

1-21 WELLNESS POLICY

- (A) Philosophy - The Okaloosa County School Board believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

- (B) Nutrition - Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
 - (1) The Food Service Department will provide all reimbursable meals and ala carte items offered in compliance with USDA and FL DOE Food and Nutrition Management policies and guidelines.

 - (2) Vending Machines
Items made available in all snack and beverage vending machines will comply with recommendations from The State of Florida, the American Beverage Association and the USDA.

 - (3) Nutrition services shall support classroom activities for all elementary students and include hands-on applications of good nutrition practices to promote health and reduce obesity.
 - (a) Classroom parties should include nutritious snacks which comply with these guidelines

 - (b) Efforts should be made to eliminate meals brought in from outside sources which do not meet these guidelines and compete with the district meal service

 - (4) Special Dietary Needs
 - (a) If a student IEP contains instructions regarding special dietary needs or feeding requirements, a copy of that IEP section should be provided to Food Services Management. When appropriate, a meeting will be scheduled with the parent/guardian and Food Services personnel to develop an appropriate dietary plan.

 - (b) Notification of medical situations which impact dietary intake, such as allergies or diabetes, shall be reported to Food Services Management. When appropriate, a meeting will be scheduled with the

parent/guardian and Food Services personnel to develop an appropriate dietary plan.

- (C) Health Education and Life Skills - Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
- (1) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
 - (2) Students shall have access to valid and useful health information and health promotion products and services.
 - (3) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before and after school programs.
 - (4) Students shall be taught communication, goal setting and decision-making skills that enhance personal, family and community health.
- (D) Physical Education and Activity - Physical education shall be taught by a certified specialist. Physical activity shall be supervised by a qualified staff member. Physical education and physical activity shall be 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 healthful physical activity.
- (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.
 - (a) Participation in physical education shall comply with time increments and course content mandated by The Florida Department of Education for students in Grades K-5, 6-8 and 9-12.
 - (b) Students electing one of the three-year, 18 credit graduation options do not have to meet the high school requirement, and may use the physical education courses listed as elective credit. Students may waive a portion of all of these requirements only to the extent permitted by state law.

- (2) 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.
 - (3) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- (E) Healthy and Safe Environment - A healthy and safe environment for all; before, during and after school programs; supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.
- (1) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
 - (2) Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.
 - (3) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
 - (4) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.
- (F) Social and Emotional Well-Being - Programs and services that support and value the social and emotional well-being of students, families and staff build a healthy school environment.
- (1) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.
 - (2) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
 - (3) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
 - (4) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stress factors which may interfere with health development.

- (5) Notification of unique and temporary conditions which would qualify a student for Free or Reduced lunch status shall be reported to the school cafeteria manager (e.g., homeless situation, death of a parent). In this case and, if necessary, the principal may complete a Free and Reduced lunch application on behalf of the parent/s.
- (G) Health Services - An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.
- (1) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Okaloosa County School District and the Okaloosa County Health Department.
 - (2) Okaloosa County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
 - (3) A coordinated program of accessible health services shall be provided to students and staff and shall include, if available: violence prevention, school safety, communicable disease prevention, health screening including Body Mass Index (BMI), community health referrals, immunizations, parent skills, first aid and other priority health education topics.
- (H) Family, School and Community Partnership - Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
- (1) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
 - (2) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
 - (3) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
 - (4) Schools and the district 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.
- (I) Staff Wellness - The district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in

identifying and supporting the health, safety and well-being of site staff.

- (1) Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
 - (2) Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
 - (3) Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities, where available.
 - (4) The Student Services and Risk Management Departments will be responsible, at the district level, for the oversight of this policy.
- (J) The Superintendent's designee shall undertake an annual review of the effectiveness and ongoing program improvements under the provisions of this policy and shall issue a report of his findings to the School Board. Any proposed amendments to the provisions or requirements of the policy in order to improve the effectiveness of the policy will be recommended by the Superintendent to the School Board for adoption.

Statutory Authority: Section 1001.41, Florida Statutes

Laws Implemented: Sections 1003.42; 1003.46; and 1006.06, Florida Statutes

Adopted: 7/24/06

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