

WELLNESS POLICY

Each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition Program is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Background

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-205). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed.

In 2010, Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implementation, evaluation, and publicly reporting on progress of local school wellness policies.

Informational links:

<http://teamnutrition.usda.gov/healthierUS/index.html> <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Wellness Program

The Quitman County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The Board also is committed to ensuring that the school's environment is promoting and protecting students' wellness, proper nutrition, nutrition education, and regular physical activity as part of developing lifelong wellness practices. In Accordance with Federal Law 108-265, the District has involved parents, teachers, students, representative of food services, health and physical education teachers, the Board, school administrators and the public in developing a district wide wellness policy. To accomplish these goals:

- The Child Nutrition program complies with federal, state, and local requirements and is accessible to all children.
- All food and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law
- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.
- All school based activities are consistent with local wellness policy.
- The District shall teach, encourage, and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state regulations and engage in nutrition promotions that are age appropriate for the school.
- The superintendent or designee shall develop procedures for operation of school nutrition program at each school during the day with the objectives of promoting school health and reducing childhood obesity.

Physical Education

All students in grades Pk-12 shall have opportunities, support, and encouragement to be physically active on a regular basis. The District will provide age-appropriate physical education consistent with federal and state requirements.

These goals will be measured through teacher observation, lessons & activities, skill tests, and teacher evaluations.

- Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease.
- Students will demonstrate the ability to use decision making skills to enhance health.
- Students will demonstrate knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals. In the school, the designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the Superintendent. The public shall be informed about the schools' progress in meeting their wellness goals.

Nutrition Education & Promotion Goals

- The District will teach, encourage, and support healthy eating by students.
- The primary goal of nutrition education is to positively influence students' eating behaviors. School nutrition staff will be available as a resource to teachers and staff.
- Continuing professional learning will be provided for all school nutrition staff members. The professional learning and training programs shall comply with all requirements imposed by federal law, state law, and state board of education rules. System level supervisory school nutrition personnel shall meet the certification requirements imposed by federal law, state law, and rules promulgated by the state board of education.

- The school cafeteria will serve as a learning laboratory to support classroom instruction through menu offering, signage, and bulletin board displays.
- Fruits, vegetables, whole-grain products, low-fat and fat –free dairy products, healthy preparation methods, and health- enhancing nutrition practices will be promoted to students and staff.
- School nutrition personnel shall have primary responsibility over meal accountability.
- Food service facility will have at least one school nutrition employee on site that is certified as a food safety manager(Serv-Safe) in compliance with federal and state law and rules promulgated by the state board of education.
- Web links that relate to good nutrition, physical activity, and wellness will made available on the district webpage.
- Wellness information will be incorporated into school newsletter.
- The school system shall use outside resources to provide nutrition education.
- Nutrition education will be evident in the school dining room through posters and bulletin board displays.
- School district will provide information to families that encourage them to teach their children about health and nutrition to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast. Child nutrition programs comply with federal, state, and local requirement. Child nutrition programs are accessible to all children.
- During the school day, the school will promote and encourage healthy food choices (cafeteria, ala carte, classroom snacks, afterschool program snacks, vending, and fundraising) that are consistent with nutrition education curriculum.

Other School-Based Activities Designed to Promote Student Wellness

- Provide on-going education for faculty, staff, and students in the areas of nutrition and physical education.
- School fundraising shall be encouraged to offer healthy food choices or non-food sales
- Students and staff members will be encouraged to practice good hand washing techniques
- School nurse will be available to provide training for the purpose of promoting wellness.
- After school programs, will encourage physical activity and nutritious choices at snack time.

Nutrition Standards for All Foods Available on School Campus during School Day

In order to promote healthy eating habits:

- The School Nutrition Program will ensure that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under relevant federal and state regulations.
- Students' meals will meet USDA Nutrition Standards as well as provide sufficient choices, including new foods and foods prepared in new ways, to meet the taste preferences of diverse students. The school nutrition program will provide a choice of menus or items within required food selections in all schools where students may refuse food items offered. All foods and beverages made available on school campuses during the school day, must comply with the USDA Dietary Guidelines for Americans (2010)
- The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in school nutrition standards at a minimum. Smart Snacks aim to improve student's health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

- In accordance with USDA Smart Snacks guidelines and the district's wellness policy, staff should not promote outside food or branded food items in the school's cafeteria. This includes verbal promotion, distribution of branded materials, or displaying logos and advertisements for non-complaint food and beverages.
- The school nutrition department encourages parents to provide healthy food options or items that meet Smart Snack guidelines for birthday parties and school celebrations. This supports a healthy school environment and promotes lifelong nutritious eating habits.
- The School Nutrition Director will provide the school with tools and resources available to help identify food items that meet Smart Snacks criteria.
- The school should promote an overall school environment that encourages students to make healthy food choices.

Fundraisers

- School fundraisers will follow the federal guidelines as defined in the Healthy Hunger-Free Kids Act of 2010. The U.S. Department of Agriculture (USDA) defines fundraiser as an event or activity during which students exchange currency/tokens/tickets, etc. for the sale/purchase of a product in support of the school or school-related activities. The Smart Snacks regulations apply only to products intended to be consumed during the school day.
- The Georgia State Board of Education approved 30 exempted fundraisers per school per school year not to exceed 3 days in length. However, there are time and place restrictions.
- Exempted fundraisers cannot operate anywhere on the school campus 30 minutes before until 30 minutes after the end of breakfast and lunch meal services.
- Exempted fundraisers cannot be in vending machines, school stores, snack bars or a la carte sales.
- Fundraisers occurring in these venues must meet the Smart Snack standards.

- If a food or beverage meets the Smart Snack guidelines, it can be sold anywhere, at any time on the school campus.
- If food or beverage does not meet the Smart Snack guidelines, then it must be replaced with a compliant product, sold off school grounds, sold 30 minutes after the end of the official school day, or be part of an approved, exempted fundraiser.
- The School Nutrition Director will provide the school with the School Fundraiser-Special Exemption Request Form. A designated staff member, assigned by the Superintendent or principal, will be responsible for maintaining and tracking the form.
- The school should promote an overall school environment that encourages students to make healthy food choices.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available where school meals are served during mealtimes.

Measuring Implementation of the Wellness Policy

The Quitman County School's Wellness Policy will be reviewed annually by a committee consisting of the nutrition staff, school nurse, parents, physical education teacher, teacher, and superintendent leadership team. The policy will be evaluated for its effectiveness and implementation as part of the triennial assessment and compared to the model wellness policy. The assessment report will be made available upon request the Board of Education and, interested parties and will also be posted on the School Nutrition's webpage for public input and feedback. The Superintendent or designee shall develop an annual summary report on the district wide compliance with this policy.

A school day is defined as 12:00am until 30 minutes after the official end of the school day.