

St. Johns County School District Wellness Policy

Background Information. The Wellness Policy is mandated by Public Law 108-265, which requires each school district participating in the National School Lunch Program and National School Breakfast Program to establish, maintain, and update a local wellness policy by the beginning of each school year.

Philosophy. St. Johns County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn through curriculum, activities and life skills. Wellness is a result of health (knowledge), physical health, and social-emotional health. Good health is essential for learning and cognitive ability. Ensuring good health when children are of school age can boost attendance and educational achievement. In addition, healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy incorporates the eight interactive components of the Coordinated School Health Program.

Implementation. A district and school contact will be designated with the responsibility to ensure that the schools meet this policy. A review of the policy by an oversight committee will take place periodically to help assess compliance, progress, and determine areas in need of improvement. As part of that assessment, the school district will review the following:

- The policies of the National Alliance for Nutrition and Activity.
- Provision of environments that support healthy eating and physical activity.
- Nutrition and physical education policies and program elements.
- The Wellness Oversight Committee members to ensure a diverse group including district and school personnel, teachers of health and physical education, community school health professionals, parents, and students participate in the implementation and assessment of this policy.

Assessment Tool. Develop, utilize, and implement an assessment tool incorporating aspects of the School Health Index and Florida Healthy School Self-Assessment in the district tool.

Evaluation. The oversight committee will analyze data gathered from the above source and establish a system for communicating data and further revisions of the policy between team members, administration, school staff members, parents and community.

Component	Goals and Guidelines
<p>Nutrition Services. Access to a variety of nutritious and appealing meals within the School Food and Nutrition Service Department and at schools that accommodate the health and nutritional needs of all students. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.</p>	<p>School Meal Guidelines. Requires the use of products that are high in fiber (51% whole grain), low in added fats (less than 10% saturated fats and 0g trans fat), sugar and/or sodium, and served in appropriate portion sizes consistent with United States Department of Agriculture (USDA) standards. Menu and product selection shall include student, parent, staff and community advisory group input whenever possible.</p> <p>Meal Services. Schools will schedule meal times that allow students adequate time to eat their breakfast and lunch. The National Association of State Boards of Education Policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require. Nutrition services shall support classroom activities and a “learning lab” concept for all elementary students that includes instruction in good nutrition practices that promote health and reduce obesity.</p> <p>Breakfast. St. Johns County School District shall provide and encourage participation in the school breakfast program.</p> <p>Special Dietary Needs. The district will provide meal substitutions or modifications for children who are considered disabled under Section 504 of the Rehabilitation Act of 1973 or the Individuals with Disabilities Act (IDEA) when the need is certified by a licensed physician. The school nurse, food service personnel, and parent should communicate closely to implement meal plans.</p> <p>Free and Reduced Lunch. St. Johns County School District shall encourage and assist with participation of eligible students in the free and reduced price meal program.</p> <p>Incentive, Rewards, and Punishment. School staff will be encouraged to not use food, especially that of low nutritional value, for student rewards and celebrations.</p> <p>Competitive Foods. For the purposes of this policy, "competitive foods" are defined as any foods or beverages made available for sale to students other than those foods or beverages sold under the National School Lunch Program or School Breakfast Program. Competitive foods sold by the Food and Nutrition Services Department will comply with the Healthy, Hunger-Free Kids Act of 2010 – Smart Snack Rule.</p> <p>Fundraising. The School Board recognizes certain school groups desire to sell food and beverages during the school day as a fund raising activity.</p> <p>Elementary Schools: Elementary schools may not sell any competitive food or beverages during the school day as a fundraiser.</p> <p>Middle and High Schools: Subject to the principal's approval, competitive food and beverage items may be sold one hour past scheduled lunch period. The competitive food and beverage items must meet the nutrition standards for competitive foods as defined in 7 CFR 210.11, the Smart Snacks Rule, and cannot consist of ready-to-eat combination foods of meat or meat alternate and grain products.</p> <p>Vending machines, Beverages.</p> <p>Vending may not occur where the National School Lunch Program or School Breakfast Program are in operation.</p> <p>All beverage vending machines in high school public areas at school shall include within the embankment of machines:</p> <ul style="list-style-type: none"> ❖ Water ❖ 100% fruit juice ❖ Beverages compliant with the Healthy, Hunger-Free Kids Act of 2010 – Smart Snacks Rule

	<p>All beverage vending machines in middle school public areas will not be turned on until one hour past the last lunch.</p> <p>All beverage vending machines in the elementary school public area will not be turned on until the end of the school day.</p> <p>Vending Machine, Foods/Snacks.</p> <p>Vended competitive foods may not be sold where the National School Lunch Program or School Breakfast Program is in operation.</p> <p>Vending of competitive foods / snacks is allowed. The competitive food and snack items must meet the nutrition standards for competitive foods as defined in 7 CFR 210.11, the Smart Snacks Rule, and cannot consist of ready-to-eat combination foods of meat or meat alternate and grain products.</p> <p>All food / snack vending machines in high school public areas will not be turned on until one hour past the last lunch.</p> <p>All food / snack vending machines in middle school public areas will not be turned on until one hour past the last lunch.</p> <p>All food / snack vending machines in the elementary school public area will not be turned on until the end of the school day.</p> <p>Nutritional Training. Training will be provided for food services and school site staff as well as students and families through inservice, lessons, pamphlets, school newsletters and websites.</p>
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Component	Goals and Guidelines
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<p>Health/Nutrition Education and Promotion. Health/Nutrition curriculum will be part of the regular instructional program. It will be designed to motivate and assist students in maintaining and improving their health, enabling them to develop the skills and attitudes necessary for health-related problem solving and informed decision making.</p>	<p>Each school shall provide for an interdisciplinary, sequential skill-based health education curriculum/program based upon state standards and benchmarks. As a part of the curriculum, nutritional education shall be provided to students. Students shall also be taught communication, goal setting and decision making skills that enhance personal, family and community health.</p> <p>Schools will provide information to families that encourage them to teach their children about health and nutrition. Students shall also have access to valid and useful health information and health products and services.</p> <p>The district shall offer training opportunities for teachers and other school staff members in the area of health and nutrition education</p>
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Component	Goals and Guidelines
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<p>Physical Education and Activity Physical education and</p>	<p>Elementary and Middle School Physical Education Program. The comprehensive program for elementary and middle grades in the St. Johns County School District is based on state standards and benchmarks and shall include the following program outcomes:</p>
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<p>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.</p>	<ol style="list-style-type: none"> 1. Instruction in a variety of motor skills and physical activities designed to enhance the physical, mental and social or emotional development of every student. 2. Development of, and instruction in, cognitive concepts about motor skills and physical fitness that support a life-long healthy lifestyle. 3. Opportunities to develop positive social and cooperative skills through physical activity participation. 4. Instruction in healthy eating habits and good nutrition. 5. Use of physical fitness assessment instrument(s) to help students understand, improve and maintain their physical well-being. <p>Elementary schools will provide 150-minutes per week of physical education that shall consist of physical activities of at least a moderate intensity level and for duration sufficient to provide a significant health benefit to students (30 consecutive minutes) and delivered by instructional personnel approved to teach physical education.</p> <p>Middle schools will offer physical education delivered by certified physical education teachers. Students will be required to take, as a minimum, the equivalent of one semester each year of physical education in grades 6-8.</p> <p>High School Physical Education Program. Students in grades 9-12 shall participate in a physical education program that stresses physical fitness and encourages healthy, active lifestyles. Physical education shall be consist of physical activities of at least a moderate intensity level and for a time period sufficient to provide a significant health benefit to students, subject to the differing capabilities of students. The comprehensive program shall be delivered by certified physical education teachers and shall include the following program outcomes:</p> <ol style="list-style-type: none"> 1. Development of, and instruction in, cognitive concepts about motor skills and physical fitness that support a lifelong healthy lifestyle. 2. Instruction in application of fitness assessment results to guide changes in a personal program of physical activity. 3. Instruction in utilization of technology to assess, enhance and maintain fitness and skills. 4. Instruction in cognitive concepts relating the role of physical activity in the prevention of disease. <p>Instruction in cognitive concepts relating the role of physical activity as a potential vehicle for social interaction and cooperative relations within school and family.</p> <p>The district shall offer professional development opportunities to teachers related to physical education teachers.</p>
<p>Component</p>	<p>Goals and Guidelines</p>
<p>Healthy and Safe School Environment. A healthy and safe environment for all - before, during, and after school - supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.</p>	<p>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.</p> <p>Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.</p> <p>Policies, procedures and appropriate training for students and staff shall support risk management issues, personal safety, violence prevention, and bully and harassment prevention contributing to a safe and secure learning environment.</p> <p>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.</p>
<p>Component</p>	<p>Goals and Guidelines</p>
<p>Social and Emotional Well-</p>	<p>Each school shall provide a supportive environment that includes guidance counseling, and school social work services that encourage students, families and staff to request assistance when</p>

<p>Being. Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.</p>	<p>needed and link them to school or community resources.</p> <p>Students shall be taught skills to express thoughts and feelings in a responsible manner and how to give and receive support from others.</p> <p>Students shall be taught how to recognize, to understand and respect individual differences and how to build positive interpersonal relations.</p> <p>Students and staff shall be encouraged to balance work and recreation and be taught to become aware of stressors that may interfere with health development.</p> <p>The district shall have procedures in place for crisis intervention and provide training for the team.</p>
<p style="text-align: center;">Component</p>	<p style="text-align: center;">Goals and Guidelines</p>
<p>Health Services. Services are provided for students to appraise, protect and promote health. A broad scope of services from qualified health care providers will be supplied, to respond to the health needs of students and staff.</p>	<p>Primary coordination of health services shall be through the district Health Services Nursing Supervisor and will be implement via school nurses and the health services social worker following the policies and procedures in the health services manual.</p> <p>St. Johns County School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.</p> <p>A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including body mass index (BMI), community health referrals, immunizations, parenting skills, first aid and other priority health education topics.</p> <p>Adequate number of staff are trained and certified to provide first aid and CPR at all school sites.</p> <p>Training will be provided and evaluations will be conducted to ensure that all health staff are qualified and adequately trained.</p> <p>Processes are in place to ensure that care of disabled or chronically ill students is coordinated among medical providers, parents, staff and faculty.</p>
<p style="text-align: center;">Component</p>	<p style="text-align: center;">Goals and Guidelines</p>
<p>Family, School and Community Partnership. An integrated school, parent, and community approach can enhance the health and well-being of students.</p>	<p>Family, student and community partners shall be included on an ongoing basis in both school and district wellness planning processes.</p> <p>The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.</p> <p>Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.</p> <p>Schools and the district shall actively develop and support the engagement of students, families and staff in community health and nutrition-enhancing activities and events at the school or community.</p>
<p style="text-align: center;">Component</p>	<p style="text-align: center;">Goals and Guidelines</p>
<p>Health Promotion for Staff. The district will establish an environment that increases health awareness, promotes positive lifestyles, decreases risk of disease,</p>	<p>District school personnel will be provided and promote opportunities to improve their health status through activities such as health assessments, health education, and health-related fitness activities.</p> <p>The District Wellness Committee will offer encouragement, reasonable incentives and a</p>

<p>and enhances the quality of life for district school personnel.</p>	<p>worthwhile educational program to district school personnel. By implementing these programs year round, we hope to perpetuate a cultural shift toward better health and well-being.</p> <p>The district will promote the use of on-site health centers for school district personnel.</p> <p>The district's health insurance provider will collaborate and support the district's wellness measures recommended in this policy.</p> <p>Health promotion will be provided to staff through the wellness website for employees, which contain health and benefit information, newsletters, and webinars.</p> <p>A confidential Employee Assistance Program is provided and promoted to school staff.</p> <p>The district will seek community partnerships with health and exercise facilities that can be used at a reduced cost for district school personnel.</p>
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