



**School  
WELLNESS!  
Staff Presentation**

# Levy County School Board Wellness Policy and Plan

➤ <http://www.levy.k12.fl.us/>

➤ Go to Departments

➤ Food Service

➤ Click on Wellness Policy

➤ Click on Wellness Plan

➤ Click on Wellness Links for students, teachers, or parent resources 😊



# Some highlights.....

- Schools will be encouraged to limit celebrations that involve food during the school day. *Teachers should monitor to ensure that no more than one food or beverage that does not meet nutrition standards are available at classroom events.*
- Everyone is encourage to think of ways to celebrate that does not include food.

- School should not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.



- At least 50 percent of fundraising activities will not involve the sale of food and/or beverages.
- Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period for middle and high and **after** school for elementary.
- If you have a food fundraiser, check with your principal or Wellness Contact.

- At least 5 hours of classroom nutrition education will be provided each year for all students as part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health.
- Your school wellness contact has a tracking form to document hours of instruction.



- Nutrition education should be integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.
- Elementary—150 minutes of PE per week **REQUIRED**.
- Middle School—225 minutes per week encouraged.

Link to the legislation:

<http://www.freshfromflorida.com/divisions/fnw/wellness.htm>



# National School Lunch & Breakfast

- Levy County participates
- Must follow federal guidelines in order to be reimbursed: Rates are-
  - Less than 60% F/R \$2.37 for Reduced and \$2.77 for Free
  - More than 60% F/R \$2.39 for Reduced and \$2.79 for Free
- Federal Guidelines state that:
  - \* Federally reimbursable meals and snacks will be the primary source of foods and beverages offered at school.
  - \* Each state must have a competitive food rule—Florida's rule is :  
No competitive foods in elementary schools. No competitive foods sold until one hour after last lunch period in secondary schools. However, in high schools, the sale of carbonated beverages is allowed at all times if a 100% fruit juice is sold at each location where the carbonated beverages are sold. The location cannot be where breakfast or lunch are served or eaten. 100/% juice may be sold all times during the day at any location.



# At School. At Home. Eating Out.

## Make Half Your Plate Fruits & Vegetables



For Additional Resources check out:

[http://www.freshfromflorida.com/divisions/fnw/nutrition\\_resources.html](http://www.freshfromflorida.com/divisions/fnw/nutrition_resources.html)

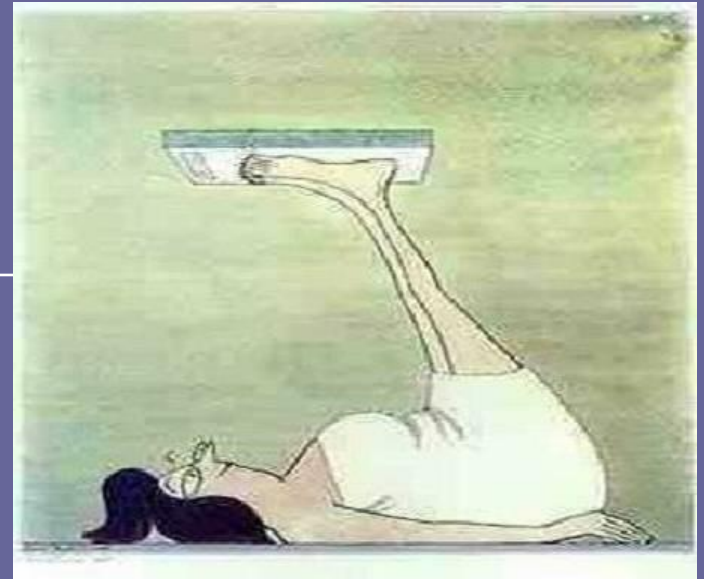
# More Federal Guidelines

- **Foods of Minimal Nutritional Value**--Section 10(a) of the Child Nutrition Act of 1966 (42 U.S.C 1799(a)) directs USDA to regulate the service of foods made available in competition with reimbursable meals served under the National School Lunch Program (NSLP) and School Breakfast Program (SBP).
- If schools are found not be in compliance during an audit they may have to pay back funds received through the National School Lunch & Breakfast program for have funds withheld
- For more information go to <http://www.fns.usda.gov/cnd/lunch/>

# HACCP Legislation

- Hazard Analysis Critical Control Point or HACCP requires that every school food authority ensure that only safe food of the highest quality is served to children.





- Fitness trail/track available
- Talk to your school nurse
- Participate in County Health Department Exercise Programs—they are FREE
- Form a School-site fitness group

# GENERAL HEALTH EDUCATION / SAFETY TOPICS

*If you would like a presentation or information on any topic areas below, please contact your school nurse. She may be able to provide this information herself or invite a guest speaker.*

**ALCOHOL USE AND ABUSE**

**DRUG USE AND ABUSE**

**TOBACCO**

**SMOKELESS TOBACCO**

**DENTAL HEALTH GROWTH AND DEVELOPMENT**

**VIOLENCE PREVENTION**

**INJURY PREVENTION**

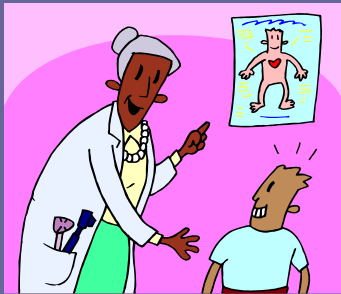
**GENERAL PERSONAL HEALTH**

**CONFLICT RESOLUTION**

**CHRONIC DISEASE**

**PREGNANCY PREVENTION**

**MENTAL HEALTH**



To review Wellness Legislation and state statute visit:

<http://www.freshfromflorida.com/divisions/fnw/>

If you would like assistance with Health Related curriculum contact your school nurse, wellness coordinator, or the county health department.

If you are interested in serving on the SBLC Wellness Committee please contact: Carol Jones, 486-5231 or

[JonesC@levy.k12.fl.us](mailto:JonesC@levy.k12.fl.us)

Two new resources to check out:

<http://www.pueblo.gsa.gov/cfocus/cfschool06/focus.htm>

<http://www.nsba.org/MainMenu/SchoolHealth/SchoolHealthRelatedLinks/Wellness.aspx>