

2006-2007 Dade County School System Wellness Policy

Federal Law 108-265 requires each school system to have in place a Wellness Policy by June 30, 2006. Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, Dade County School System developed a Wellness Plan that includes:

- Goals for nutrition education, physical activity and other school-based activities designed to promote student wellness
- Nutrition guidelines for all foods available on each school campus
- Involves key stakeholders in the development of the system wellness plan

The following stakeholders developed the Dade County School Wellness Policy: Sonya Middlebrooks-parent, Melody Hawkins-School nurse, Jill Higdon-High School Health and Physical Educator, Rhonda Bradford-Elementary Health and Physical Educator, Donna Street-Administrator, Wilma Crane-School Nutrition Director, Nathan Wooten-School Board Chairman, Bonnie Cayce, High School Family and Consumer Science Educator, Sarah McCurter-student representative, Shannon Roddy- Middle School Literature Educator, Lee Anne Gibson, Elementary Educator.

Component 1: Set Nutrition Education Goals

- Nutrition education will be evident in the school dining rooms through posters, table tents, and sneeze guard signage
- State and local district health education curriculum standards and guidelines will include a focus on nutrition and health
- Nutrition is integrated into the health education and core curriculum at all school levels/grades
- Schools will be encouraged to conduct nutrition education activities and promotions throughout the school year
- Schools include professional development activities that promote good nutrition and physical activities
- The school community will encourage increased consumption of a variety of healthy foods; fruits, vegetables, whole grains, low fat dairy products, and lean protein
- Information will be provided for parents to incorporate physical activity and healthy eating into their children's lives

Component 2: Set Physical Activity Goals

- Each school will develop a program to increase staff physical activity
- Eliminate all personal electronic devices used by students on school campuses
- Every student will meet the state time requirements for age appropriate Physical Education
- Every physical education class will be taught by a certified Physical Education teacher
- Schools will provide adequate space and safe equipment for physical education
- Physical Education will be safe and appropriate for all students
- Physical Education will promote an active lifestyle designed to create a positive interest and proficiency in skill levels
- Physical Education class will not be used as a means of punishment or discipline
- Physical Education and Health curriculums will be coordinated at all levels
- After school programs will provide supervised and age appropriate physical education activities

Component 3: Establish Nutrition Standards for ALL Foods Available on School Campus during the School Day

- The School Nutrition Program (SNP) will meet the USDA dietary guidelines for every meal served
- The SNP will use standardized recipes
- Cafeteria staff will serve age appropriate portions
- Half of the bread products served by the cafeteria will be whole grain
- The cafeteria staff will offer a high fiber vegetable choice on a daily basis
- Cafeteria menus will decrease the amount of fried foods offered on a daily basis
- Schools will allow adequate time for each student to eat breakfast
- Schools will schedule snack breaks for students after lunch

Component 4: Guidelines for Food and Beverages Served and Sold during the School Day (The school day is defined by local policy)

- Eliminate the availability of carbonated drinks to students
- Provide Elementary parents with a lists of “healthy snacks”
- Snacks sold to students will contain 200 calories or less per serving

Component 5: Competitive Food

(Food sold in competition with the National School Lunch and Breakfast Program to children in food service areas during the breakfast and lunch periods)

- No food shall be sold to any student from the beginning of the school day until after the last lunch is served and all student lunch periods have ended and students have left the cafeteria.

Component 6: Programs designed to promote student wellness

- Ensure fundraising efforts and reward programs are supportive of healthy eating by encouraging principals and teachers to offer healthy food sales and distribution
- Provide on-going professional training and development for food service staff
- Provide information in student handbooks that promotes healthy food selections at school and in the community
- Encourage student participation in school extracurricular activities through student handbooks and school announcements.
- Principals and/or school nurses in coordination with the media specialist will build a school collection of health related media and information for parent, student and teacher use
- Provide opportunity for school nurses to conduct annual screenings of students for health related issues such as hearing, vision, and scoliosis
- Schools will promote proper hand washing and sanitation techniques by making soap available (hand sanitizers are not appropriate substitutes)

The Dade County School Wellness Policy will be assessed annually for effectiveness and implementation. This review will help promote and encourage sound nutritional and physical activity practices by students and staff.

Approved by the Dade County Board of Education June 19, 2006