



BAY DISTRICT SCHOOLS WELLNESS PLAN

This electronic edition of the Bay District Schools Wellness Plan is the latest edition.
It replaces earlier electronic and printed editions.

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I. VISION

The vision of Bay District Schools is to foster an environment that promotes health and wellness, engages the community in healthy lifestyles and choices, and carries out initiatives that promote the overall well-being of all students and staff.

II. PHILOSOPHY

The Bay District School Board is committed to providing school environments that promote and protect children, faculty, and staff well-being and ability to learn and perform by supporting healthy choices and physical activity. The Board believes a healthy staff can effectively perform their assigned duties and model appropriate wellness behaviors for students. These guidelines encourage a comprehensive wellness approach that is sensitive to individual and community needs. The policy is designed to promote physical and health education for students, staff, and other school personnel throughout the district in an effort to support a school district that fosters and promotes healthy lifestyles.

AS REQUIRED BY CONGRESS, SECTION 204, PUBLIC LAW 111– 296, HEALTHY, HUNGER-FREE KIDS ACT of 2010 (42 U.S.C. 1751 et seq.), THE OFFICE OF STUDENT SERVICES WILL RECOMMEND AND MONITOR OBJECTIVES FOR THE WELLNESS POLICY THROUGHOUT THE ENTIRE SCHOOL DISTRICT.

III. NUTRITION EDUCATION

Academic performance and quality of life issues are affected by the choices and availability of healthy food in our schools. Nutritious food supports physical growth, brain development, students' ability to learn, resistance to disease, and emotional stability. Our goals for each school year will be:

- A. The Department of Food Service will provide reimbursable meals and a la carte items in full compliance with USDA regulations, the Florida Department of Agriculture and Consumer Services (FDACS), and Bay District Schools Board Policies. Meals are designed to meet federal nutrition guidelines and to support the health, growth, and academic performance of all students.
- Nutrition staff will effectively deliver accurate food and nutrition information to students, staff, and families, including strategies that promote healthy lifestyles and mental well-being.
 - All health education programs will follow the Florida State Standards and Benchmarks. Schools are encouraged to provide opportunities for students to practice behaviors that enhance health and reduce risk during the school day, as well as before- and after-school programs.
 - Nutrition Services will support classroom and school-wide activities by providing hands-on applications of healthy eating practices. Classroom parties and celebrations should include nutritious snacks that comply with the Bay District Schools Wellness Policy 8510 and Smart Snacks in School Standards.
 - Bay District Schools encourages teachers, staff, and families to engage in activities that support nutrition education, wellness, and the development of healthy eating habits.
 - Students will be encouraged to begin the day with a healthy breakfast. In alignment with USDA and FDACS regulations, schools must provide a minimum of 20 minutes for breakfast and 20 minutes for lunch seat time to allow students to consume their meals.
 - Schools shall select healthy fundraising options and ensure that all food sold during the school day (including a la carte, vending, and school events on campus) complies with the USDA Smart Snacks standards and Board Policy 8500, 8510, 8540, and 8550 regarding competitive food sales.
 - Classroom snacks provided for students must meet the requirements of the district wellness policy. Foods of minimal nutritional value should be avoided, and healthier alternatives should be prioritized to promote lifelong healthy choices.

B. DISTRICT GUIDELINES FOR ALL FOODS ON CAMPUS

Bay District Schools follows the Healthy, Hunger-Free Kids Act of 2010, the USDA Smart Snacks in School Standards, and the Florida Department of Agriculture and Consumer Services (FDACS) requirements to ensure all foods and beverages served or sold on campus support student health, wellness, and academic success.

- Vending machines accessible to students shall not contain carbonated or sugary beverages. Machines must be turned off during school meal service hours. All items offered must comply with USDA Smart Snacks Standards and Bay District Schools Board Policies 8540 and 8550 regarding competitive food sales.
- All snacks and beverages available to students outside of the School Breakfast Program (SBP) and National School Lunch Program (NSLP) must meet USDA Smart Snacks guidelines and the Bay District Schools Wellness Policy.
- The Department of Food Services, in collaboration with school administrators, will ensure that all student food and beverage offerings are within federal, state, and local guidelines.
- Classroom snacks provided to students must include healthy options and avoid foods of minimal nutritional value. School staff are encouraged to model healthy eating and to ensure celebrations and parties align with the district wellness policies.
- Fundraisers and events conducted on campus during the school day must follow Smart Snacks in School Standards. Schools are encouraged to consider non-food fundraising activities or those featuring healthy choices outside of the school day.
- Parents and guardians will be encouraged – through communication and nutrition education provided by the school district – to send healthy snacks and lunches that support student wellness and align with district nutrition policies.

C. NUTRITION OPERATIONS

- In accordance with USDA and FDACS guidelines, any medical condition impacting dietary intake, such as food allergies, or diabetes, or other chronic health conditions, must be communicated to the School Food Service Site Manager at the student's respective school. Parents will need to provide a completed **Dietary Modification Form** that includes specific dietary restrictions as prescribed by a licensed healthcare professional. This form will be submitted to the Department of Food Service District Office for review and approval. Upon approval, the modification will be documented, and the updated meal

pattern will be communicated to the School Food Service Site Manager. The change will be entered into the Point-of-Sale (POS) system to alert the school cashier and ensure appropriate food substitutions are made. All modifications will comply with USDA and FDACS nutritional standards.

- All food served on school grounds will adhere to strict food safety and sanitation regulations as outlined by the USDA, FDACS, and local health authorities. The **Hazard Analysis Critical Control Point (HACCP)** system is implemented to mitigate risks related to foodborne illnesses and allergens. School staff are trained to follow HACCP guidelines to ensure the safety of all students, particularly those with allergies or specific dietary needs.
- Schools are encouraged to partner with community organizations, government agencies, and local food programs to offer nutritious options beyond the school day, including weekends, extended holidays, and during the summer months. These partnerships will help provide students with access to nutritious meals, supporting overall wellness and food security. The District also promotes nutrition education and community involvement in programs that enhance healthy eating habits for all students.

D. EATING ENVIRONMENT

- The District will continue to encourage schools to follow the USDA's guidelines for adequate meal times. Specifically, students should be given at least:
 - 20 minutes to eat breakfast after being seated.
 - 20 minutes to eat lunch after being seated.This guideline applies to all schools, with the exception of alternative schools, where adjustments may be made based on the specific needs of the student population.
- Meal periods will be scheduled as close to the middle of the day as possible, to promote the healthiest eating habits and allow students time for physical activity before or after meals.
- Consistent with USDA guidelines, school staff, teachers, and administrators shall **not use food as a reward or as a punishment**. This is in line with the goal of promoting healthy eating habits and reducing the use of food in behavioral management.
- Fresh drinking water will be available at all times in or near the school cafeteria. Drinking fountains, water coolers, or other water access points will be easily accessible to students during meal times to encourage hydration.

- Serving lines will be arranged to ensure that the students have adequate time and access to meals in a way that encourages healthy choices. Schools will promote a welcoming and orderly environment to help students feel comfortable and prepared to make healthier food selections.
- All meals served within the District will adhere to the nutritional standards set forth by the USDA's National School Lunch Program (NSLP) **and** School Breakfast Program (SBP), ensuring that all students receive balanced meals that support their overall health and learning needs.
- As per guidelines from the Florida Department of Agriculture and Consumer Services (FCACS), food items provided in schools will meet the Florida Smart Snacks in Schools standards, which limit the amount of added sugars, fats, and sodium in foods sold or provided outside of the regular meal program.
- Schools will continue to integrate wellness and nutrition education into the curriculum, helping students develop healthy eating habits that they can carry with them beyond school.

E. CLASSROOM AND SCHOOL CELEBRATIONS

- Project-based learning activities that incorporate food into the classroom (such as cooking or science projects involving food) are excluded from the above restrictions. However, these activities must be approved by the school's designated wellness coordinator or administrator to ensure they align with the school's wellness goals and do not conflict with the nutritional guidelines.
- In line with USDA's Smart Snacks in Schools standards, teachers and parents are strongly encouraged to offer healthy food options for school and classroom celebrations. This includes fruits, vegetables, whole grains, and low-fat dairy, while minimizing foods that are high in added sugars, fats, and sodium.
- All food provided during celebrations, whether for special events or birthdays, are encouraged to meet the nutritional standards set forth by the USDA's National School Lunch Program (NSLP) and Florida Smart Snacks in Schools guidelines. This includes foods being nutrient-dense, portion-controlled, and free from excessive sugars, fats, and sodium.
- Schools are encouraged to explore non-food alternatives for celebrations and rewards, such as extra recess time, certificates, or other recognition methods that do not involve food, fostering a positive school environment and promoting healthier habits.

IV. PHYSICAL ACTIVITY

Physical education and physical activity shall be an essential element of each school's instructional program. The program should provide the opportunity for all students to develop skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity, as well as one-on-one counseling concerning the benefits of physical education. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after- school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

- A. Bay District Schools has three levels of Physical Education: Elementary, Middle, and High School. The district will offer adapted physical education for students with disabilities, and will differentiate instruction and activity based on their individual needs and abilities. The K-12 Physical Education programs will all be based on state standards; at a moderate intensity level; and are child centered, focusing on the needs of students.
1. Elementary School:
 - All K-5 school students will receive 150 minutes of physical education per week and at least 30 consecutive minutes of physical education on any day during which physical education instruction is conducted (FL Statute 1003.455).
 - It is required that at least 20 minutes of free-play recess be provided to students each day. Recess shall not be used as a reward or punishment.
 - Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
 - All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
 - Any academic interventions may not interfere with elementary P.E. Students may only be pulled during art or music class.
 - Students in grades K-5 are eligible to waive the physical education requirement, for the current school year, if one of the following criteria is met and the parent has notified the District:
 - The student is enrolled or required to enroll in a remedial course;

- The student's parent indicates in writing to the school that:
 - The parent requests that the student enroll in another course offered by the School District; or
 - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.
- Provisions shall be made to excuse individual students from specific activities if the direction to do so is received, in writing, from the students' physician.
- Students may be excused from specific activities if those activities are contrary to their religious beliefs. A request must be received in writing from the student's parent or from the eligible student.

2. Middle School:

- All 6th through 8th grade school students will receive the equivalent to one class per day of physical education for one semester of each year.
- Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
- Nutrition education will be taught based on Florida State Standards to all students enrolled in P.E. classes.
- Middle school students will also have the option to obtain ½ high school credit by taking a Personal Fitness class in 8th grade.
- All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
- Students in grades 6-8 are eligible to waive the physical education requirement, for the current school year, if one of the following criteria is met and the parent has notified the District:
 - The student is enrolled or required to enroll in a remedial course;
 - The student's parent indicates in writing to the school that:
 - The parent requests that the student enroll in another course offered by the School District; or
 - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

- Provisions shall be made to excuse individual students from specific activities if the direction to do so is received, in writing, from the students' physician.
- Students may be excused from specific activities if those activities are contrary to their religious beliefs. A request must be received in writing from the student's parent or from the eligible student.
- Students can fulfill one (1) unit of credit in physical education by participating in interscholastic sports at the junior varsity or varsity level for two (2) full seasons and passing the State-developed competency test on physical fitness with a score of "C" or better.
- Completion of one (1) semester with a grade of "C" or better in a marching band class, in a physical activity class that requires participation in marching band activities as an extra-curricular activity, or in a dance class shall satisfy one-half (1/2) credit in physical education or one-half (1/2) credit in performing arts.

3. High School:

- All secondary school students will be required to complete one credit (two semesters) of physical education. Students will be required to take ½ credit of Personal Fitness and ½ credit of any Physical Education elective.
- Nutrition education will be taught based on NGSSS to all students enrolled in P.E. classes.
- Physical education activities will be designed to promote student engagement, age and student appropriate levels of intensity, and fitness education.
- All P.E. classes will teach NGSSS and assess students' appropriate mastery of each standard through various assessments.
- Students in grades 9-12 are eligible to waive the physical education requirement, for the current school year, if one of the following criteria is met and the parent has notified the District:
 - The student is enrolled or required to enroll in a remedial course;
 - The student's parent indicates in writing to the school that:
 - The parent requests that the student enroll in another course offered by the School District; or
 - The student is participating in physical activities outside the school day which are equal to or in excess of the mandated requirement.

- Provisions shall be made to excuse individual students from specific activities if the direction to do so is received, in writing, from the students' physician.
- Students may be excused from specific activities if those activities are contrary to their religious beliefs. A request must be received in writing from the student's parent or from the eligible student.
- Students can fulfill one (1) unit of credit in physical education by participating in interscholastic sports at the junior varsity or varsity level for two (2) full seasons and passing the State-developed competency test on physical fitness with a score of "C" or better.
- Completion of one (1) semester with a grade of "C" or better in a marching band class, in a physical activity class that requires participation in marching band activities as an extra-curricular activity, or in a dance class shall satisfy one-half (1/2) credit in physical education or one-half (1/2) credit in performing arts.
- Completion of two (2) years in a Junior Reserve Officer Training Corps (J.R.O.T.C.) class, a significant component of which is drills, shall satisfy the one (1) credit requirement in physical education and the one (1) credit requirement in performing arts.
- Taking a marching band class, a physical activity class, or a dance class or by completing two (2) years of JROTC will not be a substitute for the personal fitness or adaptive physical education requirements required by Florida law.

B. When available, physical education professional development opportunities should be provided to all K-12 physical education teachers. Within these opportunities, nutrition education should be addressed based on NGSSS.

C. All middle and high schools are encouraged to offer interscholastic sports programs. Schools are encouraged to offer a range of sports that meet the needs of boys and girls in grades 6-12.

D. Teachers and administrators are encouraged to NOT withhold physical activity as a form of punishment.

E. Fresh water should be easily accessible to all students performing physical activity during and after school.

V. STAFF WELLNESS

The district and each work site shall provide information about wellness resources and services and establish a wellness representative to assist in identifying and supporting the health, safety and well-being of site staff. Each school year, a wellness representative designee will be assigned by the principal.

- Each school and district site shall be in compliance with drug, alcohol and tobacco free policies based on district, state, and federal regulations.
- Each school and district site 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.
- Employees are encouraged to engage in daily physical activity.
- Employees will be offered the opportunity to participate in healthy lifestyle programs by Bay District Schools and other community resources.
- The Employee Wellness Center offers several programs that promote fitness and healthy living, such as health screenings and weight-management information, and will continue operating through December 31, 2025, at which time it will no longer be available.
- School buildings and grounds, along with district transportation, will be free from safety hazards and meet all current health and safety standards.
- The district will provide information about health, wellness resources and community contacts, nutritional resources, and other health services to promote wellness among Bay District employees.
- Each worksite, school, and classroom will seek to create an environment where all visitors, including school-based and community members, feel welcome, safe, and respected.
- The Health Services page on the Bay District Schools website will be updated frequently for access by staff and the community.

VI. OTHER SCHOOL BASED ACTIVITIES SUPPORTING WELLNESS

- Elementary schools will be encouraged to offer after school programs that provide students an opportunity to be active.
- Schools will consider providing healthy options for all activities held on campus before or after regular school hours.
- Parent information about the wellness plan, healthy options, nutrition, and active lifestyles will be provided through wellness websites.
- Each year, the school district will engage in a healthy activity/ event through partnerships with the community.
- Health services will be offered through a collaborative agreement between the PanCare, Bay County Health Department, and Bay District Schools according to State Statutes.
- Primary coordination of health services shall be through a trained registered school health nurse supervisor with the support and direction of Bay District Schools, PanCare, and the Bay County Health Department.
- Bay District Schools will partner with PanCare, community health liaisons, and local resources to promote training opportunities and support the health and wellness of students, families, staff, and the wider community.
- A coordinated program of accessible health services shall be provided to students and staff and may include, but not be limited to, violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, and first aid/CPR training.
- The District has partnerships with community agencies that include student and family counseling.
- The District will provide resources for counseling of students, staff, and families through partnerships with community health services.
- The Health Services page on the Bay District Schools website should be frequently updated to provide community members, parents, and students with information regarding the District Wellness Plan.

VII. COMMUNITY INVOLVEMENT AND COMMUNICATION WITH STAKEHOLDERS

- Upon request, the school district may provide parents with resources and tools that will inform and educate parents on healthier living and the positives that are associated with making healthier choices.
- Schools will permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

VIII. WHAT CAN PARENTS DO TO HELP?

- Encourage your child to be involved in active lifestyles that may include after school sports or activities and/or community sports and events.
- Provide healthy choices to students for school celebrations.
- Limit the number of unhealthy foods at home and limit the consumption of fast foods and processed foods.
- Engage in active and healthy lifestyles with your children that builds strong relationships and overall well-being.
- Communicate any type of food allergies or specific dietary restrictions to your child's teacher, school, and bus driver at the beginning of the year. This information also needs to be included in the online registration process and back-to-school forms (Parent Portal).

IX. COMPLIANCE PROCEDURES AND REVIEW OF PLAN

- The Director of Student Services will monitor compliance with the adopted District Wellness Plan.
- Each school will appoint a school wellness representative.
- The wellness representative will report to the Director of Student Services and will report on the status of their school in regard to the district wellness goals.
- The Wellness Committee will collaborate and review wellness initiatives and goals throughout the district.
- Each school will complete an evaluative survey, annually, for self-reporting developed by the Wellness Committee and submitted to the Director of Student Services or designee.

- Each school's evaluative report will be reviewed by the School Health Advisory Council and the Bay District Schools Wellness Committee for progress toward meeting the district wellness goals.
- Recommendations for revisions and improvement in the District Wellness plan will be reviewed each year by the School Health Advisory Council. The Bay District School Board will be given, as an informational item, an annual district update regarding the effectiveness of the District Wellness Plan.

LINKS:

Bay District Schools Board Policies #8500, 8510, 8540, and 8550

<https://go.boarddocs.com/fl/bcsdfl/Board.nsf/Public?open&id=policies#>

<https://go.boarddocs.com/fl/bcsdfl/Board.nsf/Public?open&id=policies#>

<https://go.boarddocs.com/fl/bcsdfl/Board.nsf/Public?open&id=policies#>

<https://go.boarddocs.com/fl/bcsdfl/Board.nsf/Public?open&id=policies#>

FDACS & USDA

<https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

<https://ccmedia.fdacs.gov/content/download/96439/file/SmartSnacks-ReferenceSheet-2025.pdf>

<https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program/Smart-Snacks>