

The School Board of Hillsborough County

Bylaws & Policies

8510 - WELLNESS

As required by law, the Board establishes the following wellness policy for the District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and an ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regard to nutrition education, the District shall:
 1. Include nutrition education in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
 2. Include nutrition education in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 3. Integrate nutrition education into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.
 4. Establish nutrition education standards that are age appropriate and culturally relevant.
 5. Include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
 6. Extend nutrition education beyond the classroom by engaging and involving the school's food service staff.
 7. Display nutrition education posters, such as the Food Pyramid Guide, in the cafeteria.

8. Establish the school cafeteria as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.

9. Extend nutrition education beyond the school by engaging and involving families and the community.

10. Reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

11. Ensure nutrition education standards include a focus on media literacy as it relates to consumer education.

12. Ensure nutrition education standards promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

13. Require staff responsible for providing instruction in nutrition education to participate regularly in professional development activities designed to better enable them to teach the standards.

14. Provide information to parents that is designed to encourage them to reinforce at home the standards being taught in the classroom.

15. Provide K-5 classroom teachers with online resources in Nutrition Education.

B. With regard to physical activity:

1. Physical Education

a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards established by the State.

b. All students in grades K - 5, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive instruction in physical education for 60 minutes per week with a certified physical education teacher for the entire school year. In addition, students will receive an additional 90 minutes of physical activity per week as required by State Senate Bill 610.

c. Beginning with the 2009-2010 school year, all students enrolled in grades 6-8, including those with disabilities, special health care needs, and in alternative educational settings (to the extent consistent with the students' IEP's), shall receive one class period per day of physical education for one semester of each year.

d. All students entering their 9th grade year as of 2007-2008, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), are required to take one credit of physical education with the integration of health which is the Health Opportunities Through Physical Education (HOPE) course.

e. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

f. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.

g. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards established by the State.

h. The K-12 physical education program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

i. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least 30 consecutive minutes on any day during which physical education instruction is conducted.

j. Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

k. Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, or harassment of any kind.

l. Planned instruction in physical education shall include cooperative as well as competitive games.

m. Planned instruction in physical education shall take into account gender and cultural differences.

n. Planned instruction in physical education shall promote participation in physical activity outside the regular school day.

o. The District shall provide K-5 classroom teachers with online resources in physical education.

2. Physical Activity

a. Physical activity should not be employed as a form of discipline or punishment.

b. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

c. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.

d. All students in grades K-5 shall be provided with an additional 90 minutes of physical activity per week as required by the State Senate Bill 610.

e. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

f. All students in grades 6-12 shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity.

g. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.

h. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special healthcare needs.

i. All after-school programs shall provide developmentally appropriate physical activity for the students who participate.

j. The District shall provide K-5 classroom teachers with online resources in physical activity.

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

F.S. 1001.41, 1001.42, 1001.43, 1006.06, 1006.0605, 1006.0606

F.A.C. 6A-7.0411