

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 the federal law, the District has involved parents, students, and representatives of school nutrition, 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 Board establishes in this policy to promote student wellness.

NUTRITION EDUCATION AND PROMOTION

Nutrition education shall be provided in all Walker County Schools as part of the regular instructional program. At a minimum, goals will include the following:

1. Nutrition information will be integrated throughout the curriculum consistent with state and federal requirements.
2. Students will have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of extracurricular activities.
3. School cafeteria will be used as a learning laboratory to support classroom instruction.
4. Nutrition information will be promoted district wide by various means. Examples: school and county-wide websites, newsletter, public announcements, activities, bulletin boards, student handbooks, posters, wellness clubs, wellness fairs and/or staff development workshops.

Additional optional activities might include:

1. Participating in the Fresh Fruit and Vegetable Program grants as awarded to Elementary Schools
2. Participating in the USDA Team Nutrition program
3. Participating in the Healthier U.S. School Challenge (HUSCC)

PHYSICAL ACTIVITY

It shall be the goal of each school to regularly engage all students in age appropriate health and physical fitness activities. The district goals will provide physical education consistent with federal and state requirements.

1. Physical education programs will stress physical fitness and encourage a healthy, active lifestyle for all students.

2. School will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
3. Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
4. Physical education courses will be the environment where students learn, practice and are assessed annually on developmentally appropriate motor skills, social skills and knowledge.
5. Short physical activity breaks between lessons or classes will be provided as appropriate.
6. Students should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure.

OTHER SCHOOL-BASED ACTIVITIES

The Superintendent or designee(s) shall develop procedures to promote other school-based activities attainment of the following goals to promote wellness.

1. After-school programs will encourage physical activity and healthy habit formation daily.
2. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
3. Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs annually.
4. Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment. The committees will meet at least two times a year.
5. School buildings and grounds, buses, and equipment shall meet all current health and safety standards.
6. Safety procedures and appropriate annual training for students and staff shall support personal health and safety.
7. Schools and district offices shall maintain an environment that is free of tobacco, alcohol, and other drugs.

NUTRITION STANDARDS FOR SCHOOLS

The Superintendent or designee(s) shall develop procedures to promote wellness in all food services operations and food sales.

1. School Meals

- a. The School Nutrition Program will ensure daily that reimbursable school meals, meet the school nutrition program requirements and nutrition standards set forth under the federal USDA Healthy Hunger Free Kids (HHFKA) regulations and state requirements. SEE EXHIBIT 1.
- b. Schools will provide breakfast and lunch meals daily at a free and reduced-priced rate in compliance with local, state, and federal guidelines.

- c. Schools daily will encourage consumption of foods as recommended by the HHFKA which encourage increasing consumption of a variety of fruits, vegetables, whole grain and low fat/fat free dairy products. SEE EXHIBIT 1.
- d. Schools daily will provide to students foods and beverages that are low in fat and sugar and high in fiber (a la carte, vending, school stores, snack bars, and after school programs). Guidelines will be provided by Food and Nutrition Services to the administrators of each of these programs. All offerings must meet the Federal Smart Snack regulations. SEE EXHIBIT 2.
- e. Students with special dietary needs will be accommodated daily as required by USDA regulations.
- f. Drinking water will be available during all school meal periods at no charge to students.
- g. Schools will provide students with adequate time to eat lunch.
- h. Students bringing their breakfast and/or lunch must bring it from home in the morning, and it must be in compliance with their school's procedures.
- i. No outside vendor packaging should be brought into the cafeteria by students or staff. Examples: McDonald's, Wendy's, etc.
- j. Guidelines will be provided by Food and Nutrition Services to the local school Health Advisory Councils to improve the nutritional content of foods and beverages offered as incentives or rewards, in fundraising activities and class parties.

2. Foods and Beverages Sold Individually – (Examples: foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte items, fundraisers, school stores, etc.)

- a. School Nutrition Program will approve and/or provide all food and beverages sales to students in elementary grades. Foods and beverages must meet the Federal Smart Snack regulations.
- b. Middle and High Schools selling foods and beverages individually outside the reimbursable school meals programs (including those sold through vending machines, student stores, and/or fundraising activities) during the school day will meet the Federal Smart Snack regulations.
- c. School administrators shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.
- d. School fundraising shall be encouraged to offer healthy food choices or non-food sale items. If foods are sold during the school day, the fundraising requirements of the Smart Snack regulation must be met. However, fundraising food sales are not allowed during meal service. Concessions after school hours which provide food and beverages during optional school events are exempt from the guidelines contained herein, but are encouraged to also offer healthy choices.
- e. Schools are allowed to market and advertise only those foods and beverages that meet the Smart Snacks approval in School Nutrition standards. (Example: Colored pictures on the ice cream distribution boxes would have to be only items Smart Snack approved)

3. The following directive shall be observed in operating the school cafeterias in our system:

a. Foods of Minimal Nutritional Value:

The sale and distribution of foods of minimal nutritional value as defined by USDA regulations is prohibited in:

- 1) Elementary Schools (grades Pre-K through 5):
From the beginning of the day (12:01a.m.) until the end of the school day or after school program (whichever is later).
- 2) Secondary Schools (grades 6 through 12) in the dining, serving, and kitchen area during breakfast and lunch meal periods.

b. Competitive Foods:

- 1) Criteria and Procedure is shown in EXHIBIT 3
- 2) If the Principal approves the sale of competitive foods at school:
 - a. All income from the sale of such foods must accrue to the benefit of:
 - 1) The nonprofit school food service; or
 - 2) The school or student organizations approved by the principal
 - b. They must be sold in locations other than the dining, serving and kitchen areas.
 - c. The school should promote an overall school environment that encourages students to make healthy food choices.

4. Food Safety and Security

- a. All foods made available on campus must comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- b. Access to the food service operations are limited to Child Nutrition staff and authorized personnel for the safety and security of the food and facility.

POLICY IMPLEMENTATION AND EVALUATION

5. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy. Each wellness team needs to meet at least two times a year with documentation of minutes and sign-in sheets of attendance. Also, the attached questionnaire on implementation will be completed by each school and submitted annually to the superintendent or designee. The questionnaires will then be reviewed by the System Wellness Team at an annual meeting. Results will be shared district-wide by various means. Examples: school and county-wide websites, newsletter, and/or public announcements. SEE ATTACHMENT 1.

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.*

State Code	Description
Rule 160-5-6-.01	Statewide School Nutritional Program
US Code	Description
42 USC 1758b	Local School Wellness Policy
42 USC 1758	Program requirements-School Lunch Program

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