# Fayette County Public Schools

"Where Excellence Counts"

# School Nutrition Program Wellness Policy

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# School Nutrition Program

## Local School Wellness Policy Requirements

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296) added Section 9A to the Richard B. Russell National School Lunch Act (42 USC 1758b), Local School Wellness Policy Implementation. The provision set forth in Section 204 expands upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies, brings in additional stakeholders in its development, implementation, and review, and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies, so they become valuable tools in evaluating, establishing, and maintaining healthy school environments and to make the content and implementation of local school wellness policies clear to the public (including parents, students, and others in the community).

The Act requires each local educational agency participating in the National School Lunch Program or other federal Child Nutrition programs to establish a local school wellness policy for all schools under its jurisdiction. Each local education agency must designate one or more local education agency officials or school officials to ensure that each school complies with the local wellness policy. At a minimum, a local school wellness policy must:

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- Include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district.
- Permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.
- Inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies.
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public

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# Fayette County Public Schools Wellness Policy

## Preamble

Fayette County Public School System (hereto referred to as the District) 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.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. [1][2][3][4][5][6][7] Conversely, less-than-adequate consumption of specific foods, including fruits, vegetables, and dairy products, is associated with lower grades among students.[8] In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities - do better academically.[9]

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day– both through reimbursable school meals and other foods available throughout the school campus–in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

This policy applies to all District students, staff, and schools. The District will coordinate the wellness policy with other aspects of school management when appropriate.

## School Wellness Committee

### *Committee Role and Membership*

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least **once per year** to provide training to Wellness Coaches and 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 (heretofore referred as “wellness policy”). The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, assistant principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. The DWC will include representatives from each school building to the extent possible and reflect the community's diversity.

### *Leadership*

The School Nutrition Program Director or designee(s) will convene the DWC and facilitate the wellness policy's development and updates. It will report each school’s compliance with the policy to the Superintendent.

Each school will have an appointed school-based wellness leader **(Wellness Coach)**. This can be either the Principal or a designee who will ensure compliance with the policy. Please click on the following link to see a current list of all school-level wellness policy coaches. Current Wellness Coaches.

## Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

### *Implementation Plan*

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates each school's roles, responsibilities, actions, and timelines. It includes information about who will be responsible for making what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. Each school will have an appointed school-based wellness leader **(Wellness Coach)**. This can be either the Principal or a designee responsible for monitoring the local school wellness administrative role. The School Nutrition Department will support, share guidance, and assist Principals in implementing and maintaining the District’s Wellness Policy.

The link to the wellness committee meeting minutes and triennial assessment can be found at the following: Meeting Minutes and Triennial Assessment

***Recordkeeping***

The District will retain records to document compliance with the wellness policy requirements at the District's School Nutrition Program Administrative Offices. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to solicit DWC membership from the required stakeholder groups actively; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction and
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public and (2) Efforts to notify families about the availability of wellness policy actively.

***Annual Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness policy and report on the school's progress in meeting wellness goals. This annual report will be published and include information from each school within the district. This report will consist of, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.
- The annual report will be available in English
- The District will actively notify households/families of the availability of the annual report.

The DWC, in collaboration with individual schools/SWCs, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as applicable), for each of the content-specific components listed in Sections III-V of this policy. The Wellness Coach and the Principal will be the contact persons for following up when a violation is reported, and the Principal will ensure that any violations are corrected. Annual reports may be made available via social media, individual school websites, local media, and the FCBOE website.

***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy and
- A description of the progress made in attaining the District's wellness policy goals.

The position/person responsible for managing the triennial assessment and contact information is the School Nutrition Director**, schoolmeals@fcboe.org**. The individual schools will monitor the school's compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report.

***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments and/or as District priorities change, community needs change, wellness goals are met, new health science, information, and technology emerge, and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as needed.

***Community Involvement, Outreach, and Communications***

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate how representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through various appropriate means. The District will also inform parents of the improvements made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply for them, and a description of and compliance with Smart Snacks in school nutrition standards.

***Public Notifications***

The District will notify the public using some the following sources:

- District Website
- Nutrition Newsletters and school-level PTO Newsletters
- PTO Meetings
- District Facebook and or Twitter account
- Infinite Campus/Parent Square
- Calling Post Notifications
- Local newspapers
- Faith-based websites and bulletins
- Public announcements at sporting events (Ex. Football)
- E-mail notifications
- Presentations to parents
- Cable – Channel 24

This will ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools communicate additional important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## Nutrition Guidelines

### *School Meals*

The School Nutrition Department is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. 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.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the After School Program (ASP) Snack. The District also operates additional nutrition-related programs and activities, including Farm to School programs, School gardens, Breakfast in the Classroom, Grab 'n' Go Breakfast, Mobile Dairy Classroom, National School Lunch Week (NSLW), National School Breakfast Week (NSBW). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean, safe, and pleasant settings that provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals;
- Encourage all students to participate in the school meals program.
- Protect the identity of the students who eat free and reduced-price meals.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Menus will be posted on the District website or individual school websites.
- Menus will be created/ reviewed by a certified nutrition professional.
- School Nutrition will establish guidelines for vending and other foods on the school campus, ensuring that foods without nutritional value are not offered and that all foods comply with Smart Snack regulations.
- Vendors will provide a nutrient analysis to the School Nutrition Department for all foods sold on school campuses during school hours. This includes vending items, food sales, and fundraiser items.
- When new products are introduced or suggested, schools/organizations will submit food/beverage nutrition labels to the School Nutrition Department for approval. Schools will not begin selling any food/beverage item before receiving approval. A letter revealing approval status

will be sent to the school. The School Nutrition Department will review schools annually to determine compliance.
- School meals are administered by a team of child nutrition professionals.
- The District child nutrition program will accommodate students with special dietary needs. A doctor's statement must be on file in the School Nutrition Manager's office and School Nutrition Office to accommodate a student's special dietary needs and included in the student's Health Care Plan. These records must be updated annually.
- Schools in the District are not "peanut-free," nor do they claim to be.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure families know what programs are available in their children's schools.

***Farm to School***

The District will implement at least three of the following five Farm to School activities:

- Local and/or regional products are incorporated into the school meal program;
- Messages about agriculture and nutrition are reinforced throughout the learning environment;
- Schools can host a school garden;
- Schools can host field trips to local farms; and
- Schools can utilize promotions or special events, such as tastings highlighting local/ regional products.

***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

***Water***

To promote hydration, accessible, safe, unflavored drinking water will be available without restriction to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available at no charge where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water throughout the day.
- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained regularly to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- Water is not part of the reimbursable meal.

***Competitive Foods and Beverages***

The Board of Education for Fayette County Public School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The School day is defined as the period from midnight until 30 minutes after the end of the official school day. The school campus includes all areas of the property under the school's jurisdiction that are accessible to the students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

**Food sold in schools must:**

1. Comply with the general criteria:

    - Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; or
    - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food or
    - Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

    *If water is the first ingredient, the second ingredient must be one of the items above.

2. Meet, at a minimum, the Nutrition Standards for all foods sold in schools:

    **Calorie limits:**
    Snack items: ≤ 200 calories
    Entrée items: ≤ 350 calories
    **Sodium limits:**
    Snack items: ≤ 200 mg
    Entrée items: ≤ 480 mg

    **Fat limits:**
    Total fat: ≤ 35% of calories
    Saturated Fat: < 10% of calories
    Trans Fat: zero grams
    **Sugar limits:**
    ≤ 35% of weight from total sugars in foods

3. Qualify for an exemption from the Nutrition Standards.

4. Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.

**Beverages sold in schools must:**

1. Be one of the allowable beverages for all grades:
    - Plain water (with or without carbonation)
    - Unflavored low-fat milk
    - Unflavored or flavored fat-free milk and milk alternatives permitted by NSLP/SBP
    - 100% fruit or vegetable juice and
    - 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

2. Comply with the size limits for each grade:
    - Elementary schools may sell up to 8-ounce portions
    - Middle schools and high schools may sell up to 12-ounce portions
    - There is no portion size limit for plain water

3. High schools may allow their students additional “no calorie” and “lower calorie” beverage options.
    - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.

- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces or ≤ 60 calories per 12 fluid ounces.

**OTHER REQUIREMENTS**

***Fundraisers***

The sale of food items for fundraisers that meet nutrition requirements is not limited. All snacks, food, or beverages sold in schools must meet the aforementioned USDA nutritional requirements and should not be sold 30 minutes before or after meal service. The standards do not apply during non-school hours, weekends, or off-campus fundraising events.

***Exempted Fundraisers***

Per the State Board Rule 160-5-6-.01, the Fayette County Public School District will allow 30 fundraisers per school year, not to exceed three consecutive school days in length. All food-related fundraisers must be approved by the School Nutrition Department. Internal staff can submit a fundraiser application. The application should be completed and submitted to School Nutrition at schoolmeals@fcboe.org.

***Food Trucks***

Food trucks that do meet the Smart Snack criteria are not allowed as student fundraisers where items are sold to students in place of school meals. However, if an organization has a vendor that says they offer Smart Snack-approved products, please submit the nutritional information to the School Nutrition Department schoolmeals@fcboe.org for evaluation. Those requesting the fundraiser must ensure that the food truck has a valid Health Inspection Certificate from the County of Origin. They must also apply for "authorization to operate" in Fayette County if their original Health Inspection is not from the Fayette County Health Department. There are no restrictions for food truck sales to teachers and staff.

***Vending Machines***

Items sold in school vending machines must meet Smart Snack guidelines.The USDA's "Smart Snacks in School" standards require that all items sold in school vending machines (that are accessible to students) during the school day meet Smart Snacks in School guidelines. If items in these vending machines do not meet this standard, the vending machine is to be cut off until 30 minutes after the school day has ended.

***Food and Beverages brought onto School Campus from Home***

Parents will be encouraged to promote their child's participation in the School Meals Program. Parents will be encouraged to provide and purchase healthy alternatives if their child does not participate in the School Meal Program.

Due to national statistics that show the relationship between fast food consumption and childhood obesity, bringing commercial "fast foods" into school is strongly discouraged.

Due to the health risks associated with using Energy Drinks and Energy Shots, the District strongly discourages consuming or possessing these products on school campuses.

***Celebrations and Rewards***

The District suggests that foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. **Celebrations and Parties:** Providing consistent messaging around foods and beverages throughout the school day is essential. Promoting healthy options during meal or snack times while allowing unhealthy options during celebrations can confuse youth. Help students associate celebrations with healthy habits rather than unhealthy options and healthy activities with celebrations. All students must be allowed to participate in the School Lunch Program. Healthy party ideas are available from the Alliance for a Healthier Generation and USDA. Classroom parties and celebrations will not be planned to occur during the regular scheduled mealtimes.

2. **Classroom Snacks Brought By Parents:** The District can provide parents with a list of foods and beverages that meet Smart Snacks nutrition standards. Parents should work with the teacher to identify students with allergies in the classroom when providing snacks.

3. **Rewards and Incentives:** School meal components should never be withheld or limited as punishment. (Ex.- Withholding flavored milk or desserts on the menu during service.) Teachers and staff are encouraged to use school supplies or healthy snacks as rewards.

4. **Foods used for Instructional Purposes:** The District encourages that food used for math, geometry, etc., should meet the Smart Snacks Nutritional Standards.

5. **End-of-Year Parties and Celebrations: It is customary to have end-of-year celebrations** for students graduating or changing levels. Schools are encouraged to work with their School Nutrition Program Manager to coordinate a healthy menu for end-of-year parties and celebrations. This will ensure that every student has the same opportunity for a healthy meal. No parties or celebrations may be scheduled 30 minutes before, after or during meal service. Any food or beverage sold to students must meet Smart Snack Regulations unless an exemption has been granted.

***Administrative Rule Exemptions***

Instructional Use of Food in the Classroom: Students may consume food prepared in the classroom for instructional purposes; however, this should be occasionally, and the food should not be sold or provided to other students or classes. The District encourages that foods used for instructional purposes, such as math, geometry, etc., should meet the Smart Snacks Nutritional Standards.

## Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by students. Each year, schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

- Is part of not only health education classes but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing and
- Include nutrition education training for teachers and other staff.

***Nutrition Promotion***

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and creating environments that encourage healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students. It is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus and encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs.
- Marketing/advertising only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
- Perform Community Outreach by advertising the availability of School Breakfast and Summer Feeding Programs.
- Promote nutrition-related activities yearly, including Farm to School programs, School gardens, Breakfast in the Classroom, Grab ‘n’ Go Breakfast, Mobile Dairy Classroom, National School Lunch Week (NSLW), National School Breakfast Week (NSBW) each year.

***Essential Healthy Eating Topics in Health Education***

The District may include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from the Dietary Guidelines For Americans 2025-2030
- Reading and using USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity

- Eating more fruits, vegetables, and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers, and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior
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USDA's Team Nutrition provides free nutrition education and promotion materials, including standards-based nutrition education curricula, lesson plans, posters, interactive games, menu graphics, and more.

***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures all students can practice healthy eating and physical activity throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed nutrition, health, and physical activity choices. Therefore, the District will limit marketing and advertising to only those foods and beverages that meet the Smart Snacks in Schools standards. The District intends to protect and promote student health.

## Physical Activity

Children and adolescents should participate in 60 minutes of physical activity each day, through a combination of activities at school and at home. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

***Unstructured Break Time/Recess***

The Board requires the scheduling of recess for all students in kindergarten and grades one through five every school day; provided, however, that recess shall not be required on any school day on which a student has had physical education or structured activity time; or if reasonable circumstances impede such 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 in which the classroom teacher has no control; or emergencies, disasters, or acts of God. The school principal is authorized to determine the length, frequency, timing and location of breaks at each school.

In determining the schedule for unstructured break time for students, the principal shall consult with appropriate instructional personnel at the school and system level, as appropriate, to ensure that break time does not interfere with and provides support for academic learning. The principal shall also issue directions concerning the responsibility for supervision of students so that break time will be a safe experience.

Breaks may be withheld from students for disciplinary or academic reasons if prior notice of such is provided to the students. Decisions 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).

All scheduling of students at the school level is the responsibility of the principal. The principal is the final say for scheduling students and placing students in a grade-level as allowed by state law.

***Physical Education***

The District will provide students with physical education using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle. It will help students develop skills to engage in lifelong healthy habits and incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection below).
All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations for equitable student participation and adapt physical education classes and equipment as necessary.

**Elementary School Students:**
All elementary students in each grade will receive physical education for at least 60-90 minutes per week throughout the school year.

**Middle School Students:**
All middle schools (grades 6-8) offer health and physical education at each grade level, though no minimum instructional time is specified. Additionally, all students enrolled in a PE course participate annually in the FIT Georgia fitness assessment, which measures aerobic capacity, flexibility, and muscular strength. Middle and high school students receive multiple opportunities for breaks changing classes throughout the day.

**High School Students:**
All high school students must take the equivalent of one academic year of physical education. This is a graduation requirement. (½ P.E. and ½ Health).

The District physical education program will promote student physical fitness through individualized fitness and activity assessments via FitGeorgia. This criterion-based, health-related fitness assessment tool provides a snapshot of each child's health.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the District will be required to participate in professional development.

- All physical education classes in the District are taught by licensed teachers who are certified or endorsed to teach physical education.

***Essential Physical Activity Topics in Health Education***

The District will include in the health education curriculum the following essential topics on physical activity *when health education or physical education is taught:*

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity
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***Recess (Elementary)***

All elementary schools will offer at least 20-30 minutes of recess on all or most days during the school year (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and hand-sanitizing mechanisms inside/outside the cafeteria to ensure proper hygiene before eating. Students are required to use these mechanisms before eating. Hand-washing time and time to put away coats/hats/gloves will be built into the recess transition period/time frame before students enter the cafeteria.

**Outdoor recess** will be offered when the weather is feasible for outdoor play. Students will be allowed outside for recess except when the outdoor temperature is deemed too low or too high, inclusive of wind chill factors and heat indexes, during “code orange” or “code red” days, during storms with lightning or thunder, or at the discretion of the building administrator based on their best judgment of safety conditions.”

If the school or district must conduct **indoor recess,** teachers and staff will follow the indoor recess guidelines that promote physical activity for students to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and serve as role models by being physically active alongside the students whenever feasible.

***Physical Activity Breaks (Elementary)***

The District recognizes that students are more attentive and readier to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

***Active Academics***

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities and activity options, and making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the students whenever feasible.

***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through various methods. The district will encourage students to be physically active before and after school by offering options such as running clubs, physical activity in afterschool programs, intramurals, varsity sports, and other similar approaches.

## School-Based Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same goals and objectives, promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts or grants/funding opportunities for healthy school environments will be coordinated with and complementary to the wellness policy.

***Community Partnerships***

The District will continue to develop and maintain relationships with community partners (i.e., hospitals, universities/colleges, local businesses, etc.) to support the implementation of this wellness policy. Existing and new community partnerships and sponsorships will be evaluated to ensure they are consistent with the wellness policy and its goals.

***Community Sponsorships***

The District will maintain current sponsorships and encourage new ones to support wellness within our schools. For example, the District currently has Hand Sanitizing Stations provided by Piedmont Fayette Hospital.

***Dining Environment***

- Schools provide a clean, safe meal environment.
- Schools provide enough space and serving areas to ensure all students have access to school meals with minimum wait to consume meals.
- Water fountains are available in all schools and dining rooms, enabling students to get water during meal service hours and throughout the day.
- All students are encouraged to participate in the school meals program.
- The identities of the students who eat free and reduced-price meals are protected.
- Students are given adequate time to be served and eat healthy foods while socializing with their peers.
- Schools must offer lunches between 10:00 am and 2:00 pm.
- Students are not separated by gender during the service of program meals
- Students must be provided with adequate seating during meal service

***Community Health Promotion and Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

***Employee Wellness and Health Promotion***

The District promotes employee participation in health promotion programs and will support programs for healthy eating/weight management and overall wellness that are accessible, free, or low-cost. Examples of promotions/programs:

- Notification of wellness opportunities
- Health screenings
- Influenza Vaccinations
- Membership Discounts at local gyms
- Presentation of health and wellness information at regular staff meetings
- Placement of health information into newsletter articles, brochures, and email messages
- Make a directory available for low-cost mental health services for all employees.

***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and how health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## Glossary:

**Competitive Foods -** Refers to food and beverages sold or made available to students that the School Nutrition Department does not sell and that compete with the school's operation of the National School Lunch Program, School Breakfast Program, and After School Snack Program.

**Extended School Day** - time during before and after school activities that include clubs, intramural sports, band and choir practice, drama rehearsals, Title 1 Tutoring, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities, such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**School Meals** - Meals are provided under the National School Lunch Program, School Breakfast Program, and After School Snack Program, for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions, and guidelines.

**Triennial** – recurring every three years.

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