



# WELLNESS

# POLICY

BOARD ADOPTED: May 2, 2006

## **PHILOSOPHY**

The Gulf County School Board 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. 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.



## WELLNESS COMMITTEE

|                                      |                      |
|--------------------------------------|----------------------|
| DEE RICH                             | PARENT               |
| AMY BROCKMAN                         | STUDENT              |
| LEAH MINIAT                          | STUDENT              |
| BILL CARR                            | SCHOOL FOOD SERVICE  |
| GEORGE COX                           | SCHOOL BOARD MEMBER  |
| JUANISE GRIFFIN                      | SCHOOL ADMINISTRATOR |
| LANI KENNEDY                         | SCHOOL HEALTH NURSE  |
| CHUCK GANNON                         | HEALTH EDUCATOR      |
| LOCAL HEALTH DEPARTMENT PROFESSIONAL |                      |

**AREA 2: Nutrition Education**

**GOAL:** Gulf County Schools will encourage healthy food choices by promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products. We will emphasize the balance between caloric intake and physical activity.

**STRATEGY:** School food service will provide nutrition education at each school site that incorporates food and nutrition posters and nutrition themed bulletin boards. Classroom instruction will provide students with the knowledge and skills necessary to promote and protect their health.

**EVALUATION:** Classroom lesson plans, pre and post tests, order form for instructional posters and bulletin board materials.

**RESPONSIBLE PERSON:** Classroom teachers and food service staff.



**AREA 3: Physical Activity**

**GOAL:** Gulf County Schools will provide physical education for all students in grades K-12.

**STRATEGY:** Students in grades K-5 will have scheduled physical education classes for a minimum of 30 minutes, 3 days per week. Students in grades 6-8 will have a minimum of 75 hours of physical education per year. Students in grades 9-12 will have a minimum of 150 hours of physical education per year.

**EVALUATION:** Student schedules will be utilized to ensure the minimum requirements for physical education as prescribed by the Student Progression Plan are met.

**RESPONSIBLE PERSON:** School based data entry clerks, guidance counselors and Principals.



**AREA 4: School Based Activities**

**GOAL:** Gulf County Schools will encourage staff wellness through education involving general health and well-being; disease prevention and nutritional strategies; and through the promotion of a physically active lifestyle.

**STRATEGY:** Health education will be provided through monthly newsletters relating to disease prevention, nutritional guidelines and physical activities. Health screenings will be conducted annually for all school personnel to evaluate health baselines.

**EVALUATION:** Health Services newsletters and employee screening results.

**RESPONSIBLE PERSON:** School Health Services and Human Resources Director.



**AREA 5: Nutrition Guides**

**GOAL:** 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 will be established for all foods offered by the Gulf County School's Food Service Department.

**STRATEGY:** All foods served using the Traditional Meal Pattern will include:

\* Guides Attached\*

**EVALUATION:** Monthly menus and production records.

**RESPONSIBLE PERSON:** Food Service Director and Lunchroom Managers.

**AREA 6: Assurance**

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

## **AREA 7: Evaluation and Measurement**

To assist with the initial development of the Gulf District Schools Wellness Policy, each school will conduct a baseline assessment of the school's existing nutrition, physical activity and employee wellness environments. The results will be the beginning data needed to determine areas of need. Assessments will be conducted every two years to help review compliance, assess progress and to determine areas in need of improvement. Based on the results of the biennial assessments, the policy will be revised and work plans developed to implement facilitation.

## **AREA 8: Responsibility**

Each area of the Gulf County Schools Wellness Policy has one or more persons responsible for ensuring that the school is meeting the policy.

Area 2 – Classroom teachers and Food Service Staff. These people will report to the Assistant Superintendent regarding compliance.

Area 3 – School based data entry clerks, Guidance counselors and Principals will develop and record class schedules which are available to the District Office through the MIS database. These schedules will document compliance.

Area 4 – School Health personnel will report compliance to the Coordinator of Human Resources who will, then, report to the Board.

Area 5 – The Food Service Director will report compliance to the Board using food production records and daily meal counts. This will document the healthy preparation and serving of food.

Area 6 – Copies of Nutrition policies and guidelines will be furnished to Board members to demonstrate that they are not less restrictive than federal and state requirements.



## **AREA 9: Reporting**

The initial Wellness Policy will be presented to the Gulf County School Board for approval. Assessments will be conducted every two years to help review compliance, assess progress and to determine areas in need of improvement. Based on the results of the biennial assessments, the policy will be revised and work plans developed to implement facilitation. The results of the assessments, determination of areas of growth and areas of concern and any recommended revisions will be reported to the Board by the Assistant Superintendent after each assessment period.