

Levy County Wellness Plan

I. Philosophy and Commitment

The School Board of Levy County believes that good health fosters student attendance and student achievement. The Board also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. Therefore, the Board is committed to providing school and worksite environments that promote and protect children's health, well being, and ability to learn, and support employee wellness, through policies that encourage healthy eating, physical activity and healthy lifestyles.

II. Levy County Wellness Steering Committee

A. The Wellness Steering Committee will assist in coordinating the implementation of the Wellness policy and meet annually to evaluate and modify, if necessary, the School Board of Levy County Wellness plan.

1. The Wellness Steering Committee will consists of a group of individuals representing the school and community and should include, but not be limited to:
 - Health professional
 - Elementary teacher
 - Secondary teacher
 - Physical Education teacher
 - Risk Management representative
 - School administrator
 - School food service representative
 - Parent
 - Community representative
 - Student representatives from the Levy Association of Student Councils
2. The Superintendent will appoint a Wellness Coordinator who will work with the Wellness Steering Committee.
3. School Administrators will appoint a Wellness Contact at each school site to work with the Wellness Coordinator regarding implementation and evaluation of the program.

III. Nutrition Education

A. Classroom Curriculum

1. The nutrition education curriculum will be consistent with the current Florida Sunshine State Standards.

- a. Schools are encouraged to provide nutrition education using qualified personnel from organizations such as the Levy County Health Department, universities and consulting registered dietitians, University of Florida IFAS Levy County Extension Office, University of Florida I health and agriculture organizations, etc.
 - b. Annually, the Wellness Steering Committee will provide an updated list of nutrition resources to each school principal.
 - c. Nutrition education will be based on the most recent Dietary Guidelines for Americans.
2. At least 5 hours of classroom nutrition education will be provided each year for all students as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.
 3. Nutrition education should be integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.
 4. Site licenses for Discovery Health Connections will be provided for each school until 2007. All teachers will have access to this website and the curriculum available for Heath Education.
 5. The schools will encourage each member of the staff to serve as a healthy role model for students.
 6. Nutrition and health information from the Levy County Health Department will be incorporated into the district employee newsletter, *The Notebook*.

IV. Physical Activity

A. Daily Physical Education

1. The goal for Levy County Schools will be for all students in grades K-12, including students with disabilities and/or special health-care needs, and students in alternative educational settings, to receive physical education or recess for a minimum of 135 minutes per week for elementary school students, and 225 minutes per week for middle and high school students, for the entire school year.
2. For high school grades, every student will complete one credit of physical education and ½ credit of personal fitness and ½ credit of physical education elective (LMS).
3. All physical education will be taught by a certified physical education teacher.

4. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
5. Administrators and instructional staff should not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
6. After school programs will provide and encourage—verbally, and through the provision of space, equipment, and activities—daily periods of moderate to vigorous physical activity for all participants.

B. Daily Recess

1. The goal will be for all elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
2. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

V. Other School-Based Activities

1. The Wellness Steering Committee will partner with the Levy County Health Department to address community wellness through sponsored events, existing newsletters, and established forms of public relations.
2. The Wellness Steering Committee will provide all schools with health related news for their monthly parent newsletters and school websites.
3. The Levy County Health Department will provide newsletters for staff related to wellness.
4. In order to ensure a school and worksite environment that is free from tobacco, alcohol, and other drugs, in-service will be provided for staff related to resources such as Discovery Health Connections.
5. Middle and high schools will do drug checks twice yearly through the Levy County Sheriff's Department.
6. The school wellness contact and selected school custodians will meet and inspect buildings, structures, and grounds quarterly to ensure health and safety standards are in place at each school site. Staff will be reminded to report immediately any unsafe conditions to the school principal.

VI. Nutritional Quality of Foods and Beverages Sold and Served on Campus

A. School Meals

1. Meals served through the National School Lunch and Breakfast Programs will:
 - a. Be appealing and attractive to children
 - b. Be served in clean and pleasant settings
 - c. Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
 - d. Offer a variety of fruits and vegetables at least three days a week
 - e. Ensure that salad dressings contain no more than 12 g. of fat per ounce
 - f. Ensure that desserts with more than 5 g. of fat per serving are offered no more than twice a week
 - g. Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives
 - h. Ensure that half of the served grains are whole grain
 - i. Schools will be encouraged to engage students and parents, through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

2. School will, to the extent possible, operate the School Breakfast Program.
 - a. Schools will, to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break.

 - b. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program

3. Schools will give serious consideration to meal times and scheduling by:
 - a. providing students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

 - b. Working diligently to schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.

- c. Not scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- d. Working diligently to schedule lunch periods to follow recess periods (in elementary schools)

B. Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

1. Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

2. Middle and High Schools

In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

a. Beverages

1. At least 50 percent of the beverages available must be water, low-fat or non fat milk, 50-100% fruit juice, soy or rice beverages with not more than 35% of weight from total sugar.
2. Electrolyte replacement beverages that contain no more than 48 g. of sweetener per 20-ounce selling unit may be offered in drink machines located near high school athletic training centers.

b. Foods

1. Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
2. Will have no more that 35% of its weight from added sugars.

3. Will contain no more than 250 mg of sodium per serving for chips, cereals, crackers, baked goods, and other snack items; will contain no more than 500 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
4. 50 percent of vending machine food should meet all of the following criteria per selling unit:
 - Fat—except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 g. per 100 calories)
 - Sugar—Except for fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 g. per 100 calories)
 - Calories—Not more than 200 calories per selling unit

C. Celebrations, Classroom Rewards, Fundraising, and School-Sponsored Events

1. Schools should work to ensure that foods and beverages for classroom reward parties and celebrations meet the same guidelines as the above listed for a la carte foods and should not be offered until after the students' lunch period.
2. Schools will be encouraged to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.
3. Parents, teachers and organizations need to be informed about the guidelines and encouraged to follow them by the administration and the wellness steering committee.
4. School should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.
5. At least 50 percent of fundraising activities will not involve the sale of food and/or beverages.
6. Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.
7. Food and beverages offered or sold at school-sponsored events outside the school day will offer health options for foods and beverages sold individually.

VII. Evaluation and Modification

A. Evaluation

1. In each school, the principal or wellness contact will ensure compliance with the district wellness policy and plan.
2. School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter when necessary.
3. The district steering committee will meet annually to review the policy and plan to ensure effectiveness.

B. Modification

1. The district steering committee will review data from the School Health Advisory Council state required assessments, Food Service, risk management, and school advisory councils at the annual meeting.
2. Assessment Data will be shared with the School Board and Superintendent and will be used to determine future goals. Changes in the Wellness Plan will be presented to school advisory councils, School Board and the Superintendent for review.