

# **Telfair County Board Of Education Local Wellness Policy**

**Effective December 9, 2019**

*In accordance with Federal Public Law (PL 108.265 Section 204), the Telfair County Wellness Committee hereby submits the following guidelines as a Local Wellness Policy to be implemented in the Telfair County School System. These guidelines were developed with input from school food services, administrators, school board representatives, parents, students and the public.*

## **Component 1: Nutrition Education and Nutrition Promotion: To teach the skills needed to encourage healthy eating habits by providing nutrition education opportunities.**

### **Nutrition Education and Promotion Goals**

- I. Students in grades Pre-K through 12 will receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors from staff that are appropriately trained.
  - a. Students are encouraged to start each day with a healthy breakfast as a means to enhance academic achievement.
  - b. Students are encouraged to make healthy food choices from a variety of foods offered at each meal.
  - c. Nutrition information that positively impacts student and community health is provided to families, in the form of handouts, presentations or postings on the school website.
  
- II. Nutrition education is offered in the school dining room as well as in the classroom, with coordination between food service staff, the school nurse, the Telfair County Health Department and teachers.
  - a. The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
  - b. Staff who provide nutrition education are trained to deliver effective instructional programs.
  - c. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and social media.
  - d. School wide promotional days involving parents and grandparents are encouraged.
  - e. A "Nutrition Moment" will be provided once a week during morning announcements by school nutrition staff or a student on the intercom.
  - f. "National School Lunch Week", "National School Breakfast Week" and "5-9 A Day" promotions will be held annually. Pre-K parents will participate in Grits for Grandparents, Muffins for Mom, Dining with Dad, and the Thanksgiving Feast. Telfair Elementary and Telfair Middle have grade level lunch and learn programs. Telfair High students participate in the "Fuel Up to Play 60."
  
- III. Nutrition Education is integrated into the health education curriculum or core curriculum, such as math, science, language arts, and social studies.
  - a. Nutrition education promotes good health and disease prevention.
  - b. Health education classes consist of a unit on nutritional guidelines and healthy lifestyles.

- c. Instructional staff link nutrition education activities with the core curriculum areas.
  - d. Schools participate in the USDA "Team Nutrition" program.
- IV. A nutrition component will be provided as a part of each School Council meeting. This component will also be distributed in articles in the local newspaper and on the school website and social media on a regular basis.

**Component 2: Physical Activity: To provide opportunities, support, and encouragement to all students in grades Pre-k through 12 to be physically active on a regular basis.**

**Physical Activity Goals**

- I. Physical activity is not used as a reward or punishment.
- II. Credentialed physical education instructors teach physical education classes.
- III. Students in physical education classes participate in periodic fitness assessments.
- IV. At a minimum, students should have 60 minutes of physical activity each school day. Currently, high school and middle school students enrolled in physical education receive approximately 90 minutes of activity each day due to block scheduling. Elementary students receive approximately 45 minutes of physical activity. Knowing that schedules do not always allow 60 full minutes of physical activity, the following are suggestions for additional physical activities.
  - a. At the beginning or closing of classes or subjects, elementary teachers may use this time to incorporate "Energizers"\* which are classroom-based physical activities. Middle and High School teachers may find them beneficial after the first half of the block or toward the end before changing classes. \*Energizers can be downloaded from the following web sites:
    - i. [www.nchealthyschools.org](http://www.nchealthyschools.org)
    - ii. [www.bookwidgets.com](http://www.bookwidgets.com)
    - iii. <https://www.audubonelementary.org/ourpages/auto/2014/10/4/40838143/Energizers%20for%20the%20Classroom.pdf>
  - b. Middle School and high school breaks could incorporate physical activity by offering opportunities for students to walk the track around the football field during breaks. The students would still be allowed their social time, but they would be exercising while they were talking.
  - c. After-school activities available for middle and high school students include basketball, baseball, softball, golf, tennis, track, competition cheer, cross country, and football. These activities are available to special needs students, as well.
- V. To provide physical activities to students after school.
  - a. Telfair County Recreation Department offers physical activities to students on a seasonal basis from 4:00 pm until 8:00 pm. These activities include basketball, baseball, softball, football, cheerleading, and tennis. Advertising for these activities is vocalized by the local radio station and is printed in the local newspaper. Additionally, a flyer is sent home for every student in Telfair County Schools that is of eligible age to participate.

- VI. To provide opportunities for families to participate in physical activity.
  - a. The Telfair County Recreation Department has a regulation-size walking track available to the public seven days a week.
  - b. Outdoor school facilities, such as the high school track, will be available after school hours.

**Component 3: Nutrition Standards: To provide school meals that are consistent with dietary guidelines and USDA standards for school meals and to make all foods and beverages available on campus during the day consistent with awareness for a healthy lifestyle.**

**Nutrition Standards for all foods and beverages available on school campus during the school day**

- I. The Telfair County School System will provide meals containing a variety of nutritious food and beverage choices to students, which are accessible to all children at no cost to families through the Community Eligible Program. Selective food and beverage choices will follow guidelines set by USDA and the Georgia Beverage and Vending Association. These guidelines should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion sizes. School-sponsored fund raising activities, as well as in-school celebrations/meetings during the school day will follow the aforementioned guidelines as well as local school board policy.
  - a. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools. A la Carte food sales by the school's nutrition department shall be limited to foods offered as part of the school meal and served in the same portions as served in the school meal.
  - b. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
  - c. Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools, and high schools.
  - d. Drinking water is available to students throughout the day.
  - e. School sponsored fundraisers should promote healthy lifestyles and should follow the new Smart Snacks rule/State Board rule regarding exempted fundraisers. Non-food items will be encouraged.

**Component 4: Other School-Based Activities: To Support and encourage healthy eating habits and physical activity in school-based activities and in the home.**

**Goals for Other School-based Activities Designed to Promote Students Wellness**

- I. Students in grades pre-K through 12 are provided a clean and safe meal environment.
  - a. Facilities used for meals have been properly cleaned and maintained and will be inspected at least twice annually by state public health officials.
  - b. All foods made available on campus comply with the state and local food safety and sanitation regulations.

- c. For the safety and security of the food and facilities, access to the food service operations are limited to authorized personnel.
  - d. Students are taught proper hand-washing techniques and given adequate time to wash their hands before and after each meal. Staff will be educated about the advantages of hand washing as opposed to the use of hand sanitizer and will encourage students to only use hand sanitizer when soap and water are not available.
- II. Students are provided proper meals and physical activity/recess time.
- a. Food and physical activity/recess time are not used as a form of reward, punishment, or discipline.
  - b. Physical activity/recess time is not cancelled for instructional make-up time.
- III. Strategies are developed for parents, teachers, school administrators, food service professionals, and community members to promote healthy eating and physical activity in school and at home.
- a. Teachers and school administrators are encouraged to serve as role models in promoting healthy eating and physical activity.
  - b. School fundraising activities should include selling items (other than candy) such as granola bars, nuts, magazines, or giftware.
  - c. Parents who furnish snacks and teachers who request snacks will be encouraged to provide healthy snacks from a given list.
  - d. Locally grown fruits and vegetables will be used in the cafeterias whenever possible.
  - e. Various health programs, fairs and classes will be encouraged regularly to promote health awareness.
  - f. Public awareness campaigns through posters, bulletin boards, radio and newspaper spots will be offered regularly to promote healthy eating and physical activity.
  - g. The policy will follow current state and federal guidelines.

**Plan for Measuring Implementation:** Local school designee will provide leadership in quarterly review of the school's implementation of policy components and the school's compliance with the Smart Snack Rule. School grade leaders will review the policy quarterly for proper implementation of the local wellness policy. The system committee will meet annually to review and (if needed) revise the policy. The chairman and school administrators will prepare a summary report of the extent of compliance which will be made available to the public through the school web page and social media.