

JACKSON COUNTY DISTRICT SCHOOLS

**Adopted by the Board of Education on
August 17, 2010**

WELLNESS POLICY

Focusing on:

Nutrition Education

Nutrition Guidelines

Physical Activity

**Wellness
Activities**

JACKSON COUNTY SCHOOLS

WELLNESS POLICY

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Jackson County School District's Wellness Policies on Physical Activity and Nutrition

Preamble

Jackson County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Jackson County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades Pre K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served during breakfast or lunch meals at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services (Jackson County Health Department).

Nutrition Education

* Nutrition education will be integrated into other areas of the curriculum such as

math, science, language arts, social studies, music, physical education, and art.

- * The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- * The school cafeteria should serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- * Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- * The district/school will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- * Students will be encouraged to start each day with a healthy breakfast.
- * Nutrition education should be incorporated during classroom snack times, not just during meals. Schools should consider foods and beverages that are sold at fundraisers to include healthy choices and provide age appropriate selections.

Nutrition Guidelines for All Foods on Campus

- Healthy food choices should be available that comply with the current USDA Dietary Guidelines for Americans at or in the following:
 - * Vending machines
 - * Fundraisers
 - * A la carte
 - * School parties/celebrations
 - * Beverage contracts
 - * School Stores
 - * Concession Stands
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools. . Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.

- Families, teachers, students and school officials provide input in choosing the competitive food selections for their local schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Encourage teachers and parents to choose healthy classroom snacks.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Food should not be used as a reward or a punishment for student behaviors.

Child Nutrition Operations

- If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after - school snack and summer food service programs).
- All food service personnel shall have adequate pre-service training in food service operations.

- A child's need for nutrients does not end when the school year ends. Therefore, we offer a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

Nutrition Initiatives during 10/11 school year

- * Staff Dietitian (Nutrition Education, Healthy/Nutritious Menu Planning)
- * Fresh Fruit and Chef Salads Daily
- * Healthy Beverages (100% Dole Juice, Flavored Water)
- * Low Fat Milks (Chocolate, Strawberry)
- * Whole Wheat Bread
- * Whole Wheat Pizza Crust
- * Healthier Ala Carte (Baked/Low Fat Chips)
- * Partnerships with American Heart Association, American Cancer Society, and School Health Advisory Council

Healthy Ala Carte Snack Criteria

Less than or equal to 15gm/ serving Sugar
 Less than or equal to 500mg/ serving Sodium
 Less than or equal to 3gm/ serving Saturated Fat
 Less than or equal to 7gm/ serving Total Fat

PHYSICAL ACTIVITY

- Every student should have the opportunity to participate in and benefit from a quality Physical Education Program. Jackson County School District's Physical Education Program adheres to the Sunshine State Standards and reflects state and local requirements for Elementary, Middle and High School Education.

- Physical Education must be taught by a certified physical education teacher. Teacher Assistants may be used for the supervision of practice but should not be used to teach a new skill or assess students.
- Schools will provide physical education activities of at least moderate level of intensity for duration sufficient to provide significant health benefit to all students, subject to their differing capabilities.
- Students in grades K through 5 should have regular scheduled Physical Education for a minimum of 150 minutes per week, or the equivalent. Every middle school student will take a minimum of one year of physical education.
- All middle schools will schedule daily physical education classes into the school's master schedule.
- Schools will require fitness education and assessment to help students understand, improve, and maintain their physical well-being.
- District will support instruction encompassing a variety of motor skills and physical activities designed to enhance the physical, mental, social, emotional, and academic development of every student.
- Programs will provide activities and experiences that are age and developmentally appropriate.
- Programs will provide students of all abilities and interests with a foundation of movement experiences that will lead to active, healthy lifestyles..
- Students will be encouraged to maintain regular amounts of appropriate physical activity now and be taught why they should continue these activities throughout life.

STAFF WELLNESS

- Each district work site will provide information about health, nutrition, wellness resources, and services to employees to assist with the identification of health and wellness issues.
- Each school, district site, and vehicle shall be in compliance with drug, alcohol, and tobacco free policies.
- Each school and district site shall provide an accessible and productive work environment (including all vehicles) that is free from known physical dangers and emotional threats.

- School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards (including environmental air quality) and shall be kept clean, safe, and in good repair.
- Employees shall be encouraged to engage in daily physical activity before and after work.
- Training for staff shall support personal safety, violence prevention, and encourage a harassment free environment.

OTHER SCHOOL-BASED ACTIVITIES FOR SUPPORTING WELLNESS

- After School Programs will encourage physical activity and a healthy lifestyle.
- Support for the health of all students and staff will be demonstrated by hosting Health Fairs, Health Screenings, and assisting families with enrollment of eligible children in Medicaid, Healthy Kids, and other state children's health insurance programs.
- Local wellness policy goals will be considered in planning all school based activities.
- Parent education materials and resources will be provided by the district/school in relation to nutrition, physical activity, and health education.
- Elementary Schools are encouraged to develop guidelines that support our Wellness initiatives. For example, serving healthy nutritious snacks at birthday parties, field day, fundraisers, festivals, and other school related activities.
- It is strongly recommended that Elementary Schools use non-food rewards for their students. If foods are used for rewards, they should meet the USDA Dietary Guidelines for Americans.
- It is strongly recommended that teachers limit the number of classroom parties that involve treats. Elementary Principals should encourage their teachers to have only one birthday celebration per month encouraging the parents to provide healthy treats.
- Health services shall be delivered under the supervision of the Director of Student Services with the support and direction of the Superintendent, School Board, and the Jackson County Health Department.

- The District/School shall cooperate and collaborate with other community agencies and resources to promote health and wellness for our students, their families, and staff.
- All schools are encouraged to support the community by participating in physical activity events such as Jump Rope for Heart, Elks Hoop Shoot, Walk for Diabetes, American Cancer Society Relay For Life, Step-Up, Florida !, etc.
- Each school shall provide a supportive and nurturing environment that includes school counseling, social workers, mental health counseling, and psychological services. These services shall be offered to encourage students, families, and staff members to request assistance when needed and to help link them to school and community resources as appropriate.
- Students shall be instructed in developing skills that can help them build positive interpersonal relations.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, recommend school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school district health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;¹
- Serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.^{3,3}

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when

practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

School Food Service Department should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the School Food Service Department should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals.

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals⁴. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge in accordance with JCS Board policy to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast. Jackson County Schools offer free breakfast to all students.

Summer Food Service Program.

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

Meal Times and Scheduling

Schools:

- Should schedule students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Should provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁵

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Recommended Portion Sizes:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One and one half ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, it should not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

III. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

On an annual basis, schools will use this instrument to assess their school's nutrition and physical activities environments and policies.

Each school will maintain a school web site with a link to their Wellness activity. A Health Coordinator will input all educational information given, all physical activity that has been given both during and after school hours that are associate with their school. A link between the district web site and each schools web site will be maintain for easy access to each school.

Information will be collected at the end of each semester and evaluated for measurable documentation. In addition each school will be including wellness/nutritional information on their school newsletter(s). This information will be forwarded for proper documentation.

IV. What can Parents do to Help?

- Monitor what your child purchases at school by prepaying for their meals.
- Encourage teachers to use non-food rewards in the classroom.
- Encourage your school to limit the number of classroom parties that involve treats.
- Limit your child's time in front of the TV and computer at home.
- See that your child gets 60 minutes of physical activity every day. (Adults should also get 60 minutes daily)
- Limit what you purchase for snacks at home and what your child has access to for snacks.
- See that your child **NEVER** skips breakfast!
- Set an example for your children by being physically active. Plan more and frequent physical activities that involve the entire family.

¹⁰ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.

■ [Be Smart Eat Smart Live Smart](#)

Find tips on healthy eating and the importance of daily exercise. There's also a nutrition calculator and an "ask the dietitian" option. For kids of all ages!

- [Child Nutrition USDA](#)
United States Department of Agriculture (USDA). Child Nutrition Home page
- [USDA - Mypyramid.gov](#)
One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.
- [Improve your Children's Education](#)
How Parents and Families can help their children do better in school. Sponsored by Family Involvement Partnership for Learning.
- [Kids Health](#)
Sponsored by Nemours Foundation, a nonprofit organization devoted to children's health
- [Mayo Health](#)
Healthcare Information
- [Nutrition Explorations](#)
Sponsored by the National Dairy Council. The site provides nutrition education for educators, parents and children. Fun activities listed.
- [Recipes for Kids](#)
School Nutrition Association recipes for kids.
- [Teacher Tidbytes](#)
Created by teacher Linda Guterba. This is a list of previewed web resources organized into topic headings such as almanacs, chemistry, lesson plans... This also includes a tutorial on using the net. It also has links to web lesson plans and kids homework helper.
- [The Hunger Site](#)
Information on hunger. By clicking on this link you can donate food to the hungry around the world, just by looking at the corporate sponsor logos.
- [Tufts University Nutrition Navigator.](#)
This is an online rating and review guide for nutrition information. Websites are reviewed by Tufts University nutritionists.
- [Fitness.gov](#)
The President's Council on Physical Fitness and Sports with updates on fitness promotion activities and awards.
- [BAM.gov](#)
Developed with teachers, students, scientists, and communications professionals to help kids aged 9 to 13) increase their level of physical activity.
- [Recreation.gov](#)
Packed with information about all federal recreation areas. Search by state, activity, or agency.
- [Nutrition.gov](#)
Find dietary guidance critical to making the right choices in an effort to curb obesity and other food-related diseases.
- [Eat Right](#)
** Sponsored by the American Dietetics Association