the implementation of Gilchrist County School Board's wellness policy.
 1. The school principal/designee and local school staff shall have the responsibility to comply with federal and state regulations as they relate to Gilchrist County School Board's wellness policy.

2. In each school, the principal/designee will be responsible for establishing the Healthy School Team that will ensure compliance with the policy.
3. The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers and the general public.

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4. The Healthy School Team is responsible for:
 - a. Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 - b. Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur accordance with the frequency specified in paragraph (c) of FAC 5P-1003;
 - c. And reporting its school's compliance of the aforementioned regulations to the principal/designee, the person responsible to ensuring overall compliance with Gilchrist County School Board's wellness policy.
- II. The Gilchrist County School Board will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity and other school based activities that promote student wellness to include, at a minimum, a review of Smarter Lunchroom tools and techniques.
- A. Nutrition Promotion- Nutrition promotion can positively influence lifelong eating behaviors by creating food environments that encourage healthy choices and encourage participation in the school meals program.
1. The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.

2. Students will have access to useful nutrition information. Posters, recipes, the menus, the District's nutritional list for all food and beverage items and nutrition promotions throughout each school cafeteria.
- B. Nutrition Education- Academic performance and quality of life issues are affected by the choice and availability of nutritious foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
1. Provide nutrition education to students through a planned, sequential curriculum and a variety of classroom and food service activities that is consistent with the Florida Sunshine State Standards.
 2. Incorporate nutrition education in other subject areas such as physical education classes and will be integrated in other subject areas when appropriate.
 3. Provide staff development by hosting an annual health fair to all employees of Gilchrist County School District. This will include a variety of sources which promote health and wellness through lifestyle changes and education.

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4. Provide nutrition education to families through newsletters, parent meetings and other family activities.
 5. The UF/IFAS Family Nutrition Program provides evidence based nutrition programming at all Gilchrist County Schools. In conjunction with this curriculum the Family Nutrition Program supports school garden programs at all locations.
- C. Physical Activity- Gilchrist County School Board shall ensure that physical activity is an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of physical activity.

1. All students in grades K-5 shall receive 150 minutes per week of instructionally relevant physical education.
 2. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years.
 3. For grades 9-12, students receive a minimum of one credit of physical education in senior high school as required (Florida Department of Education Standards).
 4. All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment and an environment conducive to safe and enjoyable play.
- D. Other School-Based Activities- Gilchrist County School District will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity and other wellness components so that all efforts work together towards the same set of goals and objectives used to promote student well-being, optimal development and strong educational outcomes.

1. General Guidelines:

- a. The goals outlines by the wellness policy will be considered in planning all school-based activities (such as school events, field trips, dances and assemblies).
- b. After school programs will encourage healthy snacking and physical activity.
- c. Gilchrist County School Board shall actively develop and support the engagement of students, families and staff in community health-enhancing activities and events at the school or throughout the community.

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2. Eating Environment:

- a. Students will be provided an adequate amount of time to consume their meal with a minimum of 20 minutes after receiving their food from the line.
 - b. Each school will provide nutritious, well-balanced meals that meet USDA mandated nutrition guidelines for each grade level for breakfast and lunch.
3. Employee Wellness – all employees have access to health and wellness information through the Gilchrist County School Board Wellness Committee and Employee Benefits Department.

III. Guidelines for All Foods and Beverages Available During the School Day-

Gilchrist County School Board shall operate and provide food service in accordance with USDA’s National School Lunch Program (NSLP) standards and applicable laws and regulations of the state of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

A. General Guidelines

1. All reimbursable meals will meet nutrition standards mandated by USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
2. School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables.
3. To the maximum extent possible, all schools in Gilchrist County School District will participate in available federal school meals programs.
4. Free, potable water will be made available to all children during each meal service.

B. Competitive Foods

1. All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods,” and must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - a. *School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.*

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b. School day means, for the purpose of competitive food standards implementation, the period from midnight before, to 30 minutes after the end of the official school day.

2. Competitive foods include items sold a la carte in the cafeteria, school stores, and for in-school fundraisers.
3. Unless being sold by Gilchrist County School food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003).
4. To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

C. General Nutrition Requirements for Competitive Foods

1. Be a grain product that contains 50 percent or more whole grains by weight or have a whole grain as the first ingredient; or
2. Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy or protein foods (meats, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
3. Be a combination food that contains ¼ cup of fruit and/or vegetable.
4. If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes	Entrée Items
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Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated Fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served	0 g of trans fat as served
Sugar	35% of weight from total sugar as server or less	35% of weight from total sugar as served or less

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Exemptions	<ul style="list-style-type: none"> • Any entrée item offered as part of the breakfast or lunch program if it is served as a competitive food on the day of service or the day after service in the breakfast or lunch program. • Fresh or frozen fruits and vegetables with no added ingredients, except water. • Canned fruits with no added ingredients except water, which are packed in 100 percent juice, extra light or light syrup. • Low sodium, not salt added canned vegetables with no added fats. • Reduced fat cheese, nuts, seeds and nut/seed butters, as well as seafood and whole eggs with no added fat are exempt from the total fat and saturated fat standards.
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Nutrient standards for beverages:
 Portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	Unlimited	Unlimited	Unlimited
Unflavored low-fat milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	8 fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable diluted with water but no added sweeteners	8 fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 5 calories or less per 8 fl. oz., or 10 calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and/or carbonated beverages that are labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. Food and beverages for high school students may contain caffeine.

- D. Standards for food and beverages available during the school day that are not sold to students:
1. Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

Each party should include no more than one food or beverage that does not meet nutrition standards for food and beverages sold individually.

2. School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)

Foods or beverages offered or sold at school-sponsored events outside the school day will include items that meet the nutrition standards for meals or for foods and beverages sold individually.

E. Fundraising

1. Fundraising efforts will still be supportive of healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while also emphasizing the sale of nonfood items.
2. No fundraisers that include the sale of food items will occur until 30 minutes after the conclusion of the last designated meal service period.
3. The school board is permitted to grant a special exemption from the standards for competitive foods as specified above for the purpose of conducting infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fund Raisers
Elementary	5 Days
Middle/High	10 Days
Each school's Healthy School Team will maintain a school calendar identifying the dates when exempted competitive food fundraisers will occur (FAC 5P-1.003)	

- F. Food and Beverage Marketing- School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

1. Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
2. Marketing activities that promote healthful behaviors are encouraged.

IV. Evaluation and Measurement of the Implementation of the Wellness Policy

The wellness committee will update and make modifications to the wellness policy based on the results of the annual review and triennial assessments and/or as local priorities change, community needs change, wellness goals are met, new health information and technology emerges and new federal or state guidance or standards are issued. The wellness policy will be assessed as indicated at least every three years following the triennial assessment.

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A. Triennial Progress Assessments-

The wellness committee will conduct an assessment of the local school wellness policy to measure wellness policy compliance at least once every three years. This assessment will measure the implementation of the local school wellness policy, and include:

1. The extent to which the district is in compliance with the local school wellness policy;
2. The extent to which the local school wellness policy compares to model local school wellness policies; and
3. A description of the progress made in attaining the goals of the local school wellness policy.

B. Informing the Public-

The wellness committee will ensure that the wellness policy and most recent triennial assessment are available to the public at all times. The committee will also actively notify households on an annual basis about any updates made to the wellness policy and the availability of the triennial assessment results, as well as provide information to the community about the school nutrition environment.

The committee will ensure that the most updated version of the wellness

policy and triennial assessments are always available on the school website for the public to review.

C. Community Involvement-

The wellness committee is committed to being responsive to community input, which begins with awareness of the wellness policy. The committee will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public can participate in the development, implementation and annual review of the local school wellness policy through a variety of means, including:

1. The committee will consider student needs in planning for a healthy nutrition environment.
2. The committee will use electronic mechanisms, such as the district app and/or district website, etc. to ensure that all families are actively notified of updates to the wellness policy.

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D. Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but is not limited to the following:

1. The written local school wellness policy;
2. Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the public; and

3. Documentation of the triennial assessment of the local school wellness policy.

STATUTORY AUTHORITY:

1001.41, 1001.42, F.S.

LAW(S) IMPLEMENTED:

*1001.43, 1003.42, 1003.453,
1003.455, 1003.46, 1006.06, 1006.0606, F.S.
P.L. 108-265, Section 204
Richard B. Russell National School Lunch Act (42
USC 1751 et seq.) Child Nutrition Act of 1966 (42
USC 1771 et seq.)*

STATE BOARD OF EDUCATION RULE(S):

6A-7.040, 6A-7.041, 6A-7.0411

HISTORY:

*Adopted: 6.20.06
Revision Date(s): 03.27.18
Formerly:*

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