

## **SCHOOL BOARD GOVERNANCE AND ORGANIZATION**

### **VCS WELLNESS PROGRAM**

#### **I. Philosophy**

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.

#### **II. Committee**

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

Parent Representative(s) – Greg Laufersky

Student Representative(s) – Keaton Phillips and Mariah Grant

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

School Board Member – Tracy Mathews

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

School Nurse – Stacey Townsend

School Operations- Allison Nave

School Physical/Health Education Teachers- Brady Bogart and Pam Hicks

#### **III. 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. Students will be encouraged to start each day with a healthy breakfast.

- B. School food service will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students.
- C. School food service, in conjunction with facilities maintenance staff, will provide clean, safe, and pleasant settings for students to consume healthy foods during their lunch time.
- D. 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 by 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.
- E. 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.
- F. 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.
- G. The above outlined nutrition guidelines are recommended to the school administrators for food and beverages offered through parties, celebrations, social events and other school functions. The school encourages the inclusion of healthy snacks to be offered or sold at school-sponsored events outside the school day, including concession stands at academic or sporting events and in vending machines, to reinforce positive nutrition standards.
- H. 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.
- I. A-la-carte offerings to students shall meet recommended USDA nutritional standards.

#### **IV. 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. Participation in twenty minutes of daily, uninterrupted recess shall be required for all students in kindergarten through grade five.
- D. Physical activity shall be provided for grades 5-8 for a minimum of 225 minutes per week.
- E. High school students are required to take 1 credit in physical education.
- F. 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.
- G. Schools will provide opportunities for physical activity after school.
- H. Schools will provide opportunities for physical activities for their staff.
- I. 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, elementary school students are provided 30 consecutive minutes of physical education (grades K-5).
  - 2. The equivalent of one class period per day of physical education for one semester each year for middle school students (grades 6-8).
  - 3. For high school graduation, a student selecting the traditional 24 credit graduation option, must earn one credit in physical education to include the integration of Health Education. There are several options available to high school students in order to meet that requirement (grades 9-12).

## **V. Health Education**

Healthy living skills shall be taught as part of the regular instructional program, and will provide the opportunity for all students to understand and practice concepts and skills related to health promotion, disease prevention and injury care and prevention.

### **I. Students**

- A. Each school shall provide for an interdisciplinary, sequential standards-based health education program based upon state standards and benchmarks, to include “Red Ribbon Week” activities for elementary students and bi-annual tobacco surveys for secondary students through their Health/PE or H.O.P.E. class.

- B. Students shall have access to valid and useful health information and health promotion products and services through a variety of venues, to include student discussion forums.
- 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. Schools will meet all requirements that the state requires for health courses.

## II. Staff

- A. Informational sessions on a variety of health-related topics will be offered to staff through the Leadership Development Council, in conjunction with *The Villages Health* and the *Sumter County Health Department*.
- B. Incentives will be offered to staff who meet their annual health goals through the Employee Wellness Program.

## VI. Safety Goals

- A. To ensure that all buildings, structures, and grounds (including playgrounds) are inspected and meet health and safety standards.
- B. To maintain a school and worksite environment that is free from tobacco, as indicated in the *VCS Tobacco Free Policy*.
- C. To maintain a school and worksite that is free from alcohol and drugs.
- D. To provide workplace training and conditions which comply with OSHA standards.
- E. To provide career education awareness for careers in health and wellness-related fields.
- F. To partner with local health care agencies to provide health screenings for students/staff.
- G. To provide information to parents about safety protocols (such as: car line etiquette, volunteer procedures, etc.) through school newsletters and informational sessions held by school staff and/or *Buffalo Pride*.

## **VII. Family and Community Involvement Goals**

- A. To promote the involvement of families in wellness by utilizing *Buffalo Pride* to help communicate wellness programs such as: health, vision and dental screenings to parents and our school website to post healthy living articles for parents regarding topics such as: eating a healthy breakfast, water consumption, and the importance of physical fitness.
- B. To promote nutritional awareness among families by posting information, guidelines and regulations about School Food Service programs on our school website.
- 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.

## **VIII. Wellness Coordinator, Worksite Contact Persons, and Wellness Steering Committee**

- A. The Director of Education, Dr. Randy McDaniel, 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.
  - a. VHS- Stacey Townsend, School Nurse and VCS Wellness Coordinator
  - b. VCMS- Joy Shumate, School Nurse
  - c. VCE-
    - i. Primary Center- Leianne Hurlburt, Clinic Assistant
    - ii. Intermediate Center- Doris Miraglia, Clinic Assistant
    - iii. 4<sup>th</sup>/5<sup>th</sup> grade Center- Debra Lartigue, Clinic Assistant
- C. The Director of Education shall appoint a Wellness Steering Committee (Members listed on page 1).

## **IX. 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 Director of Education, 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.

- D. The district will revise the wellness policy guidelines and develop work plans to facilitate their implementation.
- E. 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.
- F. The committee shall evaluate and measure the implementation of the Wellness Policy by incorporating assessments into the health and physical education curriculum, such as *The Presidential Youth Fitness Program*, or a locally developed assessment. 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.
- G. 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.
- H. 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.
- I. The Wellness Program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act of 1966, as well as EEOC, GINA and ADA guidelines.
- J. The Wellness Steering 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.

**X. School Board Member Signatures**

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

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

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

Rob Eddy, Board Member \_\_\_\_\_

Greg Laufersky, Board Member \_\_\_\_\_

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| <b>STATUTORY AUTHORITY:</b>                                     | <b>1001.41, 1001.42, F. S.</b>           |
| <b>LAW(S) IMPLEMENTED:</b>                                      | <b>P.L. 108-265, SECTION 204</b>         |
| <b>NATIONAL SCHOOL LUNCH ACT (42 USC 1751 <i>et seq.</i>)</b>   |  |
| <b>CHILD NUTRITION ACT OF 1966 (42 USC 1771 <i>et seq.</i>)</b> | <b>1001.43, 1006.06, 1006.0606, F.S.</b> |
| <b>STATE BOARD OF EDUCATION RULES(S):</b>                       | <b>6A-7.040, 6A-7.041, 6A-7.042</b>      |
| <b>HISTORY:</b>   | <b>ADOPTED:</b>                          |
|   | <b>REVISION DATES:</b>                   |