

TRION CITY SCHOOLS WELLNESS POLICY

Rationale for the Development of a Local Wellness Policy:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and an active lifestyle are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Therefore, we have developed this policy with the following ideals and goals in mind:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Trion City Schools is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn, by supporting healthy eating and physical activity.
- Good health fosters student attendance and education;
- Good wellness habits which are developed early in life tend to be a positive influence on habits, later in life. Increased awareness and knowledge of our students, faculty, and community, as to the benefits of nutritious food choices and an active lifestyle, lends itself to lifelong health and well-being;
- Childhood obesity can lead to poor health, later in life. Physical inactivity and excessive intake of calories are the predominant causes of obesity

DEFINITION OF SCHOOL DAY ACCORDING TO USDA'S SMART SNACKS IN SCHOOL REQUIREMENTS - The school day is defined as the midnight before to 30 minutes after the end of the school day.

Component 1: Promoting Good Nutrition / Educational Goals

- Trion City Schools is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving. It is our goal to meet the nutrition needs of school children within their calorie requirements. The school meal programs, aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.
- All schools within the District participate in USDA's National School Lunch Program (NSLP) and the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities such as Helping Hands Ending Hunger INC. All schools within the District are committed to offering school meals through the NSLP and SBP that are accessible to all students; are appealing and attractive to children; are served in clean and pleasant settings; meet or exceed

current nutrition requirements established by local, state, and Federal statutes and regulations.

- The primary goal of nutrition education is to positively influence the eating behavior of our students to promote good health and well-being.
- Students in grades Pre-K through 12th grade shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- The school nutrition director shall be a resource to campus educators in providing nutritional resource information.
- Promote nutrition education in the form of posters and signage. This will be evident in the dining and serving line areas of the cafeteria, to promote good nutrition.
- Our health education curriculum standards and guidelines shall include both nutrition and physical education.
- All school nutrition personnel/staff will meet or exceed hiring and annual continuing education/training requirements. Annual In-Service Training for all staff is done before school begins each year and during the year, as needed.
- Food safety will be a key part of the school foodservice operation. A Food Safety Plan employing sound HACCP principles (Hazard Analysis and Critical Control Point), will be in place and will conform to guidance issued by the Department of Agriculture.

Component 2: Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

- To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack carts. This shall be evaluated by the school in charge to determine compliance. However, foods given to students at no charge or foods brought from home for student consumption are allowed under the standards, except as a reward for homework, etc., but it should be discouraged to use non-smart snack compliant foods as a reward in any case.
- Food items should be analyzed frequently for nutrient content.
- Students will be given the opportunity to provide input on food favorites by means of teacher contact, student council contact, and/or individual student feedback.
- Beverages sold must meet the Smart Snacks requirement. Each individual school will be responsible for evaluating their offerings according to those guidelines.

BEVERAGE STANDARDS ACCORDING TO THE SMART SNACKS IN SCHOOL BEVERAGE OPTIONS ARE AS FOLLOWS:

ALL SCHOOLS ARE ALLOWED TO SELL:

- Plain water (carbonated or uncarbonated);
- Flavored or unflavored low-fat milk;
- 100% fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.

ADDITIONAL OPTIONS FOR OLDER STUDENTS:

The standards provide additional beverage options to high school students, recognizing their increased independence, relative to younger students, and the wide range of beverages available to high school students in the broader marketplace. Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students.

Calorie-free beverages, in up to 20-ounce portions; and ;lower-calorie beverages with up to 40 calories per 8-ounces or 60 calories per 12-ounces. These may be sold in up to 12-ounce portions.

CAFFEINATED BEVERAGES REMAIN AN OPTION FOR HIGH SCHOOL STUDENTS:

The standards do not restrict the sale of caffeinated beverages to high school students. However, USDA does encourage school districts to exercise caution when selecting items for sale to their students. USDA is monitoring the FDA's work on caffeine and will consider revising the standard in the future, if appropriate.

FINALLY, THERE IS EVIDENCE THAT ADEQUATE HYDRATION IS ASSOCIATED WITH

BETTER COGNITIVE PERFORMANCE:To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day

SMART SNACKS IN SCHOOL, "ALL FOODS SOLD IN SCHOOLS" STANDARDS, ARE AS FOLLOWS:

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Foods must also meet several nutrient requirements outlined below:

- Snack item calorie limit: ≤ 200 calories
- Entrée item calorie limit: ≤ 350 calories

- Snack item sodium limit: ≤ 200 mg
- Entrée item sodium limit: ≤ 480 mg

- Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

OTHER REQUIREMENTS (FUNDRAISERS, CLASS PARTIES):

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.

- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards.

MARKETING TO PROMOTE THE SALE OF A FOOD OR BEVERAGE PRODUCT:

□ Food marketing commonly includes oral, written, graphic statements, cups used for beverage dispensing, exterior graphics of a vending machine, menu boards, coolers, trash cans, and other service equipment, made for the purpose of promoting the sale of a food or beverage product. All food or beverage products depicted on items/equipment on the school campus during the school day should meet the Smart Snacks nutrition standards. TCS will only market or advertise those foods and beverages that meet the Smart Snacks in School nutrition standards.

Component 3: Physical Activity Goals

- The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long term benefits of a physically active and healthy lifestyle.
- The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles, by the implementation of education that emphasizes enjoyable participation and helps students develop confidence to maintain healthy lifestyles no matter how athletically gifted
- Students will be given opportunities for physical activity during the school day through daily recess periods, required and elective physical education (PE) classes.
- All elementary grade students will be expected to participate in scheduled physical education classes at least two days per week
- Middle school students will be expected to participate in scheduled physical education classes every other school day.
- High school will be given the opportunity to sign up for physical education as an elective.
- Physical education instruction shall include individual activities as well as competitive and non-competitive team sports.
- Organized sports teams will be sponsored by the school and the school will work with the local recreation centers to encourage participation in sports for all age students
- Our health education curricula standards and guidelines shall include both physical education and nutrition.
- To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Component 4: Other School-Based Activities Designed to Promote Student Wellness

- Encourage student participation in school extracurricular activities.
- Provide opportunity for school nurse to conduct annual screenings of students for health related issues such as hearing, vision, and scoliosis.
- The school's physical activity facilities and community recreational facilities are accessible after school hours to promote physical activity.
- A tobacco, alcohol, and drug free lifestyle shall be promoted through education.

- Promote education to support personal safety and a violence and harassment free school environment.
- 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 available.
- Develop and maintain community partnerships as a resource for school programs, projects, activities and events. (local health care professionals, fire department, local law enforcement, Mt. Vernon Mills, parents, grandparents, etc.)
- Establishment of Helping Hands Ending Hunger INC. (FEIN # 81-3382807). This is a 501c3 public charity that distributes donated food product to the neediest children at Trion City Schools (and at other schools participating in the Program).
- Trion City Schools is committed to being responsive to community input, which begins with awareness of the wellness policy. The school website and social media will be used to make the public aware of the content, implementation of, and updates to the wellness policy. The community is encouraged to help and is invited to join the wellness committee. The community is invited to participate in the TCS wellness policy process. Anyone interested in joining the wellness team and attending quarterly meetings, should contact the School Nutrition Manager at 706-734-2638 or by email. Notifications to seek community involvement will be made, annually, at a minimum.

Component 5: On-Going Measurement and Assessment of Wellness Policy

In each school, the principal or designees shall be charged with operational responsibility for ensuring the school works toward meeting the goals set within the wellness policy. Each wellness team needs to meet at last four times a year with documentation of minutes and sign- in sheets of attendance. This meeting will be to determine compliance, goal setting, and to measure achievements.

The establishment of new goals, safety policies and programs, and update of the district wellness policy will be discussed, as necessary. The frequency of updates to the local wellness policy is not specified by USDA. However, it is recommended that the policy is updated, at a minimum, after conducting the triennial assessment.

- Triennial Progress Assessments:
 - At least once every three years, Trion City School District will evaluate and report compliance with the wellness policy and assess how it aligns with other model policies and make this report available to the public as described in 7 CFR 201.31(e)(2). The findings will be made available to the public by posting the information on the school website and sharing on social media.
 - The person responsible for managing the triennial assessment is Ericka Young, School Nutrition Manager, ericka.young@trionschools.org

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