

Telfair County Schools
School Nutrition Program



Wellness Policy

Telfair County Local Wellness Policy

The Telfair County School District recognizes the importance of promoting student wellness to enhance their overall health and academic performance. The Georgia Department of Education – School Nutrition Department endorses the implementation of a Local Wellness Policy to ensure that all schools in Telfair County provide an environment that supports healthy eating habits, physical activity, and overall wellness. This policy aims to promote nutrition education, encourage physical activity, and establish school-based activities that prioritize student wellness.

Nutrition Guidelines:

I. School Meals

Our school district is committed to serving healthy meals to children, with a variety of fruits, vegetables, whole grains, choices of low-fat/fat free milk options; moderate in sodium, low in saturated fat per serving. We plan to meet the needs of school children within their calorie requirements. Our school meal program aims to improve the diet and health of school children, help with childhood obesity, model healthy eating habits and healthy decision making when it comes to exercise and nutrition.

All schools participate in the USDA child nutrition program, including the National School Lunch Program, School Breakfast Program, After school snack program, and Seamless Summer Program.

Our district is committed to offering meals that:

1. are accessible to all students
2. are appealing and attractive to children
3. are served in a clean, safe and pleasant settings
4. encourage students to participate in the school meal program
5. have menus posted on the district website, social media, and in the cafeterias.
6. meet the accommodation needs of special diets. A meal modification form must be on file in the manager's office, the school nurse's office, and the director's office. These must be updated annually.

II. Training

Telfair County School Nutrition Staff will meet training requirements on an annual basis. The school nutrition personnel will refer to the USDA professional standards for child nutrition to search training that meets their needs.

III. Water

All Telfair County schools will provide clean, free, unflavored drinking water. Water will be available to all students throughout the day and where meals are served during mealtime.

Wellness Goals:

I. Nutrition Promotion and Education:

Nutrition Curriculum: Telfair County schools will incorporate evidence-based nutrition education into the curriculum, aligning with state standards. Nutrition education will be integrated into subjects like science, health, and physical education.

Healthy Eating Environment: Schools will strive to create an environment that supports healthy food choices. This includes offering a variety of fruits, vegetables, whole grains, and low-fat dairy products in cafeteria menus. Nutrient-dense snacks and beverages will be promoted, and unhealthy food options will be limited.

Nutrition Promotion: Schools will conduct regular nutrition promotion activities to raise awareness and encourage healthy eating habits. These may include nutrition-themed newsletters, workshops for parents, and collaborations with community organizations to provide nutrition resources.

II. Physical Activity:

Physical Education (PE): Telfair County schools will provide developmentally appropriate physical education classes to all students. PE curriculum will align with state standards and offer a range of activities to enhance physical fitness, motor skills, and overall well-being.

Recess and Break Time: Schools will prioritize regular recess or break time for students, allowing them opportunities for physical activity and social interaction. The duration and frequency of recess periods will be determined based on grade level and individual school needs. Physical activity during the school day or PE should not be withheld as punishment.

III. School-Based Activities Promoting Student Wellness:

Wellness Committees: Each school in Telfair County will establish a wellness committee comprising teachers, administrators, parents, students, and community members. The committee will collaborate to develop, implement, and monitor wellness initiatives, ensuring their alignment with the Local Wellness Policy.

Healthy Celebrations and Rewards: Schools will promote healthy alternatives during celebrations and avoid excessive use of sugary treats or unhealthy food options. Non-food rewards will be encouraged to recognize student achievements and contributions.

Nutrition Standards and Snacks

To align with state and national guidelines, the district has established standards and nutrition guidelines for all food and beverages sold on school campuses. These guidelines ensure that the items offered to students are consistent with both the school meal nutrition standards and the Smart Snacks in School nutrition standards.

I. School Meal Nutrition Standards:

Meal Offerings: The food and beverages sold as part of the school meal program will adhere to the United States Department of Agriculture (USDA) National School Lunch Program and School Breakfast Program guidelines. These guidelines include specific requirements for fruits, vegetables, whole grains, lean proteins, and low-fat dairy products.

Calorie Limits: The meals offered will meet age-appropriate calorie limits established by the USDA to ensure students receive adequate nutrition without excessive calorie intake.

Nutrient Requirements: The school meals will comply with the USDA's nutrient standards, including limits on saturated fats, trans fats, sodium, and added sugars.

II. Smart Snacks in School Nutrition Standards:

General Standards: The food and beverages sold to students on school campuses during the school day, outside of the school meal program, will meet the Smart Snacks in School nutrition standards. These standards require that the items be healthy and promote overall well-being.

Competitive Foods: The guidelines will be applied to all competitive foods sold in vending machines, school stores, snack bars, fundraisers, and other venues on campus including class parties and reward parties.

III. Implementation and Monitoring:

Food and Beverage Assessment: Telfair County schools will conduct periodic assessments of all food and beverages available for sale to ensure compliance with the established standards. This assessment will include menu review, product analysis, and collaboration with food service providers.

Employee Wellness

Telfair County schools promotes employee participation in health promotions and will support programs of health and overall wellness that are accessible.

Examples of programs:

- Wellness screenings

- Health information posted in teacher areas

- School Nurse provided for health and wellness questions

- Mental Health services, as needed

- Notification of wellness opportunities via health insurance

Triennial Assessment

Once every 3 years, the district will evaluate compliance with the Telfair County Wellness Policy to assess the implementation. The district will compare the policy to the Alliance for a Healthier Generation's model wellness policy and address needs/changes to the current policy. A description of progress meeting wellness goals will be assessed.

The Telfair County Local Wellness Policy aims to create a supportive environment that promotes student wellness, encourages healthy eating habits, and fosters regular physical activity. By implementing comprehensive nutrition education, providing opportunities for physical activity, establishing school-based activities that prioritize student well-being, and adhering to the school meal nutrition standards and the Smart Snacks in School nutrition standards, the district aims to promote student wellness and support their academic success. Regular assessment, oversight by the wellness committee, and community engagement will ensure the effective implementation of these standards and guidelines. Telfair County schools are committed to nurturing the holistic development of their students.

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