

Board Policy EEE: Wellness Program

Status: ADOPTED

Original Adopted Date: 04/05/2006 | **Last Revised Date:** 08/10/2022 | **Last Reviewed Date:** 08/10/2022

Wellness Policy

The Board of Public Education for the City of Savannah and the County of Chatham is committed to the optimal development of every student. The District 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.

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 of the U.S. Department of Agriculture pursuant to the Child Nutrition Act, the Richard B. Russell National School Lunch Act, and the final rule of the Healthy, Hunger-Free Kids Act of 2010 as those regulations and guidance apply to schools.

The Superintendent or designee will convene a representative district wellness committee 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 from areas designated in the federal guidelines.

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

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State

O.C.G.A. 20-02-0066
 Rule 160-5-6-.01

Description

[School breakfast programs](#)
[Statewide School Nutritional Program](#)

Federal

07 CFR 210.11
 07 CFR 210.12
 07 CFR 210.18
 07 CFR 210.20
 07 CFR 210.31
 42 USC 1758
 42 USC 1758b
 42 USC Chapter 13
 42 USC Chapter 13A

Description

[Competitive Food Service and Standards](#)
[Student, parent, and community involvement](#)
[Administrative Reviews-School Nutrition](#)
[National School Lunch Program-Reporting and record keeping](#)
[Local school wellness policy](#)
[Program requirements-School Lunch Programs](#)
[Local School Wellness Policy](#)
[School Lunch Programs](#)
[Child Nutrition](#)

Cross References

EBB
 IDBA

Description

[Safety](#)
[Sex Education](#)

Regulation EEE-R(1): Wellness Program

Status: ADOPTED

Original Adopted Date: 05/01/2013 | **Last Revised Date:** 07/10/2024 | **Last Reviewed Date:** 07/10/2024

The Local Wellness Policy is reviewed periodically by the District's Wellness Committee and implemented by appropriate staff.

The purpose of the Wellness Committee is to provide training, tools, and information for effective implementation of the wellness policy. The Committee will also establish priority items to be included in the evaluation component of the policy when necessary.

The Superintendent shall assign the District's Wellness Coordinator along with a designee from the District's School Nutrition Program and the Health and Physical Education Department to oversee the wellness policy and convene Wellness Committee meetings for the District. Committee members include representation from multiple departments, including Counseling Services, School Nutrition staff, school health and physical education staff, curriculum staff, and school administration. School board members, parents, students, and community representatives are also included. The committee shall seek additional input and guidance as needed from relevant District departments to include Finance, Operations and Facilities, and any others as necessary.

Each school site must designate a school official to ensure that each school complies with the administrative regulations. It is encouraged that each school site will establish a School Wellness Team composed of at least one administrator, one staff member other than those specifically listed, one school nutrition staff person, one school nurse, one physical education teacher, one student, and additional staff (i.e., science, family-consumer science, or health) as available. The principal will appoint the members of the team.

The purpose of the School Wellness Teams will be to promote and implement the District Local Wellness Policy efforts, to develop initiatives supporting wellness of the District's students and staff, and to monitor school compliance with the District Local Wellness Policy. Wellness initiatives should include opportunities for continuing education, exercise, and behavior modification initiatives.

Part 1: Food Available at School

1. School Meals

(a) The Savannah-Chatham County Public School System will support the federally reimbursable school nutrition program as the major source of foods and beverages offered at school and to ensure that all food and beverages sold on the school campus during the school day will contribute to an overall healthy eating environment.

(b) All school meals will comply with U.S. Department of Agriculture (USDA) regulations and the State Board Rules.

(c) There should be a minimum of 2 hours and not more than 5 hours scheduled between Breakfast and Lunch periods on full school days.

(d) Bus schedules should be coordinated to allow students ample time to eat breakfast.

(e) Lunch periods are scheduled as near the middle of the school day as possible, preferably between 11:00 a.m. and 1:00 p.m., but must be scheduled between 10:00 a.m. and 2:00 p.m. on full school days.

(f) It is recommended that physical education and recess be scheduled before lunch whenever possible.

(g) Barriers to student participation in the Child Nutrition Programs are eliminated by assuring students will have at least 10 minutes to eat breakfast and at least 15 minutes to eat lunch. This does not include time spent walking in/to/from class or waiting in line. If time is a concern,

alternate arrangements will be made which could include grab and go, meals in the classroom or other identified initiatives.

(h) All schools shall operate a "closed" lunch period to encourage students to eat a nutritious lunch. Students are not allowed to leave the building during the school day without authorization. Only students who have signed out through the Main Office are authorized to leave campus.

(i) Students with special dietary needs will be accommodated as required by USDA regulations.

(j) Students should be encouraged to wash their hands before meals to prevent the spread of germs and reduce the risk of illness.

2. A La Carte

(a) A la carte items must comply with USDA regulations prohibiting the sale of "Foods of minimal nutritional value" where school meals are served or eaten during the meal period (7 Code of Federal Regulations Part 210.11)

(b) Items offered as a la carte will meet the USDA competitive food nutrient standards to provide healthy food options in schools.

(c) A la carte snacks offered in the cafeteria meet the nutrition standards and are sold only to students who have received a reimbursable meal or brought lunch from home.

3. Vending

For the purpose of the regulation, the school day is defined as "the period from midnight before, to 30 minutes after the end of the official school day in all areas of the property under the jurisdiction of the school that is accessible to students during the school day."

(a) The sale of food that does not meet Smart Snack Guidelines is not allowed during the school day, including items sold in a la carte lines, vending machines, snack bars, school stores or fundraising, and After-School Snack Programs.

(b) To be allowable competitive food in schools, all snacks and beverage items sold or served during the school day shall meet all of the competitive food nutrient standards as outlined in 7 CFR 210, including items sold in a la carte lines, vending machines, snack bars, school stores or fundraising, and After School Snack Programs.

(c) Proceeds from the sale of foods sold in the dining area shall benefit the School Nutrition Program's (SNP) nonprofit meal program. Proceeds from the sale of foods outside the food service area benefit the school, student organizations, and/or the athletic program, as approved by the designated local educational agency officials, to ensure that each school complies with the local school wellness policy.

(d) No schools (Pre-K thru 12) are allowed to compete with the Federal School Nutrition Program. The sale of any food or beverages in competition with the school nutrition program is prohibited within 100 feet of the cafeteria 30 minutes before meal periods, during meal periods, and 30 minutes after the end of meal periods.

(e) Access to school stores and vending machines is prohibited to all students (Pre-K thru 12) during instructional time. Students should not leave class to go to a school store or vending machines.

(f) All schools (Pre-K thru 12) are allowed to sell or vend unflavored non-carbonated bottled water throughout the school day (before school and after school) to ensure students are properly hydrated.

(g) School vending machines are prohibited to be located within 100 feet of the cafeteria in all

schools (Pre-K thru 12).

(h) High Schools will be allowed to operate school stores. School stores and fundraising food and beverage sales are prohibited to compete with school breakfast or lunch and must not be located near the cafeteria during meal periods. The sale of any food or beverages will be compliant with federal and state requirements, including reporting requirements for all foods and beverages for sale on the school campus during the school day as outlined in 7 CFR 210 and 220.

4. Other School Based Activities (Eating Environment)

During school day events and classroom parties, celebrations, classroom rewards, fundraiser and intramural events:

(a) Students are allowed to have individual water bottles in the classroom.

(b) Schools are encouraged to use incentives that promote positive, healthy habits for academic performance and good behavior, and will not withhold food or beverages, including food served through school meals, as punishment.

(c) Schools should encourage fundraisers to have positive health habits, such as the sale of non-food and nutritious food items, as well as fundraising to support physical activities.

(d) **Smart Snack in Schools Exemption:** All foods, candies, or beverages sold to students on campus during the school day must comply with federal Smart Snacks in School regulation. Foods, candies, and beverages that do not meet the Smart Snacks in Schools regulation must receive a fundraiser exemption before being sold to students during the school day on the school campus. Each school is allowed 30 exempted fundraisers per year. Any individual fundraiser is not to exceed 3 days in duration. Each exempted fundraiser must first receive approval from the principal of the school where the fundraiser is held and will subsequently be reviewed for final approval through an Exempt Fundraiser Tracking Workflow. Exempted fundraiser documentation will also be reviewed and tracked using the same workflow. Exempted fundraisers cannot operate anywhere on the school campus 30 minutes before and/or 30 minutes after meal services for breakfast and lunch. Exempted fundraisers cannot be sold in vending machines, school stores, snack bars or a la carte sales unless they meet Smart Snacks standards.

5. After School Programs

Snacks served under the USDA National School Lunch Program After School Snack Program must comply with all applicable federal regulations and state policies.

Part 2: Nutrition Education and Nutrition Promotion

Savannah-Chatham County Public School System's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices and reduction in childhood obesity. All students in grades K-12, including students with disabilities, special healthcare needs, and those in alternative education settings, have the opportunity to participate in a variety of learning experiences that support the development of healthy eating habits. Families are provided with information that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families. Each staff member (certified and non-certified) is encouraged to serve as a healthy role model for students.

1. The primary goal of nutrition education is to positively influence students' eating behaviors.

(a) Nutrition education is an integral part of the Comprehensive Health and Physical Education Program as described in the State Board of Education Rule 160-4-2-.12.

(b) The integration of nutrition education is encouraged in Math, Science, Language Arts and Social Studies.

(c) The School Wellness Team is encouraged to plan nutrition education that incorporates

interdisciplinary collaboration.

(d) Participation in programs that promote and reinforce student health is encouraged; some examples would be Team Nutrition and the Healthier US School Challenge, and/or Alliance for a Healthier Generation and Fuel Up to Play60.

(e) Marketing and advertising of foods and beverages is only permitted for foods and beverages that meet the Smart Snacks in School Nutrition Standards outlined in 7 CFR 210.

(f) The school District will support the development of farm to school programs as a part of the goal of positively influencing eating behaviors by teaching students about the origins of their food and how it is grown.

2. Cafeteria

(a) Attractive, current nutrition education materials are prominently displayed in dining areas and are changed at least once every 6 weeks.

(b) Teachers collaborate with the school food and nutrition staff to use the cafeteria as a learning laboratory.

3. Events

Each year, schools or classrooms participate in one or more events that either are centered on nutrition or include nutrition as a main component.

Part 3: Physical Activity and Physical Education

1. In order for students to receive the nationally-recommended amount of daily physical activity (i.e. at least 60 minutes per day) and to embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Toward that end:

(a) Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television and playing video games.

(b) Opportunities for physical activity will be incorporated into other subject lessons.

(c) Classroom teachers will provide short physical activity breaks between lessons or classes as appropriate.

(d) Students in the Savannah-Chatham County Public School System should not be excluded from participating in physical education classes and opportunities for physical activity for unrelated disciplinary action, nor should physical activity be used as a disciplinary measure.

2. Elementary grades shall provide a minimum of 90 contact hours of instruction as described in State Board Rule 160-4-2.12 and are encouraged to provide 150 minutes of instructional health and physical education as schedules allow.

3. Schools containing middle and high school grade levels shall offer instruction in health and physical education (for grade levels 6-12).

4. Schools containing 6-8th grade levels are encouraged to provide 225 minutes of instructional health and physical education each week for students.

5. Each school containing any grade K-12 shall provide alcohol and drug use education on an annual basis at each grade level.

6. Each local school system shall conduct an annual fitness assessment program, as approved and funded by the State Board of Education, one time each school year for students in grades 1-12, to be conducted only during a physical education course that is taught by a certificated physical education

teacher in which a student is enrolled. The fitness assessment program includes an annual assessment measuring and reporting health related fitness in the areas of aerobic capacity, body composition, flexibility, muscular strength, and muscular endurance.

7. For grades Pre-K-5, the principal will provide scheduled time for all students to have at least one 30-minute recess period of supervised, unstructured break time each school day (See Policy IEDA).

Parent notification will be made by phone, email, or written notice if unstructured breaks, including recess, are withheld for academic reasons more than once per quarter (nine-week period). The notification shall indicate the academic area of deficiency and will stipulate how the time is being utilized to assist the student.

Part 4: Implementation, Evaluation and Measurement

1. Annually, the Wellness Committee will identify priority items within the regulation section of the Wellness Policy to be included in the evaluation.
2. An Evaluation Plan will be developed by the Wellness Committee and other District personnel for each priority item. The plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis. This plan will be posted to the District's website.
3. The Wellness Committee will use the annual Evaluation Results to create action plans for program improvement and evaluation priorities.
4. The Wellness Committee will meet four times per year.
5. The Report of the Evaluation Results will be provided to the Superintendent and the School Board each year and made available to the public on the District's website.
6. The public will have an opportunity to provide input regarding development, implementation and periodic review of the policy to the committee by way of survey on the District's website.

School Food Authorities (SFAs) should assess the wellness policy every year and must conduct an assessment of the wellness policy every three years. This evaluation, also known as the Triennial Assessment, must address the compliance with the district wellness policy, the progress made in attaining the goals of the wellness policy, and the extent to which the local wellness policy compares to the model local school wellness policy. The Triennial Assessment must be completed by June 30th of the assessment year and must be made available to the public.

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State

O.C.G.A. 20-02-0066

Rule 160-5-6-.01

Description

[School breakfast programs](#)

[Statewide School Nutritional Program](#)

Federal

07 CFR 210.11

07 CFR 210.12

07 CFR 210.18

Description

[Competitive Food Service and Standards](#)

[Student, parent, and community involvement](#)

[Administrative Reviews-School Nutrition](#)

Federal

07 CFR 210.20

07 CFR 210.31

42 USC 1758

42 USC 1758b

42 USC Chapter 13

42 USC Chapter 13A

Cross References

EBB

IDBA

Description

[National School Lunch Program-Reporting and record keeping](#)

[Local school wellness policy](#)

[Program requirements-School Lunch Programs](#)

[Local School Wellness Policy](#)

[School Lunch Programs](#)

[Child Nutrition](#)

Description

[Safety](#)

[Sex Education](#)

Board Policy IEDA: Recess/Unstructured Break Time

Status: ADOPTED

Original Adopted Date: 02/02/2005 | **Last Revised Date:** 08/10/2022 | **Last Reviewed Date:** 08/10/2022

The Board supports supervised, unstructured break time as an integral component of a child's physical, social, and academic development and encourages the scheduling of unstructured break time for students in Pre-K through 12. The school principal is authorized to determine the length, frequency, timing, and location of breaks at each school.

Unstructured break time is defined as times within the school day in which no academic instruction is provided or assigned to students. Recess is defined as a regularly scheduled, supervised period of time within the school day for students to take a break from academic work and engage in physical activity, play, or activities of their choosing. Outdoor recess is generally preferred but not required.

For grades Pre-K through five, the principal will provide scheduled time for all students to have at least one 30-minute recess period of supervised, unstructured break time each school day. The daily 30-minute recess period may be separated into two or more sessions. Schools containing grades six through eight are strongly encouraged to have a regularly scheduled, supervised period of unstructured activity time at the principal's discretion. Principals are encouraged to avoid regularly scheduling the recess period(s) as the last activity of the school day.

Reasonable circumstances may impede recess, such as inclement weather when no indoor space is available, assemblies or field trips exceeding their scheduled duration, conflicts occurring at the scheduled recess time over which the classroom teacher has no control, or emergencies, disasters, or acts of God.

Unstructured recess breaks may not be withheld from a student for disciplinary action that is not related to behavior during the unstructured break time. Any student who is exhibiting behavior that is disruptive or who creates a safety concern during unstructured recess breaks may be excluded.

Unstructured breaks, including recess, may be withheld for safety, or academic reasons. Parent notification shall be provided in instances when unstructured breaks have been withheld for academic reasons on more than a very occasional or isolated basis and parents may request under such circumstances that recess not be withheld for academic reasons. The decision to withhold break time shall not be inconsistent with any behavioral plan developed by the school for the student, including a Section 504 plan or an Individualized Education Plan (IEP). This policy section shall be communicated to students and parents through each school's student handbook.

In determining the schedule for unstructured break time for students, including recess, the principal shall consult with appropriate instructional personnel at the school and system level to ensure that break time does not interfere with and provides support for academic learning. The principal shall also provide for the appropriate staff supervision and ensure break time is a safe experience for students.

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State	Description
O.C.G.A. 20-02-0323	Recess for students in kindergarten through grade five; unstructured break time for students in kindergarten through grade eight
Rule 160-5-1-.02	School Day and School Year for Students and Employees

Regulation EE-R(1): Food Services Management

Status: ADOPTED

Original Adopted Date: 09/08/2021 | **Last Reviewed Date:** 09/08/2021

The Savannah-Chatham County Public School System operates school nutrition programs at each school in the District. All schools participate in the School Breakfast Program and the National School Lunch Program. A certified School Nutrition Director shall lead the nutrition program in compliance with Federal, State, and local guidelines. Each school has a nutrition manager who is responsible for the daily operations of the program. All school nutrition employees must complete annual professional training requirements applicable to their position.

CHARGE POLICY

The School Nutrition Program (SNP) does not allow a running meal credit for breakfast, lunch or a la carte items. Students may pay for meals in advance, at the time of purchases, or make electronic payments. Students with the inability to pay for a meal will be offered the alternate meal of two (2) ounces of meat/meat alternate on two (2) slices of whole wheat bread served with one (1) carton of plain milk and one-half (1/2) cup of fruit.

FOOD SAFETY

Each school will have a nutrition manager certified in food safety. All schools will comply with current Georgia Department of Public Health Food Service Rules and Regulations. Only food prepared by and purchased from licensed food service establishments may be served to students. The exception includes food harvested from school gardens that follow Good Agricultural Practices (GAPs) and Good Handling Practices (GHPs) during growing, harvesting, and serving. Safety and security of the food and facility access to the School Food and Nutrition Services operations are limited to School Nutrition Personnel and other authorized personnel.

SPECIAL DIETS

USDA regulation (7CFR – 15B) requires substitutions to the standard meal pattern for children who are considered disabled and whose disability restricts their diet; and permits substitutions for other children who are not disabled but are unable to consume the regular meal because of medical or other special dietary needs, when that need is certified by the child’s healthcare provider. The Savannah Chatham County School Nutrition Program will make accommodations for children with special diet needs based on a prescription written by the child’s healthcare provider.

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State	Description
O.C.G.A. 20-02-0066	School breakfast programs
O.C.G.A. 20-02-0187	State-wide school lunch program; instruction in nutrition, hygiene, etiquette, and social graces; school food and nutrition personnel
O.C.G.A. 50-05-0081	Unlawful for agencies or subdivisions to purchase other than United States produced beef; exceptions; penalty
Rule 160-5-6-.01	Statewide School Nutritional Program
Federal	Description
02 CFR 200.318	General procurement standards
07 CFR 210.11	Competitive Food Service and Standards
07 CFR 210.12	Student, parent, and community involvement
07 CFR 210.13	Facilities Management