
WELLNESS POLICY

NUTRITION EDUCATION: To teach the skills needed to encourage healthy eating habits by providing Nutrition Education opportunities.

Nutrition Education and Promotion Goals:

1. Students in grades pre-K through 12 will receive Nutrition Education that teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition Education will be offered in the school dining room as well as in the classroom, with coordination between the School Nutrition Staff and teachers.
3. Nutrition Education and resources will be available through the school nurse.
4. Students will receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.
5. Students will be taught state and district Nutrition Education curriculum standards.
6. Nutrition Education will be integrated into the health education curricula and/or core curriculum (e.g. math, science, language arts).
7. Appropriate training will be available for staff that provides Nutrition Education.

Suggested Activities:

- Partner with Parent Informational Resource Center (PIRC) as a resource for available Nutrition Education materials for all stakeholders.
- Partner with Nutritionist/Registered Dietitian from Dodge County Health Department to provide Nutrition Education materials and counseling.
- Provide professional learning opportunities for School Nutrition Staff and teachers in developing grade level appropriate Nutrition Education activities for students.
- Provide school-wide promotional days involving parents and grandparents. (Example: pre-K Aerobics Day and Jump Rope for Heart). These days would include nutritional messages, physical activity and nutritious foods.

- Provide Nutrition Education in newsletters or newsletters that contain Nutrition Education to staff and parents. (Ex. section from School Nutrition Director in DCS.COM, selection in classroom and school newsletters, Chronic Disease Prevention Newsletter from South Central Health District via e-mail)
- Design a collection of healthy receipts (Ex. pre-K cookbook)

- Provide a "Nutrition Moment" from School Nutrition Staff on the intercom at least once a week (Ex. "Well Wednesday" or "Wellness on Wednesday" or "Wellness Wednesday").

PHYSICAL ACTIVITY: To provide opportunities, support and encouragement to all students in pre-kindergarten through grade 12 to be physically active on a regular basis.

Patterns of physical activity encouraged in students' lives outside of physical education.

1. Physical activity/movement is integrated across the curriculum and teachers are professionally prepared to appropriately implement the curriculum.
2. Physical education is the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
3. Credentialed physical education instructors teach physical education classes.
4. Student/teacher ratios in physical education classes will be within state guidelines
5. A recess/break period is provided daily.
6. Physical education includes instruction in individual and team competitive sports as well as non-competitive activities.
7. Adequate equipment is available for all students to participate in physical education.
8. Students in physical education classes participate in periodic fitness assessments.

Suggested Activities:

- Incorporated physical movement in the classroom through programs such as "Take 10".
- Students in physical education classes will participate in the President's Council on Fitness or similar fitness assessment.
- Encourage students to participate in after school recreation activities such as locally sponsored sports camps and recreation department programs.
- Make outdoor school facilities such as track and playground accessible after school hours.

OTHER SCHOOL-BASED ACTIVITIES: To support and encourage healthy eating habits and physical activities in school-based activities and in the home.

- Applications for free and reduced meal benefits will be distributed to each student as they enter school.
- Free/reduced applications will be processed by the school nutrition program staff within 10 days of receipt.
- Teachers who request snacks be sent to the classroom will provide a list of healthy snack foods including some fruits and vegetables for parents to choose.
- Locally grown seasonal items such as peaches, strawberries, peanuts, pecans could be used in a snack bar or for furnished snacks.
- Locally grown fresh fruits and vegetables could be used in the cafeteria whenever possible.

NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY:

To provide school meals that are consistent with the dietary guidelines and USDA standards for school meals and to make all foods and beverages available on campus during the school day consistent with an awareness for a healthy lifestyle.

1. Child Nutrition Program complies with federal, state, and local requirements.
2. Child Nutrition Program is accessible to all children.
3. Vending machines and school snack bars shall not be open in pre-K and elementary schools until that time when the last class/group of students eating lunch is scheduled to return to class.
4. Food or beverages within the school meal program shall not be withheld from students as a punishment.
5. Foods served in the school meal program are developmentally appropriate and encourage consumption within the time allotted.
6. A la carte food sales by the school's nutrition program shall be limited to foods offered as part of the school meal and shall be served in the same portions as served in the school meal. A reimbursable meal must be purchased in order to purchase a la carte food items.
7. A la carte beverage sales by the school's nutrition program shall be limited to milk, 100% juice, bottled water and flavored water.
8. Sanitation deficiencies cited on local inspections are corrected accordingly, including facility deficiencies.
9. Each school kitchen has at least one person certified in food safety.
10. Drinking water is available to students throughout the day.
11. School sponsored fund-raisers should promote healthy lifestyles. Every effort will be made to sell, purchase, or deliver food items before or after school. Non-food items will be encouraged.
12. Beverages and foods sold in vending machines accessible to students during school hours will be Smart Snack Compliant. All fundraising foods sold to students on campus during school hours will be Smart Snack Compliant.

Suggested Activities:

- Parents will be encouraged to promote their child's participation in the school meal programs. If their child does not participate in the school meal program, parents will be encouraged to provide healthy alternatives.
- Students will be encouraged to start each day with a healthy breakfast.
- School Nutrition Director will promote and provide training for School Nutrition Staff related to nutrition, safety, sanitation, state and federal guidelines, customer service and employee wellness.
- Lunchroom managers will maintain Serv/Safe certification.
- School Nutrition staff will continually monitor foods and choices served daily in the cafeterias.
- When using food as a part of class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices.
- Each school will come up with a nutritional rating scale to place on or near the vending machine, which will categorize the items by nutritional value.
- Encourage sponsors to offer non-food items to raise funds. If food and beverages are sole as fund-raisers, include at least some healthy food choices. Suggestions for fund-raising activities are listed in the chart:

Alternative Fund-Raising Ideas
Auctions
Car Wash
Basketball Tournament
Dance
Family/Glamour Portraits
Festival
Gift Wrapping/Christmas items
Recycle Drive
Talent Show
Other sport tournaments
Fruit
Flowers/Plants

The Superintendent or Nutrition Director shall be responsible for establishing a wellness committee consisting of school system representatives, including physical education and health teachers, as well as community representatives from areas designated in federal law to develop such

regulations as may be needed to address all state and federally required wellness components.

The public shall be informed of the goals of school wellness policies and the schools' progress in meeting those goals through appropriate media, including posting such information on the district's website.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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State Reference

O.C.G.A 20-02-0066

Rule 160-5-6-.01

Federal Reference

07 CFR 210.11

07 CFR 210.12

07 CFR 210.18

07 CFR 210.31

42 USC 1758

42 USC 1758b

42 USC Chapter 13

42 USC Chapter 13A

Description

[School breakfast programs](#)

[Statewide School Nutritional Program](#)

Description

[Competitive Food Service and Standards](#)

[Student, parent, and community involvement](#)

[Administrative Reviews-School Nutrition](#)

[Local school wellness policy](#)

[Program requirements-School Lunch Programs](#)

[Local School Wellness Policy](#)

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