

Board Policy EEE: Wellness Program

Status: DRAFT

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Wellness Program

The Newton County School System (NCSS) recognizes that wellness and proper nutrition are linked to students' well-being, growth, development, and readiness to learn. NCSS also understands that the health and wellness of our employees directly affects their ability to perform their job duties and provide services to students and community members. NCSS is committed to providing a school and work environment that promotes and protects wellness, proper nutrition, nutrition education, and regular physical activity. NCSS encourages its students and staff to initiate and maintain healthy lifestyle and behavioral changes.

In accordance with Public Law 111-296, Section 204, the school district has created this local wellness policy to include all the required components.

Wellness Goals

Newton County School System will pursue objectives provided in the Wellness Plan to achieve the following wellness goals.

I. Nutrition Education and Promotion

- a. The school system will teach, promote, model, encourage, and support healthy eating by all students and staff.
- b. Schools will educate students at all levels as part of a comprehensive health education curriculum and integrate nutrition education in other subjects such as math, science, language and social studies.

II. Physical Activity and Education

- a. All students and staff shall have opportunities, support and encouragement to be physically active on a regular basis.
- b. The school system shall provide age appropriate physical education consistent with federal and state requirements and promote physical activities for students and staff.

III. Other School-Based Activities

Schools should strive to create partnerships with community organizations to provide and support a holistic approach to wellness throughout the year. NCSS wellness recognizes the following wellness dimensions:

- Physical: good nutrition, exercise, avoiding harmful habits, adequate sleep, etc.
- Intellectual: openness to new ideas, capacity to question and evaluate, creativity, etc.
- Emotional: self-esteem, optimism, positive attitude, stress management, etc.
- Environmental: walking/biking to school, buying local produce, conserving electricity, recycling, etc.
- Social: community involvement, healthy hobbies, teamwork, volunteering, etc.
- Financial: money saving practices, budgeting, etc.
- Occupational: addressing school/workplace stress, setting career goals, exploring employment options, etc.

Nutrition Guidelines

Newton County School System is committed to serving healthy meals to children and staff including fruits, vegetables, whole grains, fat-free and low-fat milk, locally grown foods, and foods low in sodium, calories, saturated fat and zero grams of trans-fat per serving. The school system's nutrition program provides healthy meals to improve the diet of students and staff, mitigate childhood obesity, model healthy eating, reduce childhood hunger, and support healthy choices that include accommodations for cultural preference and special dietary needs.

To the extent practicable, all schools in the district shall participate in available meal programs including the School Breakfast Program (SBP), the National School Lunch Program (NSLP), After School Snack Program (ASSP), Fresh Fruit & Vegetable Program and any other available meal programs. Each school should meet or exceed the standards for these meal programs

USDA Smart Snacks in School Nutrition Standards

Foods and beverages sold outside of the federal reimbursable school meal programs during the legally defined school day should meet or exceed USDA Smart Snacks in School nutrition standards. These foods and beverages are considered “competitive foods” and include in-school fundraisers, a la carte foods, vending machines, and school stores and snack bars. Only foods that meet USDA Smart Snacks standards can be advertised. Schools will also encourage the use of non-food fundraisers and those that promote physical activity like walk-a-thons, fun runs, etc.

Farm to School Culture

NCSS is committed to implementing a farm to school initiative focused on serving locally grown foods as defined by the school nutrition program. The school system will create and continue farm to school partnerships with community members and organizations like the FFA and the Farm Bureau to glean the latest research-based practices in farm to school efforts. Farm to school initiatives may include school gardens, classroom plants, taste tests, farm field trips, farmer-classroom interactions, and promotions of farm to school items through the school nutrition program.

Implementation

The Superintendent and/or designee(s) shall oversee the implementation of the wellness policy and shall develop procedures for evaluation in the form of a wellness plan, including indicators that may be used to measure the schools' success in meeting established wellness goals. They will be assisted in this duty by both district-level and school-level wellness committees. In each school, the principal or his/her designee shall be charged with operational responsibility for ensuring that the school works to meet the goals set within the wellness policy and plan, and shall report on the school's compliance to the Superintendent and/or designee(s). School nutrition program staff at the district and school levels shall monitor compliance with school nutrition guidelines and will report these to the Superintendent and/or designee(s) and to the school principal

Evaluation

NCSS will periodically review its implementation of the wellness policy and plan, assess and measure its progress on the goals therein, and develop a summary report which shall be made available to the public. The report will be provided annually or at least triennially along with the state triennial assessment. The community can find the latest wellness information (including policy, plan, goals and reporting) on the school nutrition program webpage.

The Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. In accordance with federal law, the District will involve parents, students, health and physical education teachers, representatives of food services, the Board, school administrators and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Superintendent or designee shall ensure that the District establishes goals to promote student wellness.

Each school will adopt a wellness plan that will, at a minimum, incorporate the following goals, standards, and activities:

Nutrition Education Goals

- a. Evidence of nutrition education in the school dining room.
- b. Compliance with state and local health education curriculum standards that focus on nutrition and health.
- c. Certification as a United States Department of Agriculture (USDA) Team Nutrition (TN) school.

Physical Activity Goals

- a. Opportunities for students to be engaged in physical activity during the school day and during extra-curricular activities.

- b. Opportunities and encouragement for students to be involved in physical activities in the community.

Nutrition Standards for Foods Served on Campus

- a. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture following the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- b. Nutrition standards for all foods sold to students on school campuses during the school day shall not be less restrictive than regulations and guidelines issued by the Healthy, Hunger-Free Kids Act of 2010.
- c. Exempt fund raises that involve sale of non-complying foods or beverages to students on school campuses during the school day shall comply with State Board Rule 160-5-6-.01. Each school is limited to 30 exempt fund raisers per school year, not to exceed 3 days in length each. Exempt fund raisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

Other School-Based Activities

- a. On-going professional development for school nutrition and other staff as applicable in the area of nutrition and physical education.
- b. Annual screenings for health-related issues such as, but not limited to, hearing, vision, and scoliosis.
- c. Opportunities for first-aid, cardio-pulmonary resuscitation (CPR), and other first responder trainings.
- d. Routine encouragement of students to wash their hands or use hand sanitizer before meals.
- e. Opportunities for teachers and staff to promote student achievement and desirable behaviors with positive reinforcement and healthy or not-food rewards.

Nutrition Promotion

- a. Nutrition promotion shall be developed through resources such as (but not limited to) handouts and other information that may be sent home with students during the school year
- b. Nutrition promotion activities posted to the Newton County School System School Nutrition web page.

Plan Development, Implementation, Assessment and Public Updates

- a. A Wellness Committee, constituted in accordance with the Child Nutrition Act, is responsible for developing the policy and annually there after reviewing and assessing each school's wellness plan for compliance with the goals, standards, and activities set forth in this policy. This assessment will help promote and encourage sound nutritional and physical activity practices by students and staff.
- b. The Committee will also be responsible for implementation of the wellness policy, including periodic reviews and updates
- c. A school official will be designated to ensure that schools comply with the policy.

Stakeholder Involvement and Information:

- a. Periodic assessments of the local wellness policy will be made available to the public and measure:
 - i. Extent to which local schools are in compliance with the policy;
 - ii. Extent to which local wellness policy compares to model local school wellness policies; and Progress made in attaining policy goals of the local wellness policy.
- b. Physical education teachers, school health professionals, parents, students, representatives of the school food authority, school board members, school administrators and the public shall be permitted to participate in the development, implementation, review and update of the local wellness policy.

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

Note: The State of Georgia has moved the Georgia Code.

This new environment no longer allows us to link directly to the Georgia Code.

For example enter 20-02-0211 in the search window and the Georgia Code will appear.

Federal Reference Description Rule 160-5-6-.01

Statewide School Nutritional Program Federal Reference Description 42 USC 1758

Program requirements School Lunch Program 42 USC 1758b Local School Wellness Policy
