

POLICY 2.035

WELLNESS PROMOTION

Purpose:

1. This Policy is intended to fulfill the requirement under Public Law 108-265 § 204 (2004) (42 U. S.C. § 1751 Note) and Florida Statutes Section 1003.453(1) that school districts shall have a local "school wellness policy" to promote student health and reduction of childhood obesity, as well as to promote wellness for District employees.

Policy:

2. The District school system will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in implementing, monitoring, and reviewing District-wide nutrition and physical activity policies, and recommending the development of amendments to this Policy or the development of additional wellness policies.
3. The Board is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The District school system 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; and schools should allow ample time and space for eating meals. Food and/or physical activity should not be used as a reward or punishment, unless it is detailed in a student's Individualized Education Plan (IEP); this statement, however, is not intended to prohibit or limit such school activities as honors breakfasts or dinners or extra physical activities such as field trips that would involve student's participating in physical activity.
5. Child nutrition programs in the District shall comply with federal, state, and local requirements. Qualified child nutrition professionals shall provide healthful foods that are affordable, nutritious, appealing, and are accessible to all children. Child nutrition programs shall promote good health to foster student attendance and education.
 - a. To the maximum extent practicable, all schools in the 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, and Child and Adult Care Food Programs).
 - 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 procedures, the Palm Beach County Health Department inspections, and ServeSafe.
6. Sequential and interdisciplinary nutrition education should be provided and promoted, in accordance with the Goals and Objectives incorporated by reference in this Policy.

7. In addition to providing healthful meals in the cafeteria, schools should also promote wellness by including more healthful selections when foods or beverages are otherwise available on campus during the school day (e. g., in vending machines, concession stands, a la carte, student stores, parties/celebrations, or fundraisers), consistent with health information in the USDA Dietary Guidelines for Americans (at [Dietary Guidelines](#)).
8. 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 goals of this Policy and Policy 8.025 on Physical Education.
9. 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, and each principal shall designate an Assistant Principal and/or Wellness Champion at each school, to oversee the implementation and evaluation of this Policy to ensure that the schools comply with this Policy.
10. The Superintendent or designee will utilize a plan for measuring the implementation of this Policy, as outlined in the Wellness Promotion Goals and Objectives incorporated herein by reference, and will prepare a summary report annually on District-wide compliance. The annual report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the District.
11. Additionally, the School District will encourage the promotion of good health and well-being of every staff member by enlightening the awareness and support of healthy lifestyles.
12. The District supports and promotes the idea of individual environmental stewardship.
13. The Superintendent shall recommend revision of this Policy as needed and shall develop work plans to facilitate implementation. The Wellness Promotion Goals and Objectives (available online at [Wellness Promotion Goals and Objectives](#)) are incorporated herein by reference as if set forth fully herein.
14. The Memorandum and any PBSO 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 Public Affairs Department. The PBSO forms can be located on the [District's forms web site](#).

STATUTORY AUTHORITY: Fla. Stat. §§ 1001.32(2); 1001.41(1) & (2); 1001.42(26); 1001.43(1) & (6)

LAWS IMPLEMENTED: Fla. Stat. §§ 1001.32(2); 1001.41(3); 1001.42(8) & (16); 1003.453; 1003.455; 42 U. S.C. § 1751

HISTORY: 5/31/2006; 7/9/2008 (as Policy 1.11); 9/30/2009