

Related Entries: (Not identified at this time)

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 following requirements are established to accomplish this goal:

- (1) Child Nutrition Programs shall be accessible to all children and comply with federal, state and local requirements.
- (2) Sequential and interdisciplinary nutrition education shall be integrated into other areas of curriculum such as science, language arts and mathematics.
- (3) *The K-12 Physical Education Plan* shall address the enhancement of motor, cognitive and interpersonal skills as well as the fitness abilities of each student. The Physical Education program also shall encourage patterns of meaningful physical activity to connect to students' lives outside of the school physical education setting.
- (4) All school-based activities shall be consistent with local wellness policy goals.
- (5) All foods and beverages made available on campus (including vending, concessions, a la carte, student stores and fundraising) during the school day shall be consistent with the current USDA Dietary Guidelines for Healthy Americans.
- (6) All foods made available on campus shall adhere to food safety and security guidelines
- (7) The school environment shall be safe, comfortable, pleasing; and allow ample time and space for eating meals.
- (8) The Principal and/or the Principal's designee shall be designated to oversee the implementation and evaluation of this Policy.
- (9) Wellness Policy guidelines shall be developed by the Superintendent's designee(s) and the School Health Advisory Committee and reviewed annually.
- (10) The effectiveness of the Wellness Policy and recommended revisions, if necessary, will be presented to the Lee County School Board in May of each year.

43 **STATUTORY AUTHORITY:** 1001.41, 1001.42, 1001.43, 1006.06, 1006.0606, F.S.;
44 SBER 6A-7.0411; Laws Implemented: Child Nutrition Act
45 of 1966 (42 USC 1771 *et seq*) Richard B. Russell National
46 School Lunch Act, PL 108-265, Section 204
47
48 Adopted: 1/6/09