

**Regulation  
Wellness Program - EEE-R(1)****Descriptor Code: EEE-R(1)**

This regulation implements the District goals and objectives for wellness as outlined in Policy EEE-Wellness Program. School personnel shall comply with the requirements contained herein.

**I. NUTRITION STANDARDS AND GOALS****A. Nutrition Education and Promotion.**

The Muscogee County School District aims to teach, encourage, and support healthy eating through nutrition promotions and incorporating comprehensive nutrition education in accordance with the State of Georgia's (health) curriculum.

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities, such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after school care programs, and farm-to-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom;
- Nutrition education will promote fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste new foods to increase their acceptance of healthy foods they may not be familiar with;
- Nutrition information and nutrition promotions designed to promote life-long health and wellness as well as reduce childhood obesity will be included in the District's Strategic Plan.

**B. District Meals**

Meals served in District schools shall:

be age appropriate, appealing and attractive to children; be served in clean and pleasant settings; meet, as a minimum, nutritional requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables, and whole-grain rich items; offer fat free and low fat (1%) unflavored milk as well as fat free flavored milks with sugar content of 22 grams or less per 8 ounce serving; offer lactose-free milk;

In addition:

The District will offer fresh fruit daily making sure to offer a variety of different choices weekly. All grains served will be whole-grain rich. The District will not purchase food items that contain more than 0.5 grams of synthetic trans-fat per service.

Students, staff, and parents are encouraged to participate in the school meal programs. The school nutrition program will continually evaluate and procure items which can enhance the nutritional value of breakfast, lunch, and snack meals.

### **C. Meal Schedules**

District schools shall serve breakfast and lunch daily.

- Students should be given at least 10 minutes after being seated to eat breakfast and 20 minutes after being seated to eat lunch.
- Schools should attempt to schedule lunch between the hours of 11:00 A.M. and 2:00 P.M. Lunch meal service cannot start before 10:00 A.M.
- Lunch is encouraged to be scheduled after recess.

### **D. Sharing of Foods and Beverages.**

Schools shall discourage students from sharing or trading their foods or beverages with others, given concerns about allergies and restrictions on some children's diets. Trading foods can create an unhealthy imbalance in the nutritional value of a child's meal. School staff cannot ask students to share items with them or take items from a student's meal.

### **E. Foods and Beverages Sold Individually to Students During the School Day:**

The following standards apply to all areas of the school campus where the students have access during the school day. The school campus includes, but is not limited to the following areas: a la carte areas in cafeteria, school stores, snack bars, vending machines, and other venues. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day. These guidelines do not apply to vending machines located in teacher lounges that are not accessible by students or events that take place on campus after the end of the school day. These standards have been developed by USDA to help schools make the healthy choice the easy choice for students.

#### **1. Allowable Beverages.**

##### Beverage Options

- Plain water (with or without carbonation)
- Unflavored 1% milk
- Flavored or unflavored fat free milk
- 100% fruit and vegetable juices
- 100% fruit and vegetable juices diluted with water (with or without carbonation) and no added sweeteners
- Calorie-free carbonated beverages (High Schools only)

##### Portion Sizes:

- ES – up to 8 oz.
- MS – up to 12 oz.
- HS – up to 12 oz. for low calorie beverages; up to 20 oz. for calorie-free beverages
- No portion size limit for plain water (with or without carbonation)

#### **2. Allowable Foods.** Individual food items:

Must meet all of the competitive food nutrient standards AND one of the following:

- Be a whole grain rich product OR
- Have as the first ingredient a fruit, vegetable, dairy product or protein food OR
- Be a "combination food" with at least ¼ cup fruit and/or vegetable OR
- Contain 10% of the Daily Value of one nutrient of public health concern (calcium, potassium, vitamin D, dietary fiber).

*Nutrient Standards:*

- Total Fat: =35% of total calories from fat per items as packaged/served
- Saturated Fat: <10% of total calories per item as packaged/served
- Trans Fat: 0 grams of trans fat per item as packaged/served (<0.5g)
- Sodium:
  - o =480 mg sodium per entrée\* item
  - o =230 mg sodium per snack/side item
- Calories:
  - o =350 calories per entrée\* item
  - o =200 calories per snack/side item

\*Applies to entrée items that do not meet the NSLP/SBP exemptions.

- Total Sugars: =35% of weight from total sugars per item

Exemptions include dried fruits or vegetables with no added nutritive sweeteners, dried fruits with nutritive sweeteners for processing, and dried fruits with nuts/seeds only with no added nutritive sweeteners.

Fundraisers that sell food or beverages to students must meet the standards outlined above. The state of Georgia will define the frequency of which districts can offer fundraisers that sell food or beverages to students that do not meet the USDA Smart Snacks nutrition standards.

The District encourages schools to explore non-food fundraising options, such as selling books, fresh produce, or school merchandise as well as physical activity based events, such as jump-a-thons, bike-a-thons, or road races to generate revenue needed to support local school activities.

Students shall not be permitted to order food from commercial establishments during school hours. Parents may provide or bring lunches for their students to school in accordance with guidelines established by the school.

#### **F. Extra-Curricular and Fundraising Events Outside of School Hours.**

While there are no restrictions on the types of food items which may be sold during extra-curricular events or fundraisers after the end of the school day, schools and sponsors of these events should consider healthy options.

Concessions which provide food and beverages during optional-attendance school events, including after school events such as dances, sporting events, talent shows, and PTA events are exempt from the guidelines contained herein, but are encouraged to also offer healthy choices.

#### **G. Snacks.**

Each academic year, the District School Nutrition Specialist will develop a list of healthy snacks that will be disseminated to students on the first day of school and will be posted on the School District web site.

Snacks served by school district staff during the school day should make a positive contribution to children's diets and health. Snacks served in after-school care or enrichment programs must comply with the USDA nutrition standards as well.

Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

#### **H. Individual Rewards.**

Schools will never use food, especially candy, as an individual reward or incentive for good behavior or academic performance. Food rewards undermine children's diets and health while also reinforcing unhealthful eating habits. The withholding of food as a punishment is strictly prohibited.

Schools will encourage the use of non-food alternatives because classroom rewards can be an effective way to encourage positive behavior. Children, like everyone, alter their actions based on short-term anticipated consequences; however, the goal should be to move children towards self-motivation.

A list of non-food reward alternatives will be available on the School District website.

#### **I. Classroom and School Parties and Celebrations.**

Classroom activities centered on food, parties and celebrations should occur only on a limited basis. School administrators shall determine ways to highlight seasonal and annual events in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the use of healthy foods in appropriate portion sizes is encouraged. Beverage consumption in the classroom should be limited to water, 100% fruit juice, and fat free milk.

Parents will be made aware in advance of when a celebration with food is taking place and what is to be served.

Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

### **II. HEALTH AND PHYSICAL EDUCATION STANDARDS AND GOALS**

#### **A. Compliance with State Requirements.**

The Muscogee County School District and all schools shall meet or exceed the requirements for physical education as determined by the Georgia Department of Education. All students in grades K-12, including students with disabilities, those with special health-care needs, and those in alternative educational settings, will receive physical education in compliance with the Georgia Department of Education guidelines. Because elementary age children are in the early stages of growing, physical education schedules shall be made according to the developmental needs of the children.

- Elementary: Shall provide 90 contact hours of instruction at each grade level in Health and Physical Education.
- Middle: Shall make healthy and physical education available.
- High: Shall provide 1 unit of health and physical education.

The health and physical education program will be comprehensive. A list of concepts and skills to be incorporated can be found in the board policy for health education.

#### **B. Daily Recess and Breaks.**

All District elementary schools will provide 20 minutes of supervised recess, preferably outdoors, during which students are engaged in moderate to vigorous physical activity. Food should not be consumed during recess.

Schools should make an effort to avoid extended periods (*i.e.*, periods of two or more hours) of

inactivity. When sedentary activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, and as permitted by testing protocols, schools should give students periodic breaks.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically-active alongside the students.

Recess and physical activity breaks shall not be withheld or used as punishment.

### **C. Physical Activity Opportunities Before, After, & During School.**

All students will have opportunities for physical activity beyond physical education class on a daily basis.

To the extent that staffing and other resources permit, schools shall offer extracurricular physical activity programs, such as sports clubs or intramural programs as well as incorporate physical activity into scheduled after-school care and enrichment programs.

High Schools are required to and middle schools are encouraged to offer interscholastic sports programs.

Schools should offer a range of activities that meet the needs, interests, and abilities of all students.

### **D. Safe Routes to School.**

When appropriate, the School District shall work together with the Columbus Police Department and other community programs to develop a community design to make it safe and easy for students and parents to walk and bike to school.

When District transportation is provided, and to the extent practical and in consideration of appropriate safety and operational considerations, neighborhood/area pick up/drop off points may be established in order to provide students additional opportunities for physical activity.

## **III. IMPLEMENTATION AND EVALUATION**

### **A. School-level Wellness Council.**

Each school will have a wellness council. The school principal shall appoint one representative from the school community to lead the council each school year. The school representative will attend required training sessions throughout the school year, not to exceed three trainings annually.

School wellness councils should be representative of the school community. School wellness councils shall meet at least three times each school year. Councils are encouraged to set reasonable goals and measure progress. Progress will be reported to the board of education annually.

### **B. District-level Wellness Council.**

The District will organize a district-level wellness council that will support and evaluate the progress of the school-level wellness councils. This council will be representative of the district's community.

### **C. Compliance.**

School principals or their designee shall be responsible for communicating the contents of this policy, implementing this policy, and assessing compliance in their respective schools. Schools shall report wellness policy compliance and progress annually to the Region Chief.

The Director of the School Nutrition Program shall be responsible for the nutritional component of this wellness policy, shall be the functional expert in school nutrition matters, ensure compliance with nutrition policies within school food service programs, provide training as needed to school food service personnel, and oversee the daily operation of the District's school nutrition program.

The Director of the School Nutrition Program shall be responsible for the implementation of and compliance with the health and physical fitness component of this wellness policy.

A wellness summary report will be prepared and presented to the board of education annually.

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Muscogee County School District

Date Issued: 6/26/2017  
Original Date Issued: 3/16/2015