



POLICY 2.035

WELLNESS PROMOTION

Purpose

1. This Policy is intended to fulfill the requirement under Public Law 111-296 (42 U.S.C. § 1758b) and Florida Statutes Section 1003.453(1) that school districts shall have a local "school wellness policy" to promote student health, safety and the reduction of childhood obesity, as well as to promote wellness for District employees. The District is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Policy

2. The District will engage the general public and school community (including parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the School Board (Board), staff, and school administrators) to participate in the Wellness Promotion Policy process.
3. The District shall promote school environments that encourage and protect children's health, well-being, and ability to learn, by supporting healthy nutrition and physical activity.
4. The school environment should be safe, comfortable, and aesthetically pleasing.
5. Schools should allow ample time and space for students to consume meals from the time the students are seated (at least 15 minutes for breakfast and 20 minutes for lunch). However all schools shall make a breakfast meal available if a student arrives at school on the school bus less than 15 minutes before the first bell rings and shall allow the student at least 15 minutes to eat the breakfast.
6. Food and/or physical activity should not be used as a reward unless it is based on a student's individual plan. Additionally, food and/or physical activity must not be used as a punishment. These statements, however, are not intended to prohibit or limit student recognition activities or events, or extra physical activities such as field trips that would involve student's participating in physical activity.
7. The school environment must be free of alcohol, illegal drugs, and tobacco products as set forth in federal and state law, as well as Board Policy 7.19 – Tobacco Free Environment. All school employees should discourage student substance use by providing a clear no use message.
8. The District should provide school counseling and resources to address the academic, social-emotional, and college/career needs of all students.
9. The District recognizes the effect that bullying and harassment has on the health of students and encourages that efforts be made to eradicate bullying and harassment from all schools as per Board Policy 5.002 – Anti-Bullying and Harassment.
10. Child Nutrition Programs in the District shall comply with federal, state, and local requirements as referenced in Board Policy 6.185 – School Food Service

Management. Qualified child nutrition professionals shall provide healthy foods that are affordable, nutritious, appealing, and accessible to all children. Child Nutrition Programs shall promote good health to foster student attendance and education.

- a. All schools in the District will participate in available federal child nutrition programs (including the School Breakfast Program, National School Lunch Program, Afterschool Snack Program, Summer Food Service Program, and Child and Adult Care Food Program).
 - b. Child Nutrition Programs shall comply with federal, state, and local requirements for food safety and security guidelines to include: Hazard Analysis and Critical Control Points (HACCP), Department of Education, Department of Agriculture and Consumer Services, and Florida Department of Health Palm Beach County.
 - c. All students shall receive free and reduced-price meal information and the website where the online application can be found.
11. Sequential and interdisciplinary nutrition education should be provided and promoted, in accordance with the Wellness Promotion Goals and Objectives referenced in paragraph –15 within this Policy.
 12. Schools must promote wellness by remaining compliant with the "Healthy, Hunger-Free Kids Act of 2010", by following the United States Department of Agriculture (USDA) Smart Snacks in School Nutrition Standards, 5P-1.003, Florida Administrative Code, and Board Policy 6.185 – School Food Service Management (e.g., in vending machines or those sold by students, parents, school administrative staff, or any other person, company, or organization).
 13. The opportunity for outdoor classrooms and school gardens should be provided when possible and incorporated in the designs of new construction and the renovation of schools. Administration should support teachers' efforts to incorporate curriculum into the outdoor classrooms and school gardens.
 14. Schools should instill patterns of meaningful physical activity connected to students' lives outside of physical education; and all school-based activities, to the extent practicable, should be consistent with the Wellness Promotion Goals and Objectives and Board Policy 8.025 Physical Education.
 15. The Superintendent will ensure compliance with the Board's nutrition and physical-activity wellness policies through the designated employees. The Superintendent hereby designates the School Food Service Director to oversee the Wellness Promotion Policy to include:
 - a. An assessment of the implementation of this Policy, as outlined in the [Wellness Promotion Goals and Objectives](#) incorporated herein by reference as part of this Policy.
 - b. The recommendations for revision of this Policy as needed.
 - c. The development of work plans to facilitate implementation.
 - d. The preparation of a summary report annually on District-wide compliance. The annual report will be made available to the Board and also distributed to the School Health Advisory Council (SHAC), Parent/Teacher Organizations (PTO), Parent/Teacher Associations (PTA), school principals, school health services personnel in the District, and community partners and posted on the District website. This annual report will inform and update the public (including parents, students, school staff

and others in the community) about the content and implementation of the District's Wellness Promotion Policy. This annual report will highlight the strategies accomplished throughout the District to comply with this Policy.

16. Each principal shall designate an Assistant Principal and Wellness Champion at each school as the Wellness Promotion Designees, to ensure that the school complies with this Policy. These Designees may also serve as the people who oversee the Healthy School Team.
17. The School District will encourage the promotion of good health and well-being of every staff member by promoting and supporting healthy behaviors and lifestyles.
18. The District will work with the community to support students walking and biking safely to and from schools. The District will also continue to pursue opportunities that will fund infrastructure and programs that encourage students to walk or bike safely to schools.
19. The District recognizes the important relationship between the health and wellness of individuals and their interaction with the natural and man-made environment. As such, the District supports and promotes the idea of individual environmental stewardship. "Environmental Stewardship" is defined as the responsible use and protection of the natural environment through conservation and sustainable practices. It also embraces the concept that individuals within the school community are responsible for protecting their own indoor environmental quality by adhering to all policies and procedures as set forth by the District.
20. The Guidelines and any School District (PBSD) forms that are mentioned within the District's Wellness Promotion Goals and Objectives are incorporated herein by reference as part of this Policy and will be made available through the District's website.

STATUTORY AUTHORITY: Fla. Stat. §§ 1001.32(2); 1001.41(1) & (2); 1001.42 (16) & (27); 1001.43(1) & (6)

LAWS IMPLEMENTED: Fla. Stat. §§ 1001.32(2); 1001.41(3); 1001.42(8) & (16); 1003.453; 1003.455; 595.405 (5); 42 U.S.C. § 1758b

Fla. Stat. §§ 595; 42 USC § Chapter 13 and 13A *et seq.* (Richard B. Russell National School Lunch Act); (Child Nutrition Act of 1966); Healthy, Hunger Free Kids Act of 2010 (Public Law 11-296) (See 42 U.S.C.A. § 1751 and multiple U.S.C. sections cited in the Note); 7 CFR Parts 210, 220, 225-227, 235, 240, 245, 247, 250 and 252

FL. DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES RULES: 5P-1.001; 5P-1.002; 5P-1.003, F. A.C.

HISTORY: 5/31/2006; 7/9/2008 (as Policy 1.11); 9/30/2009; 5/16/2012; 4/22/2015.

RELATED SCHOOL BOARD POLICIES:

Board Policy 6.185 – School Food Service Management

Board Policy 8.025 – Physical Education

Board Policy 7.19- – Tobacco Free Environment

Board Policy 5.002 – Anti-Bullying and Harassment

Board Policy 7.195 – Indoor Air Quality

Board Policy 7.24 – Animals on District Property

Board Policy 2.24 – School Bus and Heavy-Duty Diesel Vehicle Idling
Reduction

Board Policy 7.196 – Energy and Water Use Conservation

Board Policy 7.1965 – Energy Conservation Incentive Program