

Gwinnett County Public Schools

Wellness Procedure

Gwinnett County Public Schools (GCPS) is committed to the optimal development of every student. GCPS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

I. Wellness Committee

A. Committee Role and Membership

GCPS will convene a representative District Wellness Committee (hereto referred to as the DWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level Wellness Plan (heretofore referred as “Wellness Plan”).

The DWC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school administrators, school board members, and the general public.

B. Leadership

The Superintendent or designees will convene the DWC and facilitate development of and updates to the Wellness Plan, and will ensure each school’s compliance with the plan.

These individuals are:

<u>Title</u>	<u>Role</u>
Director, School Nutrition Program	Council Leader
Executive Director, School Nutrition Program	Council Member
Director of Health & Physical Education	Council Member

Each school will designate a school Wellness Plan leader.

II. Wellness Plan Implementation, Monitoring, Accountability and Community Engagement

A. Implementation Plan

GCPS will develop and maintain a plan for implementation to manage and coordinate the execution of this Wellness Plan. It is a recommendation that the schools create an action plan that fosters implementation and generates an annual progress report. This Wellness Plan and the progress reports can be found at www.gcpsk12.org

B. Recordkeeping

GCPS will retain records to document compliance with the requirements of the Wellness Plan. Documentation maintained will include but will not be limited to:

- The written Wellness Plan

- Documentation demonstrating that the plan has been made available to the public
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update and methods GCPS uses to make stakeholders aware of their ability to participate on the DWC
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school Wellness Plan
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public

C. Annual Notification of Plan

Each local school will actively inform families and the public each year of basic information about their Wellness Plan, including its content, any updates to the plan and implementation status. Local schools will make this information available via their school website and/or communications. GCPS will provide as much information as possible about the school nutrition environment. Annually, GCPS will publicize the contact information of officials leading and coordinating the committee, as well as information on how the public can get involved.

D. Triennial Progress Assessments

At least once every three years, GCPS will evaluate compliance with the Wellness Plan to assess the implementation of the plan and include:

- The extent to which schools under the jurisdiction of GCPS are in compliance with the Wellness Plan
- A description of the progress made in attaining the goals of GCPS's Wellness Plan

The position/person responsible for managing the triennial assessment are the DWC members. The DWC, in collaboration with individual schools, will monitor schools' compliance with this Wellness Plan. GCPS will publish the triennial progress report.

E. Revisions and Updating the Plan

The DWC will update or modify the Wellness Plan based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges, and new Federal or state guidance or standards are issued. The Wellness Plan will be assessed and updated as indicated at least every three years, following the triennial assessment.

F. Community Involvement, Outreach and Communications

GCPS is committed to being responsive to community input, which begins with awareness of the Wellness Plan. GCPS will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, periodic review, and update of the Wellness Plan.

Local schools will actively notify the public about the content of or any updates to the Wellness Plan annually, at a minimum. GCPS will use mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

A. School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, have zero grams' *trans*-fat per serving (nutrition label or manufacturer's specification), and meeting the nutrition needs of school children within their calorie requirements.

All schools within GCPS participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Afterschool Snack Program, Seamless Summer Option (SSO) and the Fresh Fruit and Vegetable Program (FFVP).

Goal- The district will offer locally grown fruits and vegetables as much as possible, with a goal of 20% of total fruit and vegetables purchased for the school meal program being locally grown. The district defines "locally grown" as items grown in Georgia and contiguous states.

B. Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

C. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). GCPS will make drinking water available where school meals are served during mealtimes.

D. Competitive Foods and Beverages

GCPS is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

E. Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fund-raisers on the school campus* during the school day*.

Goal- The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.

F. Nutrition Education

GCPS will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.

G. Essential Healthy Eating Topics in Health Education

GCPS will provide a health education curriculum at all grade levels.

H. Food and Beverage Marketing in Schools

GCPS is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. GCPS strives to teach students how to make informed choices about nutrition, health and physical activity.

IV. Physical Activity

GCPS recognizes that children and adolescents should participate in at least 60 minutes of physical activity every day as per Centers for Disease Control and Prevention. Some of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. Schools will be encouraged to offer varied physical activity opportunities in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). All schools in GCPS will be encouraged to participate in *Let's Move!* Active Schools (www.letsmoveschools.org) in order to successfully address all CSPAP areas. In addition to, it will be encouraged that physical activity during the day not be withheld as a form of punishment.

A. Physical Education

GCPS will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically literate and active lifestyle and will help students develop skills to engage in lifelong healthy habits. In addition to, essential health education concepts will be incorporated (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. GCPS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All schools will meet the state and district requirements for offering physical education programs.

GCPS physical education program will promote student physical fitness through individualized fitness and activity assessments (via the FitnessGram program or other appropriate assessment tools) and will use criterion-based reporting for each student.

B. Essential Physical Activity Topics in Health Education

Health education will be offered in all grade levels and GCPS will include such topics in the health education curriculum.

C. Recess (Elementary)

All elementary schools will strive to offer recess on most days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand sanitizer to ensure proper hygiene prior to eating. Hand-washing time will be built in to the recess transition period/time frame before students enter the cafeteria.

D. Outdoor recess will be offered when weather is feasible for outdoor play. Please refer to district plan for outdoor activities.

In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models.

E. Classroom Physical Activity Breaks (Elementary and Secondary)

GCPS recognizes that students are more attentive and ready to learn if provided with periodic breaks to be physically active or stretch. Thus, schools will be encouraged to offer periodic opportunities for students to be active or to stretch throughout the day on all or most days during a typical school week. GCPS will encourage that teachers provide short (2-3 minute) physical activity breaks to students during and between classroom time when feasible. These physical activity breaks will complement, not substitute, for physical education class or recess.

Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

Goal- The district will provide a list of ideas to parents and teachers for quick physical activity breaks.

F. Before and After School Activities

GCPS offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. GCPS will encourage students to be physically active before and/or after school through participating in physical activity clubs, intramural, and interscholastic sport activities.

V. Other Activities that Promote Student Wellness

GCPS will encourage local schools to integrate wellness activities across the entire school setting, not just in the cafeteria, as well as other food and beverage venues and physical activity facilities. GCPS will support local schools in coordinating other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in GCPS are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or GCPS's curriculum experts.

A. Community Partnerships

GCPS will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this Wellness Plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the Wellness Plan and its goals.

B. Community Health Promotion and Family Engagement

GCPS will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

As described in the “Community Involvement, Outreach, and Communications” subsection, local schools will use electronic mechanisms (e.g., email or displaying notices on their website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school sponsored activities and receive information about health promotion efforts.

C. Staff Wellness and Health Promotion

Schools in GCPS will be encouraged to implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools may use, as well as specific actions staff members can take, include skill-building activities, walking clubs, reward programs, increased access to healthy foods, point-of decision prompts, and educational activities that promote extended learning. GCPS encourages staff member participation in any health promotion programs to support healthy eating/weight management.

D. Professional Learning

When feasible, GCPS and local schools will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.