

Glascocock County Consolidated Schools Local Wellness Policy

Date Created:
Last Updated:10-15-2019

Date Wellness Policy was adopted: 3/12/2009, Revised on 2015, revised on 10/15/2019

I. Wellness Policy Goals

Goal for Nutrition Promotion:

1. The school nutrition program displays healthy messages such as Harvest of the Month and promotions for National School Lunch and Breakfast Week, World School Milk Day and National Nutrition Month on the bulletin boards in the school cafeteria and posts messages about participating in School Breakfast and National School Lunch meal programs on the monitors in the cafeteria and throughout the school.
2. The school meal programs menus are posted on the district website or individual school sites.
3. To the extent practicable, schools ensure that their grounds and facilities are safe and that equipment is available to all students to be active.

Goal for Nutrition Education:

1. Elementary Schools: Nutrition education is offered as part of sequential, comprehensive standards-based health education curriculum.
2. Health education teachers provide opportunities for students to practice or rehearse the skills taught through the health education curricula.
3. Nutrition education is taught through other subjects like math, science, language arts, social sciences and electives.

Goal for Physical Activity:

1. Elementary schools provide at least 20 minutes of recess daily during the school year.
2. Physical activity during the day (including but not limited to recess, classroom physical activity breaks, or physical education) is not used or withheld as punishment for any reason.
3. K-12 Students will have at least 60 minutes of physical activity per day.

Goal for Other School-Based Activities that Promote Student Wellness:

1. The benefits of and approaches to healthy eating and physical activity are promoted to parents/caregivers, families, and the general community throughout the school year (i.e. the school provides information about nutrition and physical activity to parents throughout the year). During open house at the beginning of each school year we hand out healthy message flyers about school nutrition to the parents, we also post on our school face-book page about school meals and special events.
2. School-sponsored events incorporate wellness components including physical activity and healthy eating opportunities.

II. Nutrition Standards

School Meals

The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- a. *All schools in the district will participate in the National School Lunch Program.*
- b. *All meals will, at a minimum meet the school nutrition standards, and Smart Snack guidelines.*
- c. *Free, potable water will be available to all students during meal periods.*
- d. *Additional standards include:*
 - I. *Meals are appealing and attractive to students*
 - II. *Meals are served in clean and pleasant settings*
 - III. *Local and/or regional products are incorporated into the school meals program when available*

Competitive Foods and Beverages

- e. *Nutrition standards for competitive foods and beverages must, at a minimum, meet the USDA's Smart Snacks in Schools guidelines. These guidelines apply to all foods sold in the following locations:*
 - I. *Vending Machines*
 - II. *School Stores*
 - III. *A la Carte available in the cafeteria*
 - IV. *Other sales*
- f. *List any additional criteria the district has established for competitive foods here:*
 - I. *Elementary and Middle school students are not allowed to purchase any carbonated sodas from the vending machines in the cafeteria. The only items that they can purchase from the vending beverage machine is plain water.*

Celebrations and Rewards:

GCCS encourages healthy options for classroom celebrations:

- g. *Parents and teachers receive a list of healthy party ideas that meet Smart Snacks guidelines, including non-food celebration ideas.:*
- h. *These guidelines apply to (check all that apply):*
 - ☒ *School-sponsored events*
 - ☒ *Celebrations and parties*

- ☒ Classroom snacks provided by parents
- ☒ Classroom rewards and Incentives

Fundraising

- i. The district allows 30 exempt fundraisers per year not to exceed 3 days in length, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following: Georgia State Board Rule 160-5-6-.01 Statewide School Nutrition Program*

Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

- j. All foods and beverages advertised on the school campus must, at a minimum, meet the Smart Snack guidelines. All food and beverages advertised on the school campus during the school day meet or exceed the USDA Smart Snacks in School nutrition guidelines. Fundraising Policy: the school district allows 30 exempt fundraisers per year not to exceed 3 days in length, where food sold on campus during the school day does not meet Smart Snacks guidelines and complies with the following: Georgia State Board Rule 160-5-6-01 Statewide School Nutrition Program.*

III. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets 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 policy.

- a. Meetings will be held twice annually.*
- b. The district wellness committee actively recruits representation from: All school levels (elementary, middle, high), Parents/Caregivers, Students, Representative from School Nutrition Programs, Physical education teacher, Health education teacher, School health professionals (nurses), Mental health and social services staff (counselors, psychologists, social workers), Administrators, School board members, Health professionals (dietitians, doctors, nurses), The general public*
- c. The public is notified of their ability to participate in the district wellness committee using the following methods: Notices on district website, and sending information home via flyers*

Leadership

The district has designated one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the local wellness policy.

- d. *The school principal is the designated official for oversight of implementation at each school*
- e. *The designated official for convening the wellness committee is: School Nutrition Director*
- f. *The person designated for informing the public about the wellness policy is: School Nutrition Director*

IV. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of the Wellness Policy

- a. Describe the District's plan for implementation to manage and coordinate the execution of this wellness policy.
To ensure that the students, faculty, and staff of The Glascock County School system are afforded the opportunity to receive the benefits of this policy, the following means of implementation will include:
 - The development of a wellness committee that will oversee the implementation of the wellness policy. The committee will encourage the participation from the following individuals: physical education teacher, school nurse, classroom teacher, school food personnel, administration, parents and community members, students and any others striving to be involved with the school wellness environment.

Triennial Progress Assessments

At least once every three years, the LEA 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.

- b. The District will assess compliance and progress of their local wellness policy at least once every 3 years.
 - i. The District will assess the progress made in attaining the goals of the District's wellness policy using the following for each item on the assessment: Completed, Partially completed, In Progress or Not Completed.
 - i. The person responsible for this assessment is: School Nutrition Director
 - ii. Provide a description of how the District will assess each school's compliance with sections I-IV of this wellness policy.
 - A triennial assessment will be completed at least once every three years and the school must be in compliance with all the goals listed in the assessment.

The person responsible for this assessment is: School Nutrition Director

- c. The District will assess how their wellness policy compares to model wellness policies.
 - i. The District will compare their policy with the model policies during the triennial assessment to determine how their policy may be improved. The LWP members will make progress towards meeting policy goals as needed for improvements.

The person responsible for this assessment is: School Nutrition Director

i. Revisions and Updating the Policy

The District will update or modify the wellness policy as appropriate.

- d. The district has a plan for implementation to manage and coordinate the execution of this wellness policy at each school. The plan includes roles, responsibilities, actions and timelines specific to each school and includes information about who will be responsible to make changes.

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.

- e. The LEA will make the district wellness policy available to the public on the school website www.glascock.k12.ga.us
- f. The annual progress reports and updates can be found on the school website www.glascock.k12.ga.us
- g. The District will make the Triennial Assessment available on the school website www.glascock.k12.ga.us