

## PHILOSOPHY

The Peach County School Board of Education believes that student who maintain a healthy lifestyle through proper nutrition and physical activity perform better academically, pose fewer discipline problems, and attend school regularly.

## PURPOSE

The purpose of this policy is to fulfill the requirement under Public Law 111-296 (42 U.S.C 1751) that each local educational agency that participates in the National School Lunch Program or other federal Child Nutrition programs are required by federal law to establish a local "school wellness policy" for all schools under its jurisdiction. The purpose of this policy to promote a coordinated effort that involves school staff, students, parents, and community leaders. The wellness policy will be available to the public on the district's website at [www.peachschools.org](http://www.peachschools.org).

### **To achieve this policy:**

#### **Local Wellness Committee (LWC)**

Each school will create, strengthen, or work with the LWC to implement, monitor, review, and if necessary, recommend revisions to the wellness policy, its goals, and procedures. The district committee will serve as resources to school sites for implementing the wellness policy. (The wellness committee shall consist of a group of individuals representing the school and community).

### **Nutrition**

#### **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; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting 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. **The Peach County County School Nutrition Department is responsible for compliance of smart snack regulations on the serving lines.**

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 AfterSchool Snack Program (ASP) Summer Food Service Program (SFSP), The District also operates additional nutrition-related programs and activities including Farm to School programs, school gardens, Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast. 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:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations;

- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
  - Whole fruit options are displayed in attractive bowls or baskets.
  - Sliced or cut fruit (when available).
  - Fruit options are displayed in a location in the line of sight and reach of students.
  - Vegetable options may be given creative or descriptive names.
  - Vegetable options are bundled into grab-and-go meals available to students.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas. Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
- Menus will be posted on the District website or individual school websites, and will include nutrient content.
- Menus will be created/reviewed by a certified nutrition professional.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating as scheduled by each school.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- The District will implement at least four of the following five Farm to School activities
  - Local and/or regional products are incorporated into the school meal program;
  - Messages about agriculture and nutrition are reinforced throughout the learning environment;
  - School hosts a school garden;
  - School hosts field trips to local farms; and
  - School utilizes promotions or special events, such as tastings, that highlight the local/ regional products.

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

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes. 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 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.

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, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

## Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties / classroom snacks brought by parents.
- Rewards and incentives.
- **Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.**

## Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas.

- All schools should ensure that food and beverage fundraisers at a minimum meet the requirements as outlined in the Nutrition Standards for All Foods Sold in Schools as required by the Healthy Hunger Free Kids Act of 2010.
- All foods and beverages that meet the nutrition standards may be sold as fundraisers at anytime and anywhere on the school campus.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day.
- The Board of Education has set the number of exempted fundraisers as no more than thirty (30) per school per school year.
- The number applies to all organizations, programs or entities selling foods to students on the school campus during the school day.
- Each exempted fundraiser may operate no more than three (3) days. This means during the course of the year exempted fundraisers could operate no more than ninety (90) days. This includes all exempted fundraising activities, including sale of and delivery of items.
- No exempted fundraiser may operate thirty (30) minutes before, during or after meal service is completed anywhere on the school campus.
- All fundraisers must be approved by submitting a completed "Fundraiser Approval Request" to the school principal.
- **The principal is responsible** for ensuring that no more than thirty (30) exempted fundraisers were held within the school year; all fundraisers must have final approval by the Assistant Superintendent or designee.

## GOALS

### NUTRITION EDUCATION

Peach County will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

### NUTRITION PROMOTION

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <http://www.foodplanner.healthiergeneration.org/>.

### PHYSICAL ACTIVITY

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after

school; staff involvement and family and community engagement. Peach County is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. All schools in the district will be encouraged to participate in Let's Move! Active Schools ([www.letsmoveschools.org](http://www.letsmoveschools.org)) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) **will not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, Peach County will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### **OTHER WELLNESS GOALS**

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 initiatives 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, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

### **Community Partnerships**

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Education providers and coordinators, etc.) 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.

### **Community Health Promotion and Family Engagement**

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Community Involvement, Outreach, and Communications, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

## **Staff Wellness and Health Promotion**

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include eating in the cafeteria alongside students, demonstrate and encourage healthy eating and a lifestyle also by promoting physical activities. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

## **Professional Learning**

The District may offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## **Marketing of Food**

- School-based marketing will be consistent with nutrition education and health promotions. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for foods sold on school campuses during the school day.

The Peach County Schools' Wellness Policy will be assessed annually for effectiveness and implementation. The local wellness committee will review annual goals to ensure the most effective measures and standards are in place. This review will help promote and encourage sound nutritional and physical activity practices by students and staff. It will also allow the incorporation of new research and findings into the system plan for greater effectiveness. Peach County Schools believe strongly that healthy lifestyle habits help improve student and employee success. The Peach County Schools' Wellness Policy ensures focus to this end.

Date Adopted: 5/4/2006  
Last Revised: 07/2/2017

**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 requires acceptance of Terms and Conditions before reviewing the code. To 'accept' click here: [State of Georgia Terms and Conditions](#) After accepting, return here and click on the links below to be taken to each specific code. **You should only have to do this one time per session.**

<b>State Reference</b>	<b>Description</b>
O.C.G.A 20-02-0066	<a href="#">School breakfast programs</a>
Rule 160-5-6-.01	<a href="#">Statewide School Nutritional Program</a>
<b>Federal Reference</b>	<b>Description</b>
07 CFR 210.11	<a href="#">Competitive Food Service and Standards</a>
07 CFR 210.12	<a href="#">Student, parent, and community involvement</a>
07 CFR 210.18	<a href="#">Administrative Reviews-School Nutrition</a>
07 CFR 210.31	<a href="#">Local school wellness policy</a>
42 USC 1758	<a href="#">Program requirements-School Lunch Programs</a>
42 USC 1758b	<a href="#">Local School Wellness Policy</a>
42 USC Chapter 13	<a href="#">School Lunch Programs</a>
42 USC Chapter 13A	<a href="#">Child Nutrition</a>