

Related Entries: (Not identified at this time)

### Local School Wellness

The School District of Lee County is committed to providing a school environment that enhances learning through the development of lifelong wellness practices.

The Student Wellness Policy developed by the Student Health Advisory Committee (SHAC) and the Lee County School District Wellness Policy Team is implemented as part of the requirements of the Healthy Hunger-Free Kids Act. SHAC and Wellness Team members include food service, school health curriculum, school administration, a school board member, parents, students, and community representatives in the health care field.

#### 1) Nutrition Promotion

(a) The following standards apply to all foods available to students during the school day on any school campus. As defined by the Healthy Hunger-Free Kids Act, the school day is the period from the midnight before to 30 minutes after the end of the official school day. The school campus is defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

#### (b) School Meals

##### 1. Breakfast

- a. All schools will provide breakfast through the United States Department of Agriculture's (USDA) Universal School Breakfast Program at no charge to all students within the Lee County Public School system, except Charter School students, as required by Board Policy 8.01.
- b. All school meals will comply with USDA regulations and state rules including calorie, fat, sugar, and sodium restrictions as part of the Healthy Hunger-Free Kids Act.
- c. Students with special dietary needs will be accommodated as required by USDA regulations. A District dietitian will be available to meet with students and parents/guardians to discuss meal options.
- d. Students will be allowed, once seated, a minimum of 10 minutes to eat breakfast. A variety of service options are available to all schools which include grab 'n go breakfast meals, breakfast in the classroom, traditional style in the cafeteria, and other identified initiatives.

- 45 e. Parents/guardians will be able to view the food and beverage items their  
46 student is buying using a District approved online meal account/payment  
47 system.  
48
- 49 f. Dining area and cafeterias are attractive and include enough seating to  
50 accommodate all students who would like to sit and eat.  
51
- 52 g. All menus, nutritional content, and ingredient information will be available  
53 on the District's menu website NutriSlice and via hardcopy upon request.  
54

## 55 2. Lunch

- 56
- 57 a. All schools will make lunch available through the United States Department  
58 of Agriculture's (USDA) National School Lunch Program.  
59
- 60 b. All school meals will comply with USDA regulations and state rules  
61 including calorie, fat, sugar, and sodium restrictions as part of the Healthy  
62 Hunger-Free Kids Act.  
63
- 64 c. Students with special dietary needs will be accommodated as required by  
65 USDA regulations. A District dietitian will be available to meet with students  
66 and parents/guardians to discuss meal options.  
67
- 68 d. Students will be allowed, once seated, a minimum of 15 minutes to eat  
69 Lunch. If time is a concern, alternate arrangements will be made which may  
70 include more time allotment to the student(s) in question.  
71
- 72 e. There should be enough meal periods to assure the student per meal  
73 period ratio is such that students can be moved through the lunch line(s)  
74 efficiently.  
75
- 76 f. At least one alternate lunch entrée will be offered at all schools daily to  
77 allow for choice and variety while remaining within the USDA guidelines.  
78
- 79 g. Parents/guardians will be able to view the food and beverage items their  
80 student is buying using a District approved online meal account/payment  
81 system.  
82
- 83 h. Dining area and cafeterias are attractive and include enough seating to  
84 accommodate all students who would like to sit and eat.  
85
- 86 i. All menus, nutritional content and ingredient information will be available  
87 on the District's menu website NutriSlice and via hardcopy upon request  
88

## 89 3. After-School Snack Program

90

- 91 a. All After-School Snack Programs will comply with the USDA regulations  
92 and state rules.  
93
- 94 b. After-School Snack Programs will be provided by the Food and Nutrition  
95 Services Department of the School District of Lee County. Contracted  
96 snack programs must use Food and Nutrition Services for snacks.  
97
- 98 c. All After-School Snack Programs menus will be approved by the Food and  
99 Nutrition Services Department to ensure that the proper food components  
100 are offered on a daily and weekly basis. Fresh produce is highly  
101 encouraged as part of the After School Snack Program.  
102
- 103 4. A la Carte & Student Vending  
104
- 105 a. All a la carte food and beverage items available to students during the  
106 school day will meet the USDA Smart Snack in Schools requirements and  
107 must be approved by the Food and Nutrition Services Department prior to  
108 the sale of any item(s).  
109
- 110 b. Approval for any food and/or beverage item sold in a vending machine that  
111 is accessible to students during the school day must be obtained from Food  
112 and Nutrition Services prior to the sale of any item(s) and all items in  
113 question must meet the Smart Snack in Schools requirements.  
114
- 115 c. Documentation of approval must be maintained by the school as well as by  
116 Food and Nutrition Services. Documentation is to include approval of a  
117 Vending Application, nutritional labels, and ingredient lists for all food and  
118 beverages being sold.  
119
- 120 d. All beverages sold to students during the school day will be in compliance  
121 with the USDA Smart Snack in Schools requirements established for the  
122 relevant school level of elementary, middle, and high.  
123
- 124 5. Fundraisers  
125
- 126 a. It is highly encouraged that all foods and beverages sold for fundraising  
127 purposes during the school day follow the Smart Snack in Schools  
128 Guidelines.  
129
- 130 b. A list of non-food related Fundraiser ideas can be found on the Student  
131 Wellness Policy website.  
132
- 133 c. Each school is allotted a specific number of days during which the sale of  
134 food and beverages (for fundraising purposes) that do not meet the  
135 nutritional regulations is allowed:
- 136 1) Elementary Schools are allowed a total of 5 days
  - 137 2) Middle Schools are allowed a total of 10 days

- 138                                    3) High Schools are allowed a total of 15 days  
139  
140                                    d. Approval for any food and/or beverage item sold for fundraising purposes  
141                                    must be obtained from Food and Nutrition Services prior to the sale of any  
142                                    item(s).  
143  
144                                    e. Documentation of approval must be maintained by the school as well as by  
145                                    Food and Nutrition Services. Documentation is to include approval of a  
146                                    Fundraiser Application, nutritional labels, and ingredient lists for all food  
147                                    and beverages being sold.  
148  
149                                    f. Once a school has used up their allocated non-nutritional food/beverage  
150                                    fundraiser days, then all food and beverage items made available for sale  
151                                    during the school day for fundraising purposes must adhere to the Smart  
152                                    Snack in Schools guidelines.  
153  
154                                    g. Food fundraisers that sell food not meant for consumption at the time of  
155                                    sale or fundraisers that take place off of school campus, are exempt from  
156                                    meeting the nutritional guidelines.  
157  
158                                    h. Fundraiser foods and beverages will not be sold during meal periods in the  
159                                    same area where reimbursable meals are being served as required by  
160                                    Board Policy 8.02.  
161  
162                                    6. School Stores/Group Sales  
163  
164                                    a. Foods sold in school stores during the school day must meet the nutritional  
165                                    requirements as stated in the USDA Smart Snack in Schools guidelines.  
166  
167                                    b. Approval for any food and/or beverage item sold in a school store or by an  
168                                    organization or school group must be obtained from Food and Nutrition  
169                                    Services prior to the sale of any item(s).  
170  
171                                    c. Documentation of approval must be maintained by the school as well as by  
172                                    Food and Nutrition Services. Documentation is to include approval of a  
173                                    Vending Application, nutritional labels, and ingredient lists for all food and  
174                                    beverages being sold.  
175  
176                                    7. Concession. Concession stands operating during the school day must adhere  
177                                    to the Smart Snack in Schools guidelines. Concession stands operating  
178                                    outside of the school day are exempt from restriction on food and beverages  
179                                    sold to students.  
180  
181                                    8. Other Foods Available to Students  
182  
183                                    a. The principal or designee of each individual school site is granted the  
184                                    authority to establish rules that address foods brought into the classroom

- 185 for celebration purposes. It is highly suggested that no foods from home be  
186 brought into classrooms for celebrations due to food allergies and  
187 sensitivities. All foods brought into the classroom for celebrations purposes  
188 should be pre-packaged items from an approved, reputable vendor such  
189 as a grocery store.
- 190
- 191 b. It is encouraged that foods brought into the classroom for celebrations be  
192 of nutritional value and follow the Smart Snack in Schools guidelines.
- 193
- 194 c. It is encouraged that non-food alternatives are used as rewards during the  
195 school day.
- 196
- 197 d. A list of healthy party alternatives and reward ideas will be provided on the  
198 Student Wellness Policy Website.
- 199
- 200 e. Students are allowed to have individual water bottles in the classroom  
201 unless disciplinary issues dictate otherwise.
- 202
- 203 9. Marketing Food and Beverage. Advertising visible to students during the  
204 school day should be consistent with the USDA Smart Snack, The National  
205 School Breakfast Program, and the National School Lunch Program  
206 requirements.
- 207
- 208 (c) Nutrition Education
- 209
- 210 1. General Requirements
- 211
- 212 a. All students in grades K-12, including students with disabilities, special  
213 healthcare needs, and those in alternative educational settings, have the  
214 opportunity to participate in a variety of learning experiences that support  
215 development of healthful eating habits to support lifelong wellness habits.
- 216
- 217 b. Schools will strive toward integrating nutrition with the coordinated school  
218 health initiative.
- 219
- 220 c. Schools will utilize the Florida Department of Education Health Education  
221 Benchmarks for each grade level as required by the Florida Sunshine State  
222 Standards. A survey will be sent out from the Nutrition Wellness  
223 Coordinator to every school to monitor progress and implementation.
- 224
- 225 2. Elementary
- 226
- 227 a. A minimum of 1 hour of classroom time for nutrition education will be  
228 provided each month to all students as part of a comprehensive health  
229 education curriculum which promotes the relationship between personal  
230 behavior and health.
- 231

- 232 b. Nutrition education may be provided via the School District of Lee County's  
233 Healthy Living Lab educational mobile unit that is accessible to any school  
234 willing to participate as time allows.  
235
- 236 c. Nutritional education may be provided via the USDA Fresh Fruit and  
237 Vegetable Program.  
238
- 239 d. Schools will promote the integration of nutrition education into other areas  
240 of curriculum such as math, science, health, physical education, language  
241 arts, and social studies as is suitable per grade level.  
242
- 243 3. Middle School  
244
- 245 a. A minimum of 1 hour of classroom time for nutrition education will be  
246 provided each month to all students as part of a comprehensive health  
247 education curriculum which promotes the relationship between personal  
248 behavior and health.  
249
- 250 b. Nutrition education will be incorporated into Physical Education classes to  
251 reinforce the importance of healthy nutrition.  
252
- 253 c. Schools will promote the integration of nutrition education into other areas  
254 of curriculum such as math, science, health, physical education, language  
255 arts, and social studies as is suitable per grade level.  
256
- 257 4. High School  
258
- 259 a. Nutrition education will be provided by the Health Opportunities through  
260 Physical Education program, HOPE. HOPE is a year-long health and  
261 physical education course required of all high school students.  
262
- 263 b. Schools will promote the integration of nutrition education into other areas  
264 of curriculum such as math, science, health, physical education, language  
265 arts, and social studies as is suitable per grade level.  
266
- 267 2) Physical Activity and Physical Education. According to the Center for Disease Control  
268 (CDC), regular physical activity for school aged children improves strength, helps build  
269 healthy bones, improves endurance, helps maintain a healthy weight, reduces anxiety  
270 and stress, increases self-esteem, and positively affects the overall health of the child.  
271 Schools can promote physical activity through comprehensive school physical activity  
272 programs including recess, classroom based physical activity, intramural physical  
273 activity, interscholastic sports, and physical education. The primary goals of each school  
274 should be to provide opportunities for every student to develop the knowledge and skills  
275 for activities, maintain fitness, and gain appreciation for physical activity through a  
276 healthy lifestyle.  
277

278 (a) Physical Education. The following standards apply to all grade levels. Standards for  
279 grade levels K-8 will be administered based on the Florida Next Generation  
280 Sunshine State Standards. Standards for grade levels 9-12 will be administered  
281 based on the Florida Next Generation Sunshine State Standards and HOPE. The  
282 goals of the School District of Lee County for K-12 Physical Education are in  
283 alignment with the Florida Next Generation Sunshine State Standards which are:

284  
285 Standard 1: Demonstrate competency in many, and proficiency in a few,  
286 movement forms from a variety of categories.

287  
288 Standard 2: Identify, analyze and evaluate movement concepts, mechanical  
289 principles, safety considerations and strategies/tactics regarding movement  
290 performance in a variety of physical activities.

291  
292 Standard 3: Participate regularly in physical activity.

293  
294 Standard 4: Develop and implement a personal fitness program to achieve and  
295 maintain a health-enhancing level of physical fitness.

296  
297 Standard 5: Exhibit responsible personal and social behavior that respects self  
298 and others in physical activity settings.

299  
300 Standard 6: Value physical activity for health, enjoyment, challenge, self-  
301 expression and/or social interaction.

302  
303 (b) Physical Activity

304  
305 1. Elementary School

306  
307 a. A minimum of 150 minutes of physical activity is required for all  
308 elementary school aged children within each school week as required by  
309 Board Policy 3.07.

310  
311 b. Staff members shall not deny participation in recess or other physical  
312 activity opportunities as a form of discipline or punishment unless to  
313 protect the safety of students is in question as required by Board  
314 Policy 3.07.

315  
316 c. Schools are encouraged to practice classroom participation in physical  
317 activity that include stretch breaks and interactive “brain breaks” that  
318 allow students to move around to help regain focus on education lessons.  
319 Tips and ideas can be found on the Student Wellness Policy Website.

320  
321 d. All Elementary Schools will promote Physical Education and Activity as  
322 stated in The School Board of Lee County PreK-12 Physical Education  
323 Board Policy 3.07.

324

- 325                   2. Middle School  
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327                   a. Florida law requires the equivalent of one class period per day of physical  
328                   education for one semester of each year for students enrolled in grades  
329                   6 through 8.  
330  
331                   b. Schools are encouraged to practice classroom participation in physical  
332                   activity that include stretch breaks and interactive “brain breaks” that  
333                   allow students to move around to help regain focus on education lessons.  
334                   Tips and ideas can be found on the Student Wellness Policy Website.  
335  
336                   c. All Middle Schools will promote Physical Education and Activity as stated  
337                   in The School Board of Lee County PreK-12 Physical Education Board  
338                   Policy 3.07.  
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- 340                   3. High School  
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342                   a. Physical education and activity will be provided through the Health  
343                   Opportunities through Physical Education, HOPE. HOPE is a year-long  
344                   health and physical education course required of all high school students.  
345  
346                   b. Florida Next Generation Sunshine State Standards require that the  
347                   Physical Education course include the integration of health education.  
348  
349                   c. All High Schools will promote Physical Education and Activity as stated in  
350                   The School Board of Lee County PreK-12 Physical Education Board  
351                   Policy 3.07.  
352
- 353 3) Health Education. As part of the Florida Coordinated School Health Program through  
354     the Next Generation Sunshine State Standards, classroom health education will be  
355     specific to all grade levels by reinforcing the knowledge and self-management skills  
356     needed to maintain a healthy lifestyle.  
357
- 358                   (a) All schools will follow the eight components of the Florida Coordinated School  
359                   Health approach:  
360
- 361                   1. Lessons that instill healthy behaviors
  - 362
  - 363                   2. Exercise for strong flexible bodies
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  - 365                   3. Appealing and healthy food choices
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  - 367                   4. Reduction of illness and injury
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  - 369                   5. Nurturing safe and supportive environment
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  - 371                   6. Integration of mind, emotion, and body

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7. Network of health conscious staff modeling wellness for students
  8. Good family and community relations
    - (b) All Schools will follow the Health Education State Standards as implemented by the Next Generation Sunshine State Standards for Health Literacy Concepts, Health Literacy Promotion, and Health Literacy Behavior for each specific grade level.
    - (c) All 6-12 grade levels of The School District of Lee County are invited to participate in the Healthy Schools Initiative that is in partnership with the University of South Florida.
    - (d) All Health Education within the schools will aim to help students develop life-long healthy habits.
    - (e) The standards set forth by the state of Florida define the essential skills and knowledge for students to live a healthy lifestyle. A link for the standards and resources for how to incorporate them into the classroom can be found on the Wellness Policy Website.
  - 4) Staff Wellness. Employee health promotion and wellness programs will be supported to achieve improved staff health, energy, and to enable staff to serve as role models of a healthy lifestyle for our students.
    - (a) The District Employee Wellness Coordinator will facilitate a consistent wellness message to increase and enhance effective staff wellness initiatives.
    - (b) Employees shall be encouraged to engage in daily physical activity.
    - (c) Schools will be encouraged to include an employee wellness goal in their School Improvement Plans.
    - (d) The District will provide information to all employees regarding wellness resources, programs, and healthy initiatives.
  - 5) Monitoring, Evaluating, and Recordkeeping
    - (a) Each school will establish a Healthy School Team by June 30, 2015. The Healthy School Team will be responsible for the following:
      1. Monitor the sale of food and beverage items in competition with the district approved food service programs to ensure compliance with the Smart Snack in Schools guidelines.

- 418                   2. Maintain a calendar identifying the dates when exempted competitive food  
419 fundraisers will occur in accordance with section 1)b)5.c. of this Policy.  
420
- 421                   3. Report compliance with the School District of Lee County's Local School  
422 Wellness Policy to the District's Food and Nutrition Coordinator of Special  
423 Projects.  
424
- 425           (b) The Principal and/or the Principal's designee will be the Healthy School Team  
426 Member designated to oversee the proper implementation and evaluation of the  
427 Wellness Policy in its entirety as it pertains to both staff and students per grade  
428 level at their school. Compliance will annually be based on an evaluation card  
429 that is created by the Wellness Policy Team and completed by The Healthy  
430 School Team Member(s).  
431
- 432           (c) The District's Food and Nutrition Coordinator of Special Projects will monitor to  
433 ensure that each school is implementing the Wellness Policy with assistance  
434 from each school's Healthy School Team member.  
435
- 436           (d) Each school will be evaluated annually for progress in attaining the goals of the  
437 Local School Wellness Policy and implementation of the Policy. A report of each  
438 school's progress will be made available annually on the Wellness Policy's  
439 website.  
440
- 441           (e) The Center for Disease Control and Prevention School Health Index will be used  
442 as a model for the evaluation tool to assess each school's progress.  
443
- 444           (f) The public will have unlimited access to the policy and updates via the Student  
445 Wellness Policy website.  
446
- 447   6) Policy Review. The Wellness Policy Team will review each school's progress annually  
448 to assure implementation and proper monitoring of the Policy. The Wellness Policy  
449 Team has the responsibility to hold a triennial review of the District's Wellness Policy  
450 for any changes or amendments that need to be made as necessary. The purpose of  
451 the triennial review is to determine compliance with the Wellness Policy, determine  
452 how the Wellness Policy compares to model wellness policies, and to monitor progress  
453 made in attaining the goals of the Wellness Policy.  
454

455 **STATUTORY AUTHORITY:** Program Requirements (42 USC 1758), Child Nutrition Act  
456 of 1966 (42 USC 1771 et seq), Richard B. Russell National  
457 School Lunch Act, PL 108-265, Section 204; Sections  
458 595.405, 1001.41, 1001.42, 1001.43, 1003.4284(3)(f) FS;  
459 5P-1.003 F.A.C.

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