

Franklin County School District  
Wellness Policy

*Without health and fitness, wealth is without value, knowledge is useless, art cannot become manifest and music cannot be played".*

*... Herophilus, the Father of Scientific Anatomy, 3000 B.C.*

(1) **Philosophy:** The Franklin County School Board believes that children and youth, who begin each day as healthy individuals can learn more, learn better, and are more likely to complete their formal education and that healthy living is an important aspect of a student's education. The Board also believes that a 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.

(2) **Nutrition:** The Board believes that academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize the School Health/Wellness Advisory Committee which will consist of students, parents, staff and community leaders.

(b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.

(c) A la carte offerings to students shall be nutritious, meet federally recommended guidelines and shall be selected with input from the School Health/Wellness Advisory Committee.

(d) Neither carbonated nor caffeinated beverages shall be sold or served on the school campus to students during the school day.

(e) Vending Machines:

1. All snack vending machines shall provide only single serving snacks that meet at least two of the following and with at least 50% of the items meeting three of the following:

- a. 300 or fewer calories
- b. six grams of fat or less
- c. one or more grams of fiber
- d. at least 10% of RDA of calcium, iron, vitamin A or vitamin C.

2. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:

- a. water

- b. 100% fruit juice
- c. non-carbonated drinks with less than 150 calories per container
- 4. The beverage vending machines may also include:
  - a. non-fat, low-fat, plain or flavored milk or yogurt in 16 oz. or less servings
  - b. other non-carbonated drinks
- (f) All foods sold at school sponsored events outside the school day will meet the nutritional standards for meals or foods and beverages sold during the school day.
- (g) Nutrition services shall partner with School Health services to support classroom activities for all students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

**(3). 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.

- (a) Each school shall provide for an interdisciplinary, sequential skill-based health education program which will meet or exceed the Florida Sunshine State standards and bench marks.
- (b) Students shall have access to valid and useful health information and to health promotion products and services.
- (c) 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 or after school programs.
- (d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

**(4) Physical Education and Activity.** Physical education shall be taught by a person certified in this area. Physical activity shall be provided 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 skills, knowledge and attitudes which encourage a lifetime of healthful physical activity.

- (a) **Physical Education Program.** 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.

1. Participation shall be required for all students in kindergarten through grade five for a minimum of ninety minutes of physical education and a minimum of sixty minutes of supervised physical activity per week.
  2. Such instruction may be provided for grades six through eight through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school - wide activities for a minimum of two hundred twenty-five minutes of supervised physical activity per week.
  3. High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit).
  4. 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 or all of these requirements only to the extent permitted by state law.
- (b) 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.
- (c) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

**(5) Healthy and Safe Environment:** The Board believes that providing a healthy and safe environment before, during, and after school supports academic success. The Board also believes that safer communities promote healthier students and healthier students do better in school and make greater contributions to their community.

- (a) 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 according to the district and industry standards for janitorial and maintenance.
- (b) Schools and district offices shall maintain an environment that is free of tobacco, alcohol, drugs or substances other than those that have met the district medication policy.
- (c) Safety procedures and appropriate training for students and staff shall

support personal safety and a violence and harassment free environment per district policy.

- (d) 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.

**(6) Social and Emotional Well-Being:** The Board believes that programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

- (a) 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.
- (b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
- (c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.
- (d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

**(7) Health Services.** Effective health services which promote 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.

- (a) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Franklin County School District and the Franklin County Health Department.
- (b) Franklin County School District shall collaborate with community health liaisons and resources to promote health and wellness education for students, families, staff and community.
- (c) 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, and immunizations, parenting skills, first aid and other priority health education topics.

- (8) **Family, School and Community Partnership:** The Board believes that long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.
- (a) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.
  - (b) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
  - (c) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
  - (d) 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.
- (9) **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.
- (a) Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
  - (b) Each school and district site shall provide an accessible and productive work environment safe from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
  - (c) 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.
10. **Monitoring and Policy Review:** A policy review will be conducted to establish a baseline and to assist in prioritizing needs. The superintendent or designee (School Health Coordinator) will ensure compliance with the established district wide nutrition and physical activity wellness policy. In each school, the principal or designee will ensure compliance with the policy and will report to the superintendent or designee. District school food service personnel will ensure compliance and will report to the superintendent or designee. A summary of district wide compliance will be compiled on a yearly basis by the superintendent or designee and submitted to the wellness committee and school board. An assessment will be made of the information to assist in review of policy compliance, progress, programs implemented, to assure the provision of healthy environments and to determine

Franklin County Wellness Policy

areas in need of improvement. Modifications to the wellness plan will be made accordingly to the recommendations of the committee and by the direction of the Superintendent or School Board.

STATUTORY AUTHORITY:

1001.41, 1001.42, FS

LAW(S) IMPLEMENTED:

CHILD NUTRITION ACT OF 1966 (42 USC 1771 *et seq*)  
RICHARD B. RUSSELL NATIONAL SCHOOL LUNCH ACT PL 108-265, Section 204  
1001.43, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S):

6A-7.0411

Policy Adopted: