

## **SCHOOL BOARD GOVERNANCE AND ORGANIZATION WELLNESS PROGRAM**

### **I. Philosophy and Committee**

The Villages Charter School 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. To the maximum extent practical, all schools in our district will participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program (including after-school snacks). This policy encourages a holistic approach to wellness, which includes: Nutrition Guidelines and Education, Physical and Personal Fitness, and Health Education.

To achieve its goals, The Villages Charter School will lean on a committee including the following individuals:

Parents – Greg Laufersky

Students – Bridget Bryant and Chelsea Rohan

School Food Service - Jason Poplaski, Executive Chef and Sylvia Pelchat

School Board Member – Tracy Mathews

School Administrator – Dr. Randy McDaniel, Director of Education and Dr. Bill Zwick, VHS Principal

School Nurse – Deb Lartigue

Physical/Health Education Teachers – Joe Trabucco and Pam Hicks

### **II. Nutrition Guidelines and Education**

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, and resistance to disease, emotional stability and ability to learn.

- A. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings with adequate time for the students to eat.
- B. Nutrition guidelines that require the use of products that are whole grain rich, low in added fats, 0 transfat, sugar and sodium and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Food Service Department or contracted vendors. Menu and product selection shall utilize

student, parent, staff and community advisory groups whenever possible. The school food service program will meet, at a minimum, nutrition requirements established by the USDA's most recent local, state, and federal statutes and regulations.

- C. School food service will offer a variety of fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices.
- D. School food service will ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidelines issued by the U. S. Department of Agriculture.
- E. The above outlined nutrition guidelines are recommended to the school administrators for food and beverages offered through parties, celebrations, social events and any school functions (including concession stands at sporting and academic events). The school encourages the inclusion of healthy snacks to be offered or sold at school-sponsored events outside the school day to reinforce positive nutrition standards.
- F. Meals served through the National School Lunch, School Breakfast Program or After School Snack Program shall meet at a minimum, nutrition requirements established by the USDA's most recent local, state, and federal statutes and regulations.
- G. Students will be encouraged to start each day with a healthy breakfast.
- H. A-la-carte offerings to students shall meet recommended USDA nutritional standards.
- I. School food service will provide meals that are appealing and attractive.
- J. The Villages Charter School will sponsor a summer nutrition program consistent with Florida Statutes as the USDA requirements require.
- K. Food service shall support classroom activities for all students that include hands-on application of good nutrition practices to promote health and reduce obesity in conjunction with our school's health program curriculum and planning.
- L. Nutrition education will be offered in the school dining room and in the classroom, with coordination between the school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

### III. Physical and Personal Fitness

A certified teacher shall teach physical education. A qualified staff member shall provide physical activity. 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.

- A. The physical and personal fitness education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.
- B. Participation in such physical activity shall be required for all students in kindergarten through grade five, five days a week for 30 minutes, or the equivalent.
- C. Physical activity shall be provided for grades 5-8 for a minimum of 225 minutes per week.
- D. High school students are required to take 1 credit in physical education.
- E. 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 credits. Students may waive a portion or all of these requirements only to the extent permitted by state law.
- F. Schools will provide opportunities for physical activity after school.
- G. The schools will provide opportunities for physical activities for their staff.
- H. Schools will provide:
  - 1. 150 minutes of physical education (with moderate to vigorous intensity) every week for Elementary School Students. On any day during which physical education instruction is conducted, students are provided 30 consecutive minutes of physical education.
  - 2. The equivalent of one class period per day of physical education for one semester each year for Middle School Students (6-8).
  - 3. For High School Graduation a student selecting the traditional 24 credit graduation option must earn one credit in physical education and must include the integration of Health Education. There are several options available to High School Students in order to meet that requirement.

#### IV. Health Education

Healthy living skills shall be taught as part of the regular instructional program, and provides 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 standards-based health education program based upon state standards and benchmarks.
- B. Students shall have access to valid and useful health information and 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.
  - D. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
  - E. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television. Opportunities for physical activity should be incorporated into other subject lessons and short physical activity breaks between lessons or classes, as appropriate.
  - F. Healthy living articles for parents can be in our newsletters and presented topics at Buffalo Pride meetings.
  - G. Meeting all requirements that the state requires for health courses.
- V. Safety Goals Providing preventative maintenance schedules for all equipment and playgrounds etc.
- A. To insure that all buildings, structures, and grounds are inspected and meet health and safety standards.
  - B. To maintain a school and worksite environment that is free from tobacco.
  - C. To maintain a school and worksite that is free from alcohol and drugs.
  - D. To provide career education awareness for careers in health and wellness related fields.
  - E. To provide health screenings for students.
- VI. Family and Community Involvement Goals Buffalo Pride will assist communication such as health screenings, dental Screenings, and various programs to assist in the promotion of wellness.
- A. To promote the involvement of families in wellness.
  - B. To promote nutritional awareness by families.
  - C. To make facilities available to the community for wellness related activities.
  - D. To support and encourage participation in community activities such as organized walks, health screenings, and educational programs.
- VII. Wellness Coordinator, Worksite Contact Persons, and Wellness Steering Committee

- A. The Director of Education shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.
- B. Each principal shall appoint a Wellness Contact for his/her school.
- C. The Director of Education shall appoint a Wellness Steering Committee.

#### VIII. Monitoring, Oversight, Evaluation and Modification

The Director of Education or designee will ensure compliance with established campus-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee, as requested.

- A. Food service staff, at the district and school level, will ensure compliance with nutrition policies within school food service areas and will supply data that reveals compliance to the director of education
- B. The schools will report on the most recent USDA Schools Meals Initiative (SMI) review findings and any resulting changes.
- C. The district will revise the wellness policy guidelines and develop work plans to facilitate their implementation.
- D. The Wellness Steering Committee will monitor the implementation of the wellness program by administering surveys to students, parents, and staff to gain data to help strengthen the program.
- E. The program will be assessed annually.
- F. The committee shall report the results of the annual assessment to the Director of Education and the School Board.
- G. The committee shall evaluate and measure the implementation of the wellness policy by incorporating assessments into the health and physical education curriculum. Students will be assessed for their baseline knowledge and awareness of healthy physical and dietary habits during the first semester of the school year and again at the conclusion of the school year to evaluate growth.
- H. The Villages Charter School shall annually review its school wellness policy and physical education policy and provide a procedure for public input and revisions. In addition, the school will send an updated copy of its wellness and physical education policies to the Florida Department of Education.

- I. Monitoring our food service rules and policies from the USDA while making sure to update our plans as rules constantly change. Following all guidelines as best we can to provide a well-balanced breakfast and lunch program for our students.
- IX. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966.
- X. The school wellness committee will review and report the effectiveness of the school wellness policy to the school board on an annual basis. School board meetings are placed on the board agenda and open for public input.

**School Board Member Signatures**

Gary Lester, Chairperson \_\_\_\_\_

Dale Borrowman, Secretary \_\_\_\_\_

Tracy Mathews, Board Member \_\_\_\_\_

John Wise, Board Member \_\_\_\_\_

Brian Hudson, Board Member \_\_\_\_\_

**STATUTORY AUTHORITY:** **1001.41, 1001.42, F. S.**

**LAW(S) IMPLEMENTED:** **P.L. 108-265, SECTION 204**  
**NATIONAL SCHOOL LUNCH ACT (42 USC 1751 et seq.)**  
**CHILD NUTRITION ACT OF 1966 (42 USC 1771 et seq.)**  
**1001.43, 1006.06, 1006.0606, F.S.**

**STATE BOARD OF EDUCATION RULES(S):** **6A-7.040, 6A-7.041, 6A-7.042**

**HISTORY:** **ADOPTED: \_\_\_\_\_**  
**REVISION DATES: \_\_\_\_\_**