



### **School Wellness Policy**

The Hart County School Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day shall be consistent with the minimum requirements of the federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

### **Implementation and Monitoring**

The Superintendent will ensure the implementation of the policy is carried out as specified by the Board. Each school will have a wellness representative assigned by the principal to oversee implementation of the wellness policy in the following categories:

#### **Nutrition Education and Promotion**

- Provide students nutrition education in the classroom that build skills that increase awareness of healthy eating habits
- Integrate nutrition education into curriculum in a hands-on interdisciplinary manner
- Provide school gardens in order for students to experience planting, harvesting, preparing and tasting foods they have grown
- Partner with community to provide nutrition education

#### **Physical Activity**

- Provide students with 120 minutes of Physical Education a week
- Provide annual professional development for Physical Education teachers specific to Physical Education
- Utilize Fitnessgram level testing on an annual basis

## **School Nutrition Program**

- The School Breakfast Program and the National School Lunch Program provide all required components within the Healthy Meals Pattern
- Provide Offer vs. Serve in all schools
- Implement a Farm to School program focusing on serving locally grown foods as defined by the School Nutrition Program
- Utilize taste tests with student grown foods as well as GA Grown test kitchen recipes
- Provide professional development for School Nutrition staff

## **Supplemental Foods**

- All competitive food sold to students on the school campus during the school day meet the nutrition standards as specified in EEF.
- Food and beverages, with the exception of water, not be sold outside the nutrition program during the school day in elementary schools.
- School fundraisers offer only healthy food choices or non-food sales

## **Healthy School Environment**

- Provide sufficient areas, seating, time and an environment conducive to socialization to encourage students to eat meals.
- For the safety and health of our students and staff, no food other than a sack lunch from home should be brought into the cafeteria from outside sources.
- Recommend that food is not used as a reward
- Provide students access to safe, clean, hygienic restrooms

## **Evaluation**

- Wellness representative from each school will monitor and evaluate the policy on an annual basis. The public shall be informed about the content of the school's wellness policy and the progress in meeting those goals.