

## **CHAPTER 2.00 - SCHOOL BOARD GOVERNANCE AND ORGANIZATION**

**2.20**

### **WELLNESS**

#### **POLICY:**

- I. The Superintendent of Putnam County shall establish a Wellness Policy that shall include, but not be limited to, the following components:
  - A. Nutrition Goals will promote healthy eating behaviors for students and staff. Nutrition Goals will provide students in pre-kindergarten through grade 12 with behavior-focused nutrition education integrated into the curriculum.
  - B. Physical Activity Goals will provide all students (pre-kindergarten through grade 12) and staff, with the opportunity to participate in physical activities that help develop the knowledge, attitudes, skills, behaviors, and confidence needed to be physically active for life.
  - C. Goals for other School-Based activities will support healthy life styles, through schools maintaining ongoing communication with parents regarding nutrition, health, and exercise through the dissemination of information via school newsletter, the local media, workshops, PTO, school advisory council meetings and the Putnam County School District website.
  - D. A plan for implementing the goals of the program will go into effect on July 1, 2006.
  - E. Nutrition guidelines for food and beverages available on each school campus during the school day will be consistent with the Dietary Guidelines for Americans. Schools will provide food options that are lower in fat, calories and added sugars, such as fruits, vegetables, whole grains and low-fat or nonfat dairy foods. Reimbursable meals shall not be less restrictive than regulations and guidance issued by USDA.
  - F. The Superintendent shall appoint a Wellness Coordinator and Wellness Steering Committee to manage and coordinate the implementation of the program. The steering committee will include, but not be limited to, representatives from the following areas: parents, students, school foodservice, School Board, School Administrators and the community.

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**2.20** (Continued)

- G. School Administrators shall appoint a Wellness Contact at each school site to work with the Wellness Coordinator regarding implementation and evaluation of the program.
  - H. Evaluation and Modification of the program will be based on assessment data from the School Health Advisory Council, Food Service, and information from School Advisory Councils and reported to the Board as necessary.
- II. This program shall meet the requirements of the National School Lunch Act and the Child Nutrition Act Section 204 of Public Law 108-265 – June 30, 2004.

STATUTORY AUTHORITY :

1001.41, 1001.42, F.S.

LAWS IMPLEMENTED :

CHILD NUTRITION ACT OF 1966 (42 USC 1771 et seq.)  
RICHARD B. RUSSELL NATIONAL LUNCH ACT PL 108-265, Section 204  
1001.43, 1006.06, 1006.0606, F.S.

STATE BOARD OF EDUCATION RULE(S)

6A-7.0411

History:

Adopted: 05-02-06 Revision Date(s): Formerly: New
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