

**Wellness Program**

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The Towns County 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, 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.

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U. S. Department of Agriculture, as those regulations and guidance apply to schools.

The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies. Such policies shall contain, at a minimum:

- 1. Policies & Practices** – Use a coordinated approach to develop, implement, update and evaluate healthy eating and physical activity policies and practices.
  - a. Wellness Committee will consist of school district staff members, the school nurse, school nutrition, community, and members of the school governing councils.
  - b. The Wellness Committee will meet early in the school year to review and update the current wellness goals and guidelines if necessary.
  - c. The Wellness Committee will conduct a triennial assessment of the Wellness Policy to determine if the goals and guidelines have been met. In addition to meeting all goals the committee will compare the Local Wellness Policy to the Model Wellness Policy and show progress toward those goals.
  - d. The Wellness Committee will meet at the end of the school year to develop an annual summary report on district-wide compliance with the wellness policy.
  - e. The report shall be provided to the Superintendent and be posted on the district web-site.
  
- 2. School Environment** – Establish school environments that support healthy eating and physical activity.
  - a. The school environment provides for safe activity for all students.

- b. To encourage physical activity, school facilities are available outside the school day for school sponsored activities and recreational department activities.
  - c. Students have 25-30 minute lunch periods with adequate time to eat school meals after being seated.
  - d. Lunch is scheduled as near the middle of the school day as possible.
  - e. Lunch schedules are planned to ensure students do not have to wait too long in line.
  - f. Seating is available to facilitate students' eating within time allotted.
  - g. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
  - h. The after-school YMCA program includes physical activity and promotes healthy eating habits. Nutritious food items are served by the School Nutrition Program that meet the requirements of the federal after-school snack program.
  - i. All foods and beverages available on campus and sold as fundraisers are to adhere to the Healthy, Hunger-Free Kids Act of 2010. See Regulation EEE-R(1)
  - j. The Nutrition Department and Nurse Station will promote healthy eating habits and activities to improve student wellness throughout each cafeteria and hallway to Nurse. Healthy food and wellness tips will also be posted on the Nutrition webpage and all school social media outlets for students and parents.
- 3. Nutrition Services** – Provide a quality school meal program and ensure that students have only appealing healthy food and beverage choices offered outside of the school meal program.
- a. School Nutrition Programs comply with federal, state, and local requirements. Nutrition Programs are available to all students. New USDA mandates require a variety of fruits and vegetables, whole grain products, and low fat products with specified calorie ranges.
  - b. Students at all grade levels shall have daily choices of menu items or choices within food items represented on the day's menus. Each student is required to take at least ½ cup of fruit or vegetable from choices offered daily.
  - c. Only 1% or lower fat milk varieties are offered in grades K-12.
  - d. Only those foods and beverages that meet nutrition guidelines and Smart Snack compliance can be marketed to students.
  - e. Schools implement a variety of food preparation techniques and recipes to lower the fat content of the school meal.
  - f. Prepared commercial foods served in the school meal program shall be evaluated for nutrient content and lower fat and sodium products will be purchased as feasible.
  - g. Drinking water is available free of charge to students at meals and throughout the day. Cafeteria provides students without water bottles a cup. The elementary cafeteria provides water dispensers for students during lunch. Water filling stations are available throughout the buildings.

- h. Student participation in the school breakfast program is encouraged through scheduling and innovative food delivery.
  - i. Each cafeteria is represented by at least one person credentialed in food safety.
  - j. Extra food sales are offered as a part of the meal, served in the same portions.
  - k. A la Carte foods and beverages sold during meals adhere to the HHFKA 2010 sale of competitive foods. See Regulation EEE-R(1)
  - l. All foods and food handlers adhere to food safety standards. The Towns County School Nutrition Department implements a HACCP-based (Hazard Analysis and Critical Control Point) food safety plan. Food safety reviews are done regularly by the Supervisor to ensure that safety measures are being followed at all times. A review of the HACCP plan is conducted annually.
  - m. Food sanitation inspections are required twice each school year. These inspections are administered by the local Health and Sanitation Department. Any and all sanitation deficiencies cited on local inspections are corrected in a timely manner. All sanitation scores are posted in areas where everyone can see them.
  - n. Meal substitutions are made available to any and all students with special dietary needs. Parents are required to submit a written and signed doctor or nurse practitioners note stating what foods need to be substituted and why.
- 4. Physical Education and Physical Activity** – Each school will implement a comprehensive physical activity program with quality physical education as the cornerstone. These programs should offer quality physical education, offer daily recess for elementary and primary students, offer an interscholastic sports program, offer an intramural program and physical activity clubs, and offer classroom based physical activity.
- a. Physical education classes provide the environment where students learn, practice and are assessed on developmentally appropriate motor skills, knowledge and personal fitness.
  - b. Time allotted physical education is consistent with research, national and state standards.
  - c. Credentialed physical education instructors teach physical education classes.
  - d. A recess period/unstructured break is allowed in grades K-5. Grades K-5 also participate in the Go Noodle program during class time.
  - e. Physical education includes instruction in individual activities as well as competitive and non-competitive team sports.
  - f. A variety of extracurricular programs are provided that promote physical activity.
- 5. Health Education** – Each school implements health education that provides students with the knowledge, attitudes, skills and experiences needed for healthy eating and physical activity.
- a. The Nutrition Department and Nurse Station will promote healthy eating habits and activities to improve student wellness throughout each cafeteria and hallway in the form of bulletin boards, posters and handouts. Healthy food and wellness



Towns County Schools

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Last Revised 6/2/2021

Rule 160-5-6-.01

Statewide School Nutritional Program

**Federal Reference**

**Description**

42 USC 1758

Program requirements- School Lunch Program

42 USC 1758b

Local School Wellness Policy

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.