Board Policy EEE: Wellness Program Status: Revision

Original Adopted Date: 06/07/2007 | Last Revised Date: 09/07/2023 | Last Reviewed Date: 06/17/2026

Clinch County School District Wellness Policy

The Board of Education recognizes that student wellness and proper nutrition are related to student's well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Development of Local Wellness Policy

In accordance with federal law, the Clinch County School District will include to the extent possible, but not limited to: parents, students, representatives of food services, the Board, school administrators and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy goals to promote student wellness.

Nutrition Guidelines

All foods and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. The superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

- All food items available for sale during the school day must meet any and all nutrition standards and be in compliance with federal nutrition standards. These are the only foods and beverages that are allowed to be advertised and marketed. In order to determine products meeting the Smart Snacks criteria, snacks are to be evaluated using the online Smart Snacks Product Calculator found at: foodplanner.healtheirgeneration.orglcalcu]ator/
- Exceptions to this rule may include provisions for fundraising purposes. However, individual schools may not exceed 30 fundraisers per year per school lasting no more than 3 days in length. Individual schools shall be responsible for obtaining local board approval of said fundraisers and must maintain an exempt fundraiser tracking sheet to document each event. Exempted fundraisers cannot operate anywhere on the school campus 30 minutes before until 30 minutes after the end of breakfast and lunch services.
- Food served as refreshments at school parties and events shall be encouraged to meet federal requirements.
- Fundraising sponsored by the school and school groups shall be encouraged to be healthy foods or non-food sales.
- A la carte sales by the school's nutrition program shall be served in the same portions as served in the school meal;
- Pre-prepared commercial foods served in the school meal program shall be evaluated for sodium, cholesterol and fat;
- A la carte sales shall be evaluated for sodium, calories, fat, added sugar and portion size;
- Healthy food choices shall be available at extracurricular activities when food is sold, including, but not limited to concession stands;

- Drinking water is available free of charge to students at meals and throughout the day;
- Schools promote breakfast as a means to enhance academic achievement;
- Foods and beverages that meet the food guidelines are encouraged to be used for rewards. See Regulation Sale of Competitive Foods, EEF-R. This type of reward should be limited. Special dietary needs may be excluded from this requirement.
- Students have adequate time to eat school meals after being seated;
- Foods served in the school meal program are developmentally appropriate and encourage consumption within time allotted;
- Lunch is scheduled as near to the middle of the school day as possible;
- Serving areas are adequate to ensure students do not have to wait too long in line;
- Seating is available to facilitate students' eating within time allotted;
- School foods available on campus adhere to food safety standards;
- Each preparation site is represented by at least one person credentialed in food safety.

A school day is defined as 12:00 a.m. until 30 minutes after the official end of the school day.

Nutrition Education and Promotion Goals:

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

- Is offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Includes interactive website for parents, students, and all school staff;
- The school cafeteria serves as a learning laboratory to support classroom instruction through menu offerings, point-of-sale information, signage, etc.

Physical Education Goals

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

- Opportunities for physical activities will be incorporated into other subject lessons;
- Introduction in physical education classes of lifetime sports and activities;
- Teachers and other school personnel will not use physical activity (e.g., running laps, push ups) as punishment;
- Credentialed physical education instructors teach physical education classes;
- Time allotted physical education is consistent with research, national and state standards;
- Patterns of physical activity are encouraged in students' lives outside of physical education and take into consideration the need for energy balance;
- Adequate equipment is available for all students to participate in physical education/activity;
- The school environment provides for safe and enjoyable activity for all students including those who are not athletically gifted;
- Physical education/movement is the environment where students learn and practice on developmentally appropriate motor skills, social skills and knowledge;
- Limit the times recess or physical activities are withheld as a punishment.

Other School-Based Activities

Schools should create a healthy building environment and develop classroom management strategies that provide consistent wellness messages that are conducive to healthy eating and a physically active lifestyle. Therefore, schools should:

- Provide a clean and safe meal environment;
- Promote and encourage alternatives to food as a reward or punishment; and
- Provide a safe environment for physical activity.

A. Goals of the wellness policy shall be considered in planning all school-based activities such as school events and field trips.

B. Teachers and appropriate school staff will be provided assistance in detecting student health problems that may impact student learning.

C. School staff will be encouraged to participate in physical activities and/or nutrition services or programs to benefit their health.

Implementation

The Superintendent shall designate a committee to assist in the implementation of the wellness policy. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward informing the public about the contents of the wellness policy and the school's progress in meeting the wellness goals and shall report the school's compliance to the Superintendent or designee and to the public.

The school nutrition staff at the district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level, or to the school principal at the school level. The Superintendent or designee shall develop an annual summary report on the district-wide compliance with the wellness policy, based on input from schools within the district.

Triennial Assessments

In order to be compliant with the USDA final rule, at least once every three years, the district will assess the Local Wellness Policy (LWP) by measuring:

- The extent to which the LWP meets the requirement of the final rule;
- The extent to which schools under the jurisdiction of the district are complying with the LWP; and
- The progress made in attaining the goals of the LWP.

Revisions and Updating the Policy

The district will assess and update the wellness policy as needed every three years, following the triennial assessment. All changes will be Board approved and posted on the Clinch County Schools web page School Nutrition Department link.

CENTRAL OFFICE

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The Wellness policy was submitted to the Board of Education in the monthly board meeting on October 23, 2023. The policy was laid on the table to be approved in the November meeting on November 16, 2023.