

Wilcox County School System
Wellness Policy
July 2023 – June 2026
BOE Approved June 2023

It is the desire of Wilcox County School System to promote the well-being of all students. Daily, a coordinated and comprehensive approach, that includes the services of school nurses, mental health counselors, school nutrition staff, and Family and Consumer Science education and opportunities for physical education, enables to all students take initiative for their own health and well-being.

Nutrition Education Goals

Nutrition promotion and education

Goal: Educate students on the importance of a balanced diet and provide access to healthy food options. This can be accomplished through healthy food options in the school cafeteria, classroom instruction and workshops on healthy eating habits. Further, the Farm to School program as well as the Georgia Grown program will be utilized to help provide locally grown food within the reimbursable federal meal guidelines.

Physical Activity

Encourage students to engage in physical activity during and after school hours. This can be achieved through various means such as organized sports, physical education classes, and active breaks throughout the day.

Other school-based activities that promote student wellness

Provide resources and support for students to improve their mental health and well-being. This can be achieved through counseling services, stress management techniques, and support groups.

Nutrition Guidelines

Wilcox County Schools operate under the Community Eligibility Program (CEP); therefore, every student is afforded the opportunity to benefit from a free (no charge to the student or family), complete breakfast and lunch meal each school day. Faculty and staff may purchase breakfast and lunch meals daily.

School meal nutrition standards

All meals provided by the School Nutrition Program comply with the expectations of the following:

- Child Nutrition Act
- Richard B. Russell National School Lunch Program
- USDA Minimal Nutritional Value

Smart Snacks in School (food sold to students during the school day)

1. 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.
2. Sales also include any activities that suggest a student donation in exchange for foods and beverages.

The sale of foods that do not meet the Smart Snacks guidelines is prohibited.

As of July 1, 2014, the USDA Smart Snacks nutrition standards direct the sale of competitive foods to students, schools and RCCIs that participate in the NSLP and SBP.

All Snacks must meet the Smart Snack Nutrition competitive food standards:

1. Competitive foods include, but are not limited to, foods sold in vending machines, snack bars, student stores, a la carte, at school activities, fundraisers and other venues.
2. All schools shall ensure that competitive foods and beverages meet, at a minimum the Nutrition Standards for All Foods Sold in Schools as required by the Healthy Hunger Free Kids Act of 2010. (See Appendix A)
3. Food related fundraisers may not be sold in the cafeteria or in competition with school breakfast or lunch. (See Appendix B).
4. Students will not receive outside food deliveries.

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5. All classroom snacks/instructional use of food, snacks offered during student meetings during the school day, and student celebrations and recognitions must meet Smart Snacks in School nutrition standards. (See Appendix A).
6. Non-food treats as a reward are highly encouraged.
7. Unflavored drinking water is available to students throughout the school day via water fountains and/or water bottle refill stations.

Other School-Based Activities Designed to Promote Student Wellness

1. Develop reward and incentive programs that support healthy lifestyle choices.
2. Set fundraising events that comply with expectations outlined in the Fundraising Guidance. (See Appendix B.)
3. Use a variety of media to share the Wellness Policy with all stakeholders.
4. Conduct annual screening for health-related issues such as hearing, vision, scoliosis, and body composition.
5. Provide on-site mental health counseling.
6. Operate the Seamless Summer Feeding Program
7. Provide healthy-related resources at each school.
 - www.choosemyplate.gov • <https://www.fns.usda.gov/en/tools-schools> • <http://www.fns.usda.gov/sbp/marketing-ideas>
8. Maintain an environment free of tobacco, alcohol and other drugs

Implementation Measurement

Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public will be permitted to participate in the development, implementation, review and update of the local wellness policy through committee meetings and social media posts and/or One Call Now solicitation of participation. The public will be informed and updated about the content and implementation of the wellness policies through social media posts and/or One Call Now communications.

Annually, the wellness committee or designee will set goals and evaluate the level of implementation. The Superintendent or designee shall be responsible for overseeing the implementation and evaluation of the wellness policy. Each school principal or designee shall be charged with operational responsibility for ensuring the school works toward the goals within the policy and provide a report on the school’s compliance to the Superintendent or designee.

School nutrition staff at the district level shall monitor compliance with nutrition guidelines within the school nutrition areas and will report on this matter to the Superintendent at the district level, or the school principal at the school level upon request.

The Superintendent or designee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. That report shall be posted to the district website and provided to the Board and, upon request, to any interested parties.

<u>2023-2024 Wellness Committee Team Members</u>				
Wilcox 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 to establish school health goals and determine ways to reach the goals.				
Aleph Fore SNP Director LEA Compliance Official	Dale Garnto Superintendent	Nathan Gibbs Assistant Superintend CTAE Director	Matthew Hall Family Engagement Transportation Director	Dori Terry Elementary School Teacher Parent
Gary Howell Elementary School Principal	Chad Davis Middle and High School Principal	Denise Greene Lunchroom Manager	Elaine McBryant Elementary School Nurse Parent	Jennifer Cannon High School Teacher

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Stephen McDuffie Middle and High Teacher/Coach Parent	Tim Conner Middle and High Assistant Principal Parent	Brooks Gibbs Farm to Table Vendor Parent	Courtney Johnson Middle and High SPED Teacher Foster Parent	Amanda Kirkley Elementary, Middle and High Mental Health Counselor Parent
<i>*Additional members may be added as needed occurs or as interested is expressed</i>				

Triennial Assessment

Wilcox County Schools, at a minimum, will assess the policy every 3 years as outlined in the table below:

Cycle	Plan Duration	Review Period
1	July 2020 – June 2023	Committee meetings will be held on (tentatively) the last workday of October 30 th , January 29 th , and May 31 st of each school year for compliance review and policy amendments to ensure the triennial assessment is completed by June 30 of the three-year cycle. After the May meeting, the committee will once again solicit community input on the triennial assessment and LWP amendments/additions to ensure the Triennial Review is done by June 30 th .
2	July 2023 – June 2026	
3	July 2026 – June 2029	

The triennial assessment must measure implementation of the local wellness policy and include:

- Each schools’ compliance with the wellness policy
- The progress made toward attaining the goals of the LWP as compared to a model plan per the checklist provided the SNP entitled “Local Wellness Policy Assessment.” (See Appendix C)
- The committee will examine how the local wellness policy compares to model local wellness policies.
 - The Triennial Assessment Tool (2019, DOE) will be completed by the wellness committee per the timeline represented in the table above to determine
 1. effectiveness and updates
 2. describe the progress in attaining the goals of the wellness policy

Results from the triennial assessment will be shared via social media links to a school website posts to solicit public input and to share the results of the triennial assessment.

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Triennial Assessment Plan

Position	Role
Superintendent	Ensure plan is implemented with fidelity
School Nutrition Director	Serves as chairperson Delegate roles/responsibilities/ actions and timeline NSLP and compliance
School Principal	Ensure plan is followed Smart Snack Compliance Fundraiser Compliance
Lunchroom Manager	NSLP and SBP compliance
PE Teacher	Physical Education goals
High School Teacher	Nutrition Education goals
Members at large	Input for compliance, goal completion, and policy adjustments

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Appendix A

Healthy Hunger Free Kids Act of 2010

a. Nutrition Standards for Foods

- i. Any snack food sold in schools must:
 1. Be a “whole grain-rich” grain product; or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*
- ii. Any entrée food sold in schools must be:
 1. A combination food of meat or meat alternate and whole grain rich food
 2. A combination food of vegetable or fruit and meat or meat alternate
 3. A meat or meat alternative alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks (such as dried beef jerky).
 4. Any entrée item offered as part of the NSLP or SBP sold a la carte the day of service or the day after service (exempt from all nutrient standards).
- iii. Snack and entrée foods must also meet specific nutrient requirements:
 1. Calorie limits:
 - a. Snack items: ≤ 200 calories
 - b. Entrée items: ≤ 350 calories
 2. Sodium limits:
 - a. Snack items: ≤ 230 mg**
 - b. Entrée items: ≤ 480 mg
 3. Fat limits:
 - a. Total fat: ≤35% of calories
 - b. Saturated fat: < 10% of calories
 - c. Trans fat: zero grams
 4. Sugar limit:
 - a. ≤ 35% of weight from total sugars in foods
- iv. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

b. Nutrition Standards for Beverages

- v. All schools may sell:
 1. Plain water (with or without carbonation)
 2. Unflavored low fat milk
 3. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 4. 100% fruit or vegetable juice and
 5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
 - i. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice.
 - ii. There is no portion size limit for plain water.
 - iii. High schools may also sell “no calorie” and “lower calorie” beverage options.
 1. No more than 20-ounce portions of
 - a. Calorie-free, flavored water (with or without carbonation); and
 - b. Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 2. No more than 12-ounce portions of
 - a. Beverages with ≤ 40 calories per 8 fluid ounces, or
 - b. ≤ 60 calories per 12 fluid ounces.

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Wilcox County Board of Education

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MISSION:
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11/9/21

Corrective Action Plan

Finding: Serving a non-compliant food item within 30 minutes prior to meal service until 30 minutes after meal service

Effective November 8, 2021, the plan below will be implemented to ensure compliance with the federal regulations concerning competitive foods and smart snacks. The finding included selling a non-compliant item as a fundraiser within 30 minutes prior to meal service until 30 minutes after meal service on the school campus during the school day.

Wilcox County Schools will not sell or make available to sell a non-compliant food item as a fundraiser 30 minutes prior to meal service until 30 minutes after meal service on the campus during the school day. When fundraisers involving food are held, any items not identified as a smart snack will only be sold at mid-morning break. This time frame is approximately two hours before lunch and two hours after breakfast is served. Any food sold during break will also meet smart snack regulations unless it is considered a fundraiser and is limited to 30 fundraisers at 3 days each stipulated in state board rule 160-5-6-.01.

This plan for selling food items as a fundraiser will be implemented at all schools, PreK-12th grade. Only items that meet the requirement of being a Smart Snack will be sold within 30 minutes prior to meal service until 30 minutes after meal service.

Sincerely,
Aleph Fore
School Nutrition Director
Wilcox County School System

Sincerely,
Dale Garnto
Superintendent
Wilcox County School System