

Wellness Policy

Wellness Policy Requirement

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.

Background

Webster County 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:

Information Link:

<https://www.fna.usda.gov/tn/team-nutrition>

Wellness Program

The Webster County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The Board is also 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.

Nutrition and Physical Activity, Education and Food Marketing

Webster County school 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.

1. School physical education facilities and activity areas are safe, clean and accessible for all students.
2. District policy for health and physical education is consistent with State Policies and Healthier US Schools Challenge Guidelines
3. District encourages physical activity outside of the school day.
4. Resources are available for students, teachers and parents about promoting physical activity for a healthy lifestyle
5. Qualified teachers are hired to teach physical education. Adults with appropriate training will supervise other physical activities in the District.
6. Emphasizes caloric balance, between food intake and energy expenditure (physical activity/exercise).
7. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects (only in instances where health education is part of the state content standards).
8. Differences between physical activity, exercise, and fitness
9. How physical activity can contribute to the academic learning process
10. Phases of an exercise session, that is, warm up, workout, and cool down

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)

The Webster County District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in school nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

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 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 and Promotion Goals

1. Provide students with the knowledge and skills, necessary to promote and protect their health.
2. Include nutrition education training for teachers and other staff.
3. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
4. 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
5. Link with school meal programs, cafeteria nutrition promotion activities.
6. Wellness information will be incorporated into school newsletter.
7. Food service facility will have at least one school nutrition employee on site that is certified as food safety manager (Serv-Safe) in compliance with federal and state law and rules promulgated by the state board of education.
8. 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.
9. Promote foods and beverages that meet the USDA Smart Snacks in School Nutrition Standards.
10. Nutrition education will be evident in the school dining room through posters and bulletin board displays.
11. Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstration or lessons, promotions, taste-testing, farm visits, and school gardens.
12. Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

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.

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 Diana Thomas SNP Director, dthomas@webster.k12.ga.us. The individual schools will monitor the school compliance with this wellness policy.

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. Menu posted on website
4. All Teachers have a menu posted in their classroom
5. Comply with all current nutrition requirements established by local, state, and federal laws and regulation.

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

Measuring Implementation of the Wellness Policy

The Webster County School's Wellness Policy will be reviewed annually by a committee consisting of the nutrition staff, school nurse, and superintendent stakeholder groups (student cabinet, and parent advisory committee). The policy will be evaluated for its effectiveness and implementation. The superintendent or designee shall develop an annual summary report on the district wide compliance with this policy. This report shall be provided to The Board of Education and, upon request, to interested parties.

Public Notification and Participation

Wellness policy will be posted on the Webster County School System website

ADOPTED: September 11, 2006

Revised: September 8, 2014

Revised: September 14, 2020

Revised: March 8th 2023

Revised: February 10, 2026

Webster County School District