

## Why is a Wellness Plan Needed?

Public Law 108-265 requires appropriate goals for nutrition education, nutrition guidelines for schools, and physical activity designed to promote wellness be in place as of July 1, 2006. These goals are especially important in Florida, which received a “D” when rated for state and local efforts to control childhood obesity. The law requires that the plan developed by local school districts be measured for implementation.

### What are the goals of our plan?

While the wellness plan has specific goals, an overriding objective is to help children and staff alike learn healthier eating habits and adopt fitness attitudes and practices that will ensure long-term well-being. The multifaceted plan’s four components—

- ▲ **Nutrition Education**
- ▲ **Physical Activity**
- ▲ **Nutrition Standards for all available foods**
- ▲ **Other School-Related Activities**

include strategies that are now being implemented to achieve that objective.



## Resources



▲ [www.choosemyplate.gov](http://www.choosemyplate.gov)

- ▲ [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- ▲ [www.fns.usda.gov](http://www.fns.usda.gov)
- ▲ <http://science.education.nih.gov/supplements>
- ▲ <http://science.education.nih.gov/customers.nsf/highschool.htm>
- ▲ <http://science.education.nih.gov/customers.nsf/middleschool.htm>
- ▲ <http://science.education.nih.gov/customers.nsf/elementaryschool.htm>

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## Wellness Policy and Plan



[www.levy.k12.fl.us](http://www.levy.k12.fl.us)

# The Four Components of our Wellness Plan

## NUTRITION EDUCATION

### ▲ Implementation

The nutrition education curriculum will be consistent with the current Florida Sunshine State Standards. At least five (5) hours of classroom nutrition education will be provided each year for all students.

### Evaluation & Measurement

Sunshine State Standards and documentation provided by the SBLC on-line Health Education Tracking Form submitted by classroom teachers via the link below:

file:///C:/Documents%20and%20Settings/phillian/Desktop/Health%20Ed%20Tracking%20Form.htm

### ▲ Implementation

Site licenses for Discovery Health Connections will be provided to the school sites in addition to nutrition and health information from the Levy County Health Department, and the Family Nutrition Program, UF IFAS Extension Levy County.

### Evaluation & Measurement

Discovery Health Reports **PHYSICAL EDUCATION**

### ▲ Implementation

Schools will use the Comprehensive Student Progression Plan (CSPP) as a guide for integrating physical activity into the school day. Physical activity will be strongly encouraged during daily recess at all elementary schools.

### ▲ Implementation

Grades 9-12 will be required to take Physical Education/Personal Fitness for a minimum of one (1) credit.

### Evaluation & Measurement

Reported to FDOE annually through FTE.

## NUTRITION STANDARDS for all foods available

### ▲ Implementation

All school meals will comply with USDA regulations, Florida Department of Agriculture and Consumer Services (FDACS), and State Board of Education rules to promote good nutrition for students and staff.

### Evaluation & Measurement

Menus reviewed by Florida Department of Agriculture and Consumer Services (FDACS) and Food, Nutrition and Wellness (FNW) approved policies and agreements.

### ▲ Implementation

Compliance with meal patterns for breakfast and lunch under the National School Breakfast Program (NSB), National School Lunch Program (NSLP), and other nutrition programs as part of the Healthy Kids Hunger-Free Act of 2010 (Administrative Reviews will be conducted by FDACS as determined by a scheduling process for participating districts.)

### Evaluation & Measurement

Food production records; purchasing records.

### ▲ Implementation

Celebrations, classroom rewards, fundraising, and school-sponsored events will follow established guidelines printed in the Wellness Plan.

### Evaluation & Measurement

Documentation of Faculty Review of plan and of distribution of the list of “healthy” food choices for class rewards and snacks.

## OTHER SCHOOL-BASED ACTIVITIES

### ▲ Implementation

The school and worksite environment is tobacco, alcohol and drug free.

### Evaluation & Measurement

School Board Policy



Our Wellness Plan offers an opportunity to create an environment that promotes healthy choices. By combating childhood obesity — an epidemic of nearly nine million overweight children and adolescents in the U.S. — we hope to stem the rise of dangerous consequences, including: Type 2 diabetes, heart disease, high blood pressure, stroke, certain cancers, and gall bladder disease.

<http://www.levy.k12.fl.us/departments/food%20service/wellness/default.asp>