

## **Board Policy EEE: Wellness Program**

**Original Adopted Date:** 05/08/2006 | **Last Revised Date:** 1/23/2024 | **Last Reviewed Date:** 01/23/2024

The Turner County 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, proper nutrition, 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.

### **Development of Local Wellness Policy**

In accordance with federal law, the District has involved parents, students, representatives of food services, the Board, school administrators and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy goals to promote student wellness.

### **Nutrition Guidelines**

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 requirements of federal and state law. 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. The superintendent or School Food Authority (SFA) shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

### **Goals and Objectives**

- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
- The School Nutrition program shall comply with federal, state and local requirements and shall be accessible to all students.
- Schools will strive to increase participation in the available Nutrition Programs. (lunch, breakfast, etc.)
- All foods made available on campus shall adhere to food safety and security guidelines.
- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

- Parents and students will be informed of daily menus via Turner County School District website.

## **Nutrition Education**

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

### Goals and Objectives

- The superintendent shall ensure that Nutrition Education guidelines as outlined in State Board Rule 160-5-6-.01 are followed.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- The school district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.
- To insure the Turner County Wellness Program is updated and reviewed each year, the school nutrition will present a copy of the wellness plan to the Board of Education at one of their monthly meetings each year. The website will be updated with any additions or changes. An agenda and documentation will be on file at the county office.
- Information located on USDA websites, such as Board Policy Manual Turner County Schools [www.teamnutrition.usda.gov/library.html](http://www.teamnutrition.usda.gov/library.html)(<https://simbli.eboardsolutions.com/SU/H67rLs7QZxyPM3u mh76lQQ==>), are supplied to Physical Education and Health teachers to use to educate students for the value of good nutrition and physical activity.
- NutriKids menu planning nutrition analysis is used by the SFS to create healthy menus. Print outs of the meals served in all Turner County lunchrooms are available at the County Office. Also, nutrition values are posted on the serving lines to educate students.
- Competitive food rules were discussed with the superintendent and principals. Power points were sent to each before July 2014. Vendors supplied their different smart snacks available to schools. The smart snack calculator was introduced to employees to make sure the schools competitive foods were in compliance.

## **Nutrition Promotion Goals**

- To promote nutrition, we are offering more fresh fruits and vegetables when available.
- Use signage to educate the importance of healthy eating.

- School shall incorporate nutrition education into the curriculum at all grade levels, according to state standards.
- To the greatest extent possible, TCS will integrate farm-to-school programs in a cross-curricular manner to appropriately facilitate the nutritional and educational goals of the district. Farm-to-school programs encompass efforts that bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits; and the integration of food-related education into the regular, standards-based classroom curriculum.
- Marketing for all food or beverages in areas accessible to students during the school day must be consistent with nutrition guidelines.

## **Physical Education**

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

### Goals and Objectives

- The superintendent shall ensure that Physical Education guidelines as outlined in State Board Rule 160- 4-2-.12 are followed.
- The superintendent shall ensure that Physical Education guidelines as outlined in Board Policy IEDA Unstructured Break Time are followed.
- Physical education will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. State-certified physical education instructors teach all physical education classes.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non- competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education.
- Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of normal school day.
- Schools should encourage families and community members to institute programs that support physical activity.

## **Other School-Based Activities**

The superintendent or SFA shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:

### Goals and Objectives

- After-school programs will encourage physical activity, student enrichment programs or learning opportunities, and healthy habit formation.
- Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Dining areas will be attractive and have enough space for seating all students scheduled to eat during a given serving period.
- Drinking water is available for students at meals.
- Cafeterias include enough serving areas and lunch periods are scheduled in such a way that students do not have to spend too much time waiting in line and that the recommendation of the National Association of State Boards of Education that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated will be implemented in all schools.
- Lunch will be scheduled between 10:30 a.m. and 1:30 p.m. with the exception of Pre-K.
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and school nutrition staff and teachers will remind students to make use of them.

## **Implementation**

The SFA shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. In each school, the principal shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the SFA and superintendent.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the SFA and superintendent at the district level, or to the principal at the school level. The superintendent or SFA 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 provided to the Board and, upon request, to interested parties

## **Evaluation and Enforcement**

This wellness policy was developed by the District Wellness Committee, a group comprising individuals from the following groups: parents, teachers, school administration, food nutrition manager/supervisor and school nutrition lunchroom manager, Health Services, and Health and

Physical Education staff. The committee is active – meetings are held once during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting for the superintendent evaluating the implementation of the policy and regulations and include recommended changes or revisions. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the school district’s website and meetings will be open to the public. The principal of each school will ensure compliance within the school and will report on compliance to the superintendent, who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report:

1. The extent to which each school is in compliance with the wellness policy,
2. A comparison of the district policy to model local school wellness policies,
3. The progress made in attaining the goals of the policy,
4. Any recommended changes to the policy,
5. A detailed action plan for the following school year to achieve annual goals and objectives, and
6. Any additional information required by the USDA. The annual report shall be posted on the school district website. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

### Triennial Progress Assessments

At least once every three years, the SFA must conduct an assessment of their wellness policy. To accomplish this, the District will evaluate compliance with their wellness policy and assess progress toward meeting the goals of the District Wellness policy. Additionally, USDA requires that the District will compare their policy to the Alliance for a Healthier Generation’s model wellness policy.

- The district will assess compliance and progress of their local wellness policy at least once every 3 years.
- The district will provide a description of how progress will be assessed in attaining the goals of the district’s wellness policy:
- The district wellness committee will review each school’s each yearly evaluation and interview the wellness coordinator, principal and/or other team members from the school as needed to determine progress or areas in need of improvement. The committee will develop plans of action as needed for improvement.

- The SFA will oversee compliance to each goal of the wellness policy and ensure that all guidelines are followed. In addition, SFA will be responsible for disseminating nutrition education information and materials, such as smart snack information. The PE and Health teachers will be responsible for conducting fitness-grams with 4<sup>th</sup> and 5<sup>th</sup> grade students. The school nutrition director will ensure that all standards are met for the school meal program.

#### Revisions and Updating the Policy

The District will assess and update the wellness policy as needed every three years, following the triennial assessment.

#### Notification of Wellness Policy, Policy Updates and Triennial Assessment

The District will inform families and the public each year of any updates to the wellness policy and every three years their compliance with the written wellness policy.

- The SFA will make the district wellness policy available to the public using the standard forms of communication, including the Turner County Board of Education website, school nutrition website, and various social media outlets, including the community digital board.
- The annual progress reports and updates will be made available at the Turner County Board of Education website and school nutrition website. Availability will be advertised via and various social media outlets, including the community digital board.
- The District will make the Triennial Assessment available at the Turner County Board of Education website and school nutrition website.