

MT. PLEASANT STANDARD BASED MIDDLE SCHOOL

WELLNESS POLICY

I. Philosophy. The Mt. Pleasant S.B. Middle School, a chartered school of Hillsborough County School District, believes that children and youth who begin each day as healthy individuals can learn more and learn better and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

II. Nutrition. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

- (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the school's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize students, parents, staff and community advisory groups whenever possible.
- (b) Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
- (c) A la Carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
- (d) Vending Machines.
 - 1. All snack vending machines shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; less than 30% fat or less of the total calories, one or more grams of fiber, at least 10% of RDI of calcium, iron, vitamin A or vitamin C.
 - 2. Vending machines where student meals are served or eaten shall not include carbonated beverages.
 - 3. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:
 - a. Water
 - b. Fruit juice – 100%

- c. Non-carbonated drinks with less than 150 calories
 - d. No more than 1/3 of the choices will be carbonated drinks
4. The beverage vending machines may also include:
- a. Non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
 - b. Other non-carbonated drinks
- (e) Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

III. Health Education and Life Skills. Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- (a) Our school shall provide for an interdisciplinary, sequential skill-based nutrition education program based upon state standards and benchmarks.
- (b) Students shall have access to valid and useful health information and health promotion products and services.
- (c) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- (d) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.
- (e) A qualified, registered and or licensed Dietitian will be invited to do an annual presentation during National Nutrition Month. The educator will be invited from Tampa Dietetic Association (TDA), Florida Dietetic Association (FDA), American Dietetic Association (ADA), Network of Blacks in Dietetics and Nutrition (NOBIDAN), Nutrition Department of the Hillsborough County Health Department, James A. Haley VA Center Nutrition Interns or a Nutritionist from one of the local hospitals.

IV. Physical Education and Activity. A certified specialist shall teach physical education. A qualified staff member shall provide physical activity. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all

students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

(a) Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

1. Participation in such physical activity shall be required for all students in 6th through 8th grade for a minimum of thirty minutes, three days a week, or the equivalent.
2. Such instruction may be provided for grades 6-8 through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities.
3. Our schools shall require one (1) credit each year, to include one semester of Health and/or Personal Fitness.
4. Students may waive a portion or all of these requirements only to the extent permitted by state law and/or required by their medical needs with a physician written statement.

(b) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

(c) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

V. Healthy and Safe Environment. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

(a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.

(b) Schools shall maintain an environment that is free of tobacco, alcohol and other drugs.

(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

(d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

VI. Social and Emotional Well-Being. Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

(a) Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

(b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.

(c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relationship.

(d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors, which may interfere with health development.

VII. Health Services. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

(a) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Hillsborough County School District and the Hillsborough County Health Department. The partnership established between the school and Well Care will be instrumental in obtaining other health related resources for the school.

(b) Our School Board and Principal shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

(c) A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening (including Body Mass Index (BMI), height/stature and weight with Growth Chart.

etc., community health referrals, and immunizations, parenting skills, first aid and other pertinent health education topics.

VIII. Family, School and Community Partnership. Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

(a) Family, student and community partners shall be included on an ongoing basis with bi-annual meetings in school and district wellness planning processes. The committee does involves:

1. Students (1 from each grade level)
2. Parents (1 male and 1 female)
3. School Food Service Worker
4. School Board Member
5. School Administrator
6. Community Nurse
7. Teacher (Physical Education/Health)
8. Local Health Professionals

(b) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities

(c) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events

(d) School staff and the Board shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

VII. Guidelines for Reimbursable Meals – A committee of four people shall be in place to assure that reimbursable meals meet USDA guidelines and are not less restrictive. The committee will consist of a certified cook, the school principal, a nutritionist and the chairman of the board of trustees. Plans are being made to get these people involved in a two part workshop for the purpose of expanding on their knowledge and ability to meet the standards of the USDA and the requirements of the National School Lunch Program.

VIII - Evaluating the Wellness Policy – The Board of Trustee for Mount Pleasant Standard Based Middle School will require quarterly reports designed to evaluate our wellness policy and its implementation. In addition to reports, explanation from the school's wellness policy committee, the school will bring in a consultant twice a year to evaluate our program, our policy and our implementation.

The information obtained in this manner will be used to keep our program updated, in compliance and functional, also students will be polled every quarter to get their opinions on the schools nutrition program. Their opinions will be taken into consideration.

XI - Staff Wellness. The Board shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of school staff.

- a. Our school shall be in compliance with drug, alcohol and tobacco free policies of both the school and the District.
- b. Our school shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- c. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours at the school/on site self-sponsored program(s) or as part of discounted membership in local fitness facilities.

XII. – Reporting to the School Board

There are two sections in this Wellness Policy that address the recipient of the report will be submitted to and the frequency the report is due. The reporting information is contained in sections VIII and IX.

XIII - School Board Approval

The MPSBMS Wellness policy was presented to the Mount Pleasant Standard Based Charter Middle School Board to review. At a call meeting of the Board, discussion was held, several presentations were made and the Board approved the policy on May 8, 2006 at 8:30am. Ms. Yolonda Waitress, Principal, Carolyn Collins, Nutritionist, and Randolph Kinsey, Chairman, of the school’s Board of Trustees, and Reverend C.T. Kirkland, Vice-Chairman of the Board and the facility manager. Subsequent approvals with modifications will follow presentations to the board at the regular monthly meeting. A copy will be provided to all Board Directors.

Statutory Authority: _____ (1001.41, F.S.)
Law Implemented: _____ (1003.42, 1003.46, & 1006.06 F. S.)
Policy Adopted: _____ (March 8, 2006)
Mt. Pleasant Standard Based Middle School Board
Mr. Randolph Kinsey, Chairman