

**Wellness Plan for Policy EEE
Jasper County School Nutrition**

2016/2017

Federal Law 108-265 requires each school system to have in place a Wellness Plan. Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, Jasper County Schools developed a Wellness Plan that includes: Goals for nutrition education, physical activity and other school based activities designed to promote student wellness.
Nutrition guidelines for all foods and beverages available on each school campus.
Establishes a school environment that is safe, comfortable and promotes student wellness.
Establishes a plan for implementation and monitoring of policy.

Component 1: Nutrition Education and Promotion Goals

All reports will be completed by Felicia Holman (SNP)

The School Nutrition Program will promote nutrition education in the school cafeteria through posters, flyers and promotions in the hallways, cafeteria and on the school nutrition web site.

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Nutrition information and health related information will be shared with parents, family members and community through the school nutrition web site, menus, displays. School administrators may wish to share information at their scheduled PTO and SGT meetings.

Eating a healthy breakfast and lunch will be encouraged every day. School district(s) will provide nutrition promotion information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.

Stakeholders will receive informational updates annually with regards to the Wellness Policy. To ensure that the information is forthcoming, the Parent Involvement Coordinator at each school will ensure that the information will be posted on the district website, shared with the local newspaper, and reviewed by each school's SGT (School Governance Team).

Component 2: Physical Activity Goals and Other School Based Activities

All reports will be completed by individual schools Principals.

Students will be given opportunities for physical activity during the school day as deemed appropriate per grade level:

PK-5 students through daily recess periods.

6-12 students through required and elective physical education (PE) classes. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills social skills and knowledge.

Students will be encouraged to be involved to participate in extracurricular activities, school sponsored events and community sporting events.

Support for the health of all students is demonstrated by offering health screenings such as sports physicals on-site and on-site scoliosis screenings.

Component 3: Establish Nutrition Standards for All Foods Available on School Campus during the School Day

All foods served by the School Nutrition Program will meet regulations under the Child Nutrition Act, The Richard B. Russell National School Act, National School Breakfast Program and be consistent with the Dietary Guidelines for Americans.

All foods made available on school campus, during the school day, will be in compliance with the current USDA Guidelines for Americans and will offer foods that are above the minimum nutritional value guidelines as set by USDA. This will include but not limited to vending machines, A La Carte, beverages, fundraisers, concessions stands, school stores, classroom activities and celebrations.

Vendors will be asked to provide nutritional information of vending selections for evaluation of minimum nutritional value of offered foods. Individual school will report their information and documentation.

Component 4: School Environment to Promote Student Wellness

Provide on-going professional training and development for foodservice staff and provide information to school level administration to assist with their planning.

A certified and/or credentialed food service director, according to current professional standards, will be available to administer the food service program and satisfy reporting requirements.

Students are provided adequate time to eat at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated with their meal.

Cafeterias are attractive and have enough space for seating all children.

Food is not used as reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Educational Plan (IEP).

Staff members will be encouraged to maintain a healthy lifestyle through healthy, eating, physical activity and role model a healthy lifestyle for students.

All foods, available on campus will comply with the State and local Food Safety and Sanitation regulations. To prevent food borne-illnesses in school, Hazard Analysis and Critical Control Point (HACCP) guidelines will be implemented.

For the safety and security of the food and facility, only school nutrition staff and authorized personnel will have access to the food service operations.

Each school facility shall be in compliance with drug, alcohol and tobacco free policies.

Each school site shall provide a work environment that is conducive to productivity by being free from physical dangers and is as safe as possible. Each school work environment shall comply with all applicable occupation and health laws, policies and rules. Individual school will complete reports and documentation.

Component 5: Implementation and Monitoring

The Superintendent and/or designee will ensure that the Wellness Plan will be implemented.

Each school principal and/or designee will ensure compliance in his/her school and will report on the school's compliance to the Superintendent and/or designee.

The School Nutrition Program staff will ensure compliance with nutrition policies and will report to the Superintendent and/or designee.

The Wellness Plan will be assessed annually for effectiveness and implementation. This review will serve as documentation for revisions, if needed, to the wellness plan.

Our wellness policy is located on the schools website along with promotions, meeting agenda's and accomplishments at www.jasper.k12.ga.us and under our system e-Board link.

The Standing Committee will meet at least once every three years in conjunction with administrative reviews to review their compliance with the Wellness Policy.

Standing Committee Members:

Assistant Principal of Jasper County Primary School
Director of Curriculum and Instruction
Director of Federal Programs
Director of JC Pre-K
Director of JC Virtual Academy
Director of Student Support Services
Director of Technology
Executive Director Student Support Services
Instructional Coach of JCMS
Instructional Coach of WPES
Lead Parent Involvement Coordinator
Principal of Jasper County High School
Principal of Jasper County Middle School
Principal of Jasper County Primary School
Principal of Washington Park Elementary School
School Nutrition Program Director
School Transportation Director
Superintendent of Jasper County Charter School System
Teacher from JC Primary School
Teacher from JC Primary School
Teacher from the Virtual Academy

Research and Planning Committee members:

Business Stakeholder
Director of the Jasper County Mentor Program
Parent Stakeholder
Physical Education Coach of JCMS
School Nurse of JCPS
School Nutrition Lead Manager
School Nutrition Program Director