

**The School Board of Levy County believes that good health fosters student attendance and student achievement.**

*The SBLC also believes that a healthy staff is a more effective staff and that healthy staff members can serve as role models for healthy lifestyles. Therefore, the Board is committed to providing school and worksite environments that promote and protect children's health, well being, and ability to learn, and support employee wellness, through policies that encourage healthy eating, physical activity and healthy lifestyles.*



**Yankeetown School**

4500 Highway 40 West  
P.O. Box 39  
Yankeetown, FL 34498

Phone: 352-447-2372  
Fax: 352-447-3961  
E-mail: [hayesa@levy.k12.fl.us](mailto:hayesa@levy.k12.fl.us)

Good health fosters student attendance and student achievement

## **Levy County Wellness Plan**



Yankeetown School

Telephone: 352-447-2372

## Levy County Wellness Plan

The Wellness Steering Committee will assist in coordinating the implementation of the Wellness policy and meet annually to evaluate and modify, if necessary, the School Board of Levy County Wellness Plan.

The Superintendent will appoint Wellness Coordinator who will work with the Wellness Steering Committee. School Administrators will appoint a Wellness Contact at each school site to work with the Wellness Coordinator regarding implementation and evaluation of the program. The appointee at Yankeetown School is Clinic Aid Sheena Price.

### NUTRITION EDUCATION

The nutrition education curriculum will be consistent with the current Florida Sunshine State Standards.

Schools are encouraged to provide nutrition education.

The Wellness Steering Committee will provide updated list of nutrition

resources to each school principal.

At least 5 hours of classroom nutrition education will be provided each year for all students.

Nutrition education should be integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.

The schools will encourage each member of the staff to serve as a healthy role model for students.

Nutrition and health information from the Levy County Health Department will be incorporated into the district employee newsletter.

### PHYSICAL ACTIVITY



The goal of Levy County Schools will be for all students to receive

physical education or recess for a minimum of 150 min. per week (elementary) and 225 min. per week (middle school).

P.E. will be taught by a certified P.E. teacher.

50% of physical education class will be in moderate to vigorous physical activity.

Staff should not withhold opportunities for physical activity as punishment.

Give students periodic breaks during which they are encouraged to stand and be moderately active during mandatory school-wide testing.

For more of this Wellness Plan visit the School Board of Levy County website.

	<b>Yankeetown School</b>
4500 Highway 40 West P.O. Box 39 Yankeetown, FL 34498	
Phone: 352-447-2372 Fax: 352-447-3961 E-mail: hayesa@levy.k12.fl.us	