

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: Nutrition Guidelines

To the extent possible, all Ben Hill County Schools 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. The school food director will develop procedures for operation of school food services at each school during the day with the objective of promoting overall school health and reducing childhood obesity. Guidelines for nutritional programs for reimbursable 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 pertain to schools.

School Meal Goals:

1. Student meals will meet the USDA Nutrition Standards as well as provide sufficient choices, including new foods and foods prepared in new ways, to meet the taste preferences of diverse student populations. The School Nutrition Program will provide choice of meals or items within required food selections in all schools where students may refuse food items offered. All foods and beverages made available on school campuses during the school day, must comply with the USDA Dietary Guidelines for Americans (2010).
2. Water will be made available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.
3. 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.
4. 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.
5. Students with special dietary needs will be accommodated as required by USDA regulations.
6. A la carte items 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).

Competitive Food Goals:

The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School Nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks> The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

1. 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 other 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.
2. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.
3. 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 school store or vending machines. Vending machines are prohibited to be located near the cafeteria in all schools (Pre-K thru 12).
4. 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 to be located near the cafeteria during lunch and shall meet the competitive food nutrient standards.
5. All schools serving Pre-K thru 8 are prohibited to compete with the Federal School Lunch Program during the lunch period and may not sell food or beverages until 30 minutes after the end of the lunch period in all areas of the school.

Part 2: Nutrition Education and Nutrition Promotion

Ben Hill County School District'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, has the opportunity to participate in a variety of learning experiences that supports development of healthful 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.

Nutrition Education Goals:

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

behaviors. Nutrition education is an integral part of the Health and Physical Education Program. School Nutrition staff will be available as a resource to teachers and staff.

2. Continuing professional learning will be provided for all School Nutrition staff members. The professional learning and training programs shall comply with all requirements imposed by federal and state law and State Board of Education rules. System level supervisory school nutrition personnel shall meet the certification requirements imposed by federal and state law and rules promulgated by the State Board of Education.
3. The school cafeteria will serve as a learning laboratory to support classroom instruction through menu offerings, point-of-sale information, signage, and bulletin board displays.
4. Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing practices will be promoted to students and staff.
5. Each food service facility will have at least one school nutrition employee on site that is certified as a food safety manager (ServSafe) in compliance with federal and state law and rules promulgated by the State Board of Education.

Nutritional Promotion Goals:

1. The system and schools shall promote best practices in nutrition in compliance with federal and state requirements.
2. Nutrition education will be evident in the school dining room through posters and bulletin boards displays.
3. Students will be encouraged to start each day with a healthy breakfast.
4. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
5. The school team responsible for planning nutrition education activities shall ensure interdisciplinary collaboration by including school nutrition program, school nurses, health and physical education teachers, family and consumer sciences teachers.
6. 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.

Part 3: Physical Activity

In order for students to receive the nationally-recommended amount of daily physical activity and to embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes.

Physical Activity Goals:

1. 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 spend on sedentary activities, such as watching television and playing video games.
2. Recommend that all grades K-12 incorporate 30 minutes of daily physical education instruction, by a certified teacher, into their master schedule according to National Standard for Physical Education (NASPE).
3. Instruction should encourage individual improvement so as not to discourage less athletic students or those with lower fitness level.
4. Students in the Ben Hill County School District 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.
5. Physical Education will include activities that will enhance learning and development of lifelong wellness practices.

Part 4: Other School Based Activities (Eating Environment)

1. During school day events, classroom parties, celebrations, classroom rewards, fundraiser and intramural events Smart Snacks should be promoted to promote healthy eating in school and throughout the community.
2. Prohibit the use of foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages, including food served through school meals, as punishment.
3. School should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.
4. There is a special exemption for infrequent school-sponsored fundraisers (other than fundraising through vending machines, school stores, snack bars, and a la carte sales) in which sales of food or beverages will be allowed 30 minutes after the end of the last lunch period to prohibit competition with the school meal.

Part 5: Food Safety

School cafeterias will adhere to food safety program policies based on Hazard Analysis Critical Control Point (HACCP) guidelines as found in the Ben Hill County Food Safety Plan and Nutrition Services HACCP Standard Operating Procedures Manual

Food Safety Goals:

1. School Nutrition Program Managers will maintain current ServSafe certification through the National Restaurant Association.
2. All schools comply with current Health Department Codes.

3. Only food prepared by and purchased from licensed food service establishments may be served to students. Any food served to students must have ingredient information readily available.

4. 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.

Part 6: Promotion of Student and Staff Wellness

Student and Staff Wellness Goals:

1. The district and each work site shall provide information about wellness resources and services to assist in identifying and supporting the health, safety and wellness of site staff. Use of school facilities for such purposes that promote activity will have the facility use fee waived.

2. Encourage student participation in school extracurricular activities through school announcements and handbooks.

3. Provide opportunity for school nurses to conduct screenings of students for health related issues such as hearing, vision, scoliosis, weight and height.

4. School nurse facilitate annual training in first-aid, cardio-pulmonary resuscitation (CPR), and other health related instruction for faculty and staff.

Part 4: Implementation, Evaluation and Measurement

1. Each school shall establish and maintain a Wellness Advisory Council. Principals may use the School Council or other existing committees to fulfill this responsibility. The annual goals of the School Council should support the District Wellness Policy.
 - a. An Evaluation Plan will be developed by the Wellness Committee and other District personnel. The committee will identify priority items within the regulation section of the Wellness Policy to be included in the evaluation plan. The plan will identify objectives, information to collect, responsibilities for data collection and the method of analysis.
 - b. The Wellness Committee will use the annual Evaluation Results to create action plans for program improvement and evaluation priorities.
 - c. Annually, the District Wellness Committee will meet to update the Wellness Policy as needed. The Wellness Committee will conduct an assessment every three (3) years to monitor attainment of goals.
 - d. The Report of the Evaluation Results will be presented to the Superintendent and the School Board each year and made available to the public on the District's website.

- e. The public will have an opportunity to provide input regarding development, implementation and periodic review of the policy to the committee by way of interaction during committee meetings and/or survey on the District's website.
- 2. The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and measures for evaluation. In each school, the principal or designee must ensure that the school meets the implementation goals (noted in item #1 above) for the wellness policy and reports progress to the District Wellness Committee.
- 3. School nutrition staff at the school and district level will monitor compliance with nutrition guidelines within school nutrition service areas and will report progress to the Superintendent or designee at the district level, or to the principal at the school level.

Last Revised:

Date Updated: