

The Board of Education believes that all students shall possess the knowledge and skills necessary to make good nutrition and physical activity choices for a lifetime. We believe that healthy children will have greater academic success and lifelong health. We also believe that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for their students, parents and community members. 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.

Development of Local Wellness Policy

In accordance with federal law, the District has involved parents, students, and representatives of food services, 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 goals to promote student wellness.

NUTRITION

School Meals

Jenkins County School district is committed to serving healthy meals to children by providing plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams of *trans* fat; and to meet nutrition needs of school children within their calorie requirements. Our goal is to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating habits, and support healthy choices, while accommodating cultural food preferences and special dietary needs.

The district participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and School Breakfast Program (SBP), Seamless Summer Option Lunch Program (SSOLP), Fresh Fruit & Vegetable Program (FFVP), and After-school Snacks Program (ASSP). We are committed to offering meals and other Federal child nutrition programs that are accessible to all students, appealing and attractive to students, served in clean and pleasant settings, meet or exceed current nutrition requirements established by local, state, and Federal rules and regulations, and promote healthy food and beverage choices using special techniques.

Nutrition Education and Promotion Goals

Nutrition education and promotion positively influence lifelong eating behaviors. The District's objective is to promote, teach, model, encourage, and support healthy eating to our students. Goals will be attained by promoting healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. In addition, nutrition education and promotion shall be incorporated during classroom and snack times.

Schools will provide nutrition education and engage in nutrition promotion, as follows:

- Students in grades Pre-K through 12 will receive nutrition education that is

interactive and teaches the skills needed to adopt lifelong healthy eating behaviors by receiving consistent messages from foodservice staff, teachers, nurse, etc. that are appropriately trained.

- Nutrition education materials will be evident in the school cafeteria through posters, bulletin boards, etc.
- Nutrition education is integrated into health education curriculum and core curriculum, such as math, science, language arts, social sciences, and elective subject at all grades.
- Schools link nutrition education activities with the coordinated school health program.
- All foods and beverages served in the school nutrition program will meet or exceed regulations under the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- All foods and beverages sold outside the reimbursable school meal program will meet or exceed the USDA Smart Snacks nutrition standards.
- Nutrition promotion, as well as education, will include monthly newsletters sent home by the students, which will improve middle and high school students' eating and *fitness* habits and help families of elementary children build healthy habits at home.
- Posters, signs and education information are displayed in the school cafeterias to encourage students to eat a healthy breakfast to enhance academic achievement and promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, make healthy choices from a variety of foods and beverages offered at each meal.
- Staff who provides nutrition education will have continuous training to deliver effective instructional programs.
- School nutrition promotions that will be held annually involving family, community members, and elected officials: National School Lunch Week, National School Breakfast Week, 5-9A Day, Cultural Awareness Day grades 6-12, Grandparents' Breakfast Pre-k-5, Retired Educators luncheon/recognition with special guest Georgia Legislator, and Lunch and Learn Day.
- Nutrition of the Day moment will be provided once a month during morning announcements by a staff member or a student at the elementary school.

Water

- Free, safe, unflavored potable water will be available to all students throughout the school day at each school campus to promote hydration. The District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

- The 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 reimbursable school meal programs (competitive foods and beverages) will meet the USDA Smart Snacks (<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>) in School nutrition standards, at a minimum. These standards will apply in all locations and through all services where foods and beverages are sold, which may

include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Fundraising/Celebrations and Rewards

- School sponsored fundraisers should promote healthy lifestyles and should follow the Smart Snacks rule/State Board rule regarding exempted fundraisers. Items cannot be sold until 30 minutes after meal time following the Smart Snacks rule. Food and beverage fundraisers will include healthy choices and provide age appropriate selections. Non-food items will be encouraged.
- In-school celebrations/rewards during the school day will follow guidelines set by the USDA and the Georgia Beverage and Vending Association. These guidelines focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion sizes. Celebrations/rewards time shall not be during meal service time.

PHYSICAL ACTIVITY

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on regular basis. The District will provide physical education classes with certified physical education instructors consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

- Students shall be given opportunities for physical activity during the school day. Some suggested activities include daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic classroom.
- Students shall be given opportunities for physical activity through a range of after-school programs/activities.
- Students will be encouraged to be involved in physical activities in the community, school-sponsored events, and extracurricular activities.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Schools will provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.
- Promotions and awards that schools will provide annually: Fitnessgram Assessment that promote enjoyable regular physical activity and provides comprehensive physical fitness and activity assessments; Physical Fitness Test Awards that awards students for reaching benchmarks on outstanding level of physical fitness.
- Promote physical activity/exercise by emphasizing caloric balance between food intake and energy expenditure.

OTHER SCHOOL-BASED ACTIVITIES

The Superintendent or designee shall develop procedures that will integrate wellness activities across the entire school setting. The goals related to other school-based activities to promote wellness are:

- Each school will organize a wellness committee to promote health, nutrition and physical activity in the school environment. Leadership teams, school councils, etc., may serve as the wellness committee, or a separate committee may be formed. The committee may be comprised of parents, teachers, administrators and students.
- Schools will maintain an environment that is free of tobacco, alcohol and other drugs.
- Local wellness policy goals should be considered in all school-based activities, i.e. school events, field trips, etc.
- The school nurse will be provided the opportunity to conduct annual screenings of students for health-related issues such as hearing, vision, and scoliosis.

IMPLEMENTATION, MONITORING, ACCOUNTABILITY

Implementation, Monitoring

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedure for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. 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 and shall report on the school's compliance to the superintendent or designee.

School food service at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the District level, or to the school principal at the school level. The Superintendent or designee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. The report shall be provided to the Board and the public. The District will evaluate compliance with the wellness policy to assess the implementation of the policy once every three years.

The District will retain records to document compliance with requirements of the wellness policy at the Jenkins County Board of Education in the superintendent's office.

This wellness policy can be found on the JENKINS COUNTY SCHOOL SYSTEM WEBSITE.