

Randolph County Public Schools  
School Nutrition Program



One Vision, One Team, one  
Community

School Nutrition Program  
Wellness Policy

# Wellness Policy

## Local School Wellness Policy Requirements

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 Special Supplement Nutrition Program for Women, infants, and Children Reauthorization Act (Sec. 204 of PL 108-265). 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.

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expands upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, infants and children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; bring in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluation, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

Information Links:

<http://www.fns.usda.gov/tn/local-school-wellness> policy.

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. At a minimum, a local school wellness policy must:

1. Include goals for nutrition promotions and education, physical activity, and other school-based activities that promote student wellness.
2. Include nutrition guidelines to promote students, health and reduce childhood obesity for all foods available in each school district
3. Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.
4. Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.

## **Randolph County Public School System Wellness Policy**

### **Preamble**

Randolph County Public School System is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting and learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

1. Students in the District have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards;
2. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
3. Students have opportunities to be physical active before, during, and after school;
4. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
6. The community is engaged in supported to practice healthy nutrition and physical activity behaviors in and out of school;
7. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
8. The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives. This policy applies to all students, staff, and schools in the District.
9. The District will coordinate the wellness policy with other aspects of school management, including the District's School Improvement Plan, when appropriate.

## **Nutrition Guidelines**

### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams trans fat per serving (nutrition label or manufacturer's specification); and 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 child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Seamless Summer Program. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean, safe and pleasant settings that provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals;
4. Encourage all students to participate in the school meal program.
5. Menu will be posted on the District website and will be announced daily at each school.
6. The District child nutrition program will accommodate students with special dietary needs. In order to accommodate a student's special dietary needs, a doctor's statement must be on file in the School Nutrition Manager's office and School Nutrition Office and it must be included in the Student's Health Care Plan. These records must be updated annually.

### **Staff Qualifications and Professional Development**

Randolph County Nutrition Program director, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. The school nutrition personnel will refer to the USDA's professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and where school meals are served during mealtime. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

### **Competitive Foods and Beverages**

The Randolph County School District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in school nutrition standards, at a minimum. Smart Snacks aim to improve student 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. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org).

## **Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snack in School nutrition standards may be sold through fundraisers on the school campus during the school day.

## **Celebration and Rewards**

All foods offered on the school campus are encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards.

## **Nutrition Education Goals**

1. Provide students with the knowledge and skills, necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
3. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstration or lessons, promotions, taste-testing, farm visits, and school gardens;
4. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
5. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Link with school meal programs, cafeteria nutrition promotion activities; school gardens, Farm to School Programs, other school foods, and nutrition-related community services;
7. Teach media literacy with an emphasis on food and beverage marketing; and
8. Include nutrition education training for teachers and other staff.

## **Nutrition Promotion Goals**

1. Promote foods and beverages that meet the USDA Smart Snacks in School Nutrition Standards.
2. Nutrition education will be evident in the school dining room through posters and bulletin board displays.
3. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
4. School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
5. 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.
6. During the school day, schools will promote and encourage healthy food choices.

## **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors through the school day while minimizing commercial distractions. It is the intent of the District to protect and promote student's health.

## **Physical Activity Goals**

1. Qualified teachers are hired to teach physical education. Adults with appropriate training will supervise other physical activities in the District.
2. Resources are available for students, teachers and parents about promoting physical activity for a healthy lifestyle.

3. District policy for health and physical education is consistent with State Policies and Healthier US Schools Challenge Guidelines.
4. Students are provided many choices of physical activity which are appropriate for their grade level.
5. Physical Education will include activities that will enhance learning and development of lifelong wellness practices.
6. District encourages physical activity outside of the school day.
7. District encourages teachers and other adults in the school setting to serve as role models for students.
8. School physical education facilities and activity areas are safe, clean and accessible for all students.
9. Physical activity during the school day or physical education should not be withheld as punishment.

### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “Essential Physical Activity Topics in Health Education” subsection).

All **elementary students** in each grade will receive physical education for at least 45 minutes per week throughout the school year.

All **Secondary students (middle grades)** are required to take PE every day for 55 minutes and 9<sup>th</sup> grade through 12<sup>th</sup> grade 60 minutes per week throughout the school year.

### **Essential Physical Activity Topic in Health Education**

The District will include in the health education curriculum the following essential topic on physical activity when health education or physical education is taught

1. The physical, psychological, or social benefits of physical activity
2. How physical activity can contribute to a healthy weight
3. How physical activity can contribute to the academic learning process
4. How an inactive lifestyle contributes to chronic disease
5. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
6. Differences between physical activity, exercise, and fitness
7. Phases of an exercise session, that is, warm up, workout, and cool down
8. Overcoming barriers to physical activity
9. Decreasing sedentary activities, such as TV watching
10. Opportunities for physical activity in the community

### **Other School-Based Activities Designed to promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiative related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy.

### **Community Partnerships**

The District will continue to develop and maintain relationships with community partners (i.e. health department and doctor office, in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

### **Employee Wellness and Health Promotion**

The District promotes employee participation in health promotion programs and will support programs for health/eating/weight management and overall wellness that are accessible and free; or low cost.

Examples of promotions/programs:

1. Notification of wellness opportunities
2. Health Screenings
3. Presentation of health and wellness information at regular staff meetings
4. Placement of health information on school website
5. School nurse provides covid 19 testing for students and employee
6. Provide Telehealth for students and employee
7. Mental Health Service available as needed
8. Training is provided for parents and students to assist with medication

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Genett Wimberly, SNP Director, [genett.wimberly@sowegak12.org](mailto:genett.wimberly@sowegak12.org). The individual schools will monitor the school compliance with this wellness policy.

### **Public Notification and Participation**

Wellness Policy will be posted on the Randolph County School System website.

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Revised: May 2019

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- <sup>1</sup> MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141-144.
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- <sup>1</sup> Singh A, Uijtendewilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.
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