

TREUTLEN COUNTY SCHOOLS WELLNESS POLICY

Treutlen County Schools are committed to establishing a healthy learning environment that positively influences students' well being, eating behaviors, physical capacity, and learning to give students the ability to succeed academically. This commitment will provide students with the ability to participate fully in the educational process and to develop life-long healthy habits.

It is the goal of Treutlen County Schools to promote the students' physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse services, nutritious school meals, health education, Family and Consumer Science education, and opportunities for physical education and activity. It is the intent of this policy to enable students to become independent in taking initiative for their own health and well being.

Nutrition Education and Promotion

The Health, Family and Consumer Sciences curriculum should meet state standards.

Staff responsible for nutrition education should be highly qualified and participate in professional development for their area.

Schools will communicate/collaborate with community businesses and organizations to send a consistent message about nutrition education.

School staff is encouraged to model healthy eating behaviors.

The School Nutrition program will be closely coordinated with nutrition education, Farm to School education and school gardens.

Physical Activity

Physical education and physical activity opportunities shall be available throughout the year.

Student in grades 4-12 will be assessed on FITNESSGRAM test and the results will be report to the state and the parents.

After school and enrichment programs for elementary students will provide daily periods of physical activity.

Teacher cannot withhold physical activity as means of punishment.

Elementary teachers shall provide opportunities for physical activity in the classroom.

Nutrition Standards

All Treutlen county Schools will participate in the National School Breakfast and Lunch Programs. Tall meals will meet HHFK guidelines. Drinking water is available at all meals.

Menu choices will be linked with nutrition education in that it promotes fruits and vegetables, limits high fat choices, and provide healthy drink choices (low-fat milk, non-fat milk, and 100% juices). Foods sold in the cafeteria, vending machines and school stores shall comply with USDA federal and state regulations. High school/middle school vending machines will be off during school meal times- Breakfast and Lunch.

Food fundraisers may not be sold in cafeteria or in competition with school breakfast or lunch.

The state will set a reasonable number of food fundraisers per school that are out of compliance with USDA guidelines.

Students may not receive outside food deliveries.

With proper medical documentation, modified meals shall be served to students with food allergies or other special dietary needs.

Other School-Based Activities to Promote Student Wellness

The Cafeteria shall be a clean, pleasant place to eat. Student should have access to hand washing or sanitizing facilities before meals. Student should be allowed at least 20 minutes to eat, as recommended by the School Nutrition Association.

Student meal benefits shall be confidential.

The Seamless Summer Feeding Program will operate at several sites. The Treutlen County Board of Education prohibits the sale of foods that do not meet the Smart Snacks guidelines during the school day.

Effective July 1, 2014, the USDA Smart Snacks nutrition standards apply to the sale of competitive foods to students in public schools, private schools and RCCIs participating in the NSLP and SBP. The Smart Snacks standards apply to all areas of the school campus during the school day. **Sale** means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages. The **school campus** is all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The **school day** is the period from midnight before to 30 minutes after the end of the official school day. Only marketing of foods and beverages that meet competitive food standards is permitted on the school campus during the school day.

The School website shall contain the Wellness Policy, Competitive Foods Policy, Discrimination forms, Non Discrimination Statement, and menus.

Community/Stakeholder Involvement

Treutlen County School shall communicate to parents the importance of healthy living and ways to incorporate it into their lifestyle.

The school will devise and maintain a wellness committee involving teachers, administrators, parents, students, and community members. The committee will meet regularly (at least twice a year) to establish school health goals and determine ways to reach the goals.

Measurement and Evaluation

The Superintendent and Board of Education will ensure compliance with established Wellness Policy.

The policy will be updated and modified based on legislation and district needs.

The Wellness committee will give yearly progress reports to Board of Education of goal outcomes.

The Wellness policy will be updated at least every three years and/or as district priorities change.

An evaluation survey of school wellness will be on website. Results will be obtained yearly when reviewing Wellness Policy to see in changes are needed.

Federal Law:

HHFA of 2010

Child Nutrition & WIC Reauthorization Act of 2004

Richard B. Russell National School Lunch Act

This institution is an equal opportunity provider.

Wellness Policy

Appendix A:

1. Student will be provided adequate time to eat breakfast and lunch.
2. Nutrition education will be provided to parents in the form of handouts, school website, and media.
3. Will provide upon request to nutritional information of meals to students/parents/teachers.
4. Smarter Lunchrooms techniques will be followed.
5. All fundraisers must have administrative approval.
6. Farm to School will be taught by Nutrition Director and teachers.
7. Teachers will be offered one or more opportunities for Farm to School professional development a year.
8. The schools will be a member of Fuel Up To Play 60.
9. The following nutrition promotions will be held: National School Lunch Week, National School Breakfast Week, Milk Day, and Farm to School Month.
10. At least three taste test will be held a year for students to try new items.
11. The elementary will have a Nutrition Advisory Council. (NAC)
12. School will be a member of Fuel Up To Play 60.
13. Produce grown in school garden will be incorporated into school menu/meals.