



Carrollton City School District - Wellness Program Policy

The Carrollton City School Board of Education recognizes that student wellness and proper nutrition are related to students' 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. Staff wellness is also an integral component of a healthy school environment. This document is intended to expand on Board Policy EEE: Wellness Program.

Wellness Committee

The Superintendent and his designee has convened a wellness committee consisting of school system and community representatives to develop, implement, and review the wellness policy. This committee shall also be responsible for:

- Setting goals for nutrition promotion and education, physical activity, and other school based activities that promote student and staff wellness.
- Conducting a triennial assessment of the policy to gather feedback and identify any changes that need to be made to the policy.

The wellness committee is made up of district staff including the nutrition director, representatives from each school in the district, a school nurse, a staff member from physical education, parents, students, and community stakeholders. School level members will update school administrators on a regular basis.

Wellness Policy

Carrollton City Schools has involved parents, students, representatives of school nutrition, school administrators and staff, and the public in developing the district wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student and staff health and well being, goals were set to promote student and staff wellness.

The Wellness Committee shall develop procedures to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, where practicable. Such procedures shall contain, at a minimum:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
2. Standards and nutrition guidelines for all foods and beverages sold to students during the school day on each school campus that are consistent with:
 - a. School meal nutrition standards;
 - b. Smart Snacks in school nutrition standards

- c. Standards for all foods and beverages provided, but not sold, to students during the school day (i.e. classroom parties, classroom snacks, rewards, etc.)
- d. Policies for food and beverages marketing and advertising of only those foods and beverages that meet the Smart Snacks in Schools nutrition standards

3. Identification of the position of System's or school official(s) responsible for the oversight to ensure each school's compliance with the wellness policy and procedures;

4. A description of the manner in which parents, students, and representatives of school food service, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy; and

5. A description of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues.

The Superintendent or designee shall ensure that each participating school complies with the wellness policy; that periodic assessments and evaluations are conducted in accordance with state and federal timelines and other requirements; and, that appropriate updates or modifications are made as needed.

Nutrition Guidelines

To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages sold to students during the school day shall be consistent with the requirements of federal law and regulations and state requirements and should include foods that meet the Smart Snack guidelines as defined by the USDA . 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 objective of promoting school health.

Foods and beverages sold to students during the school day may only include foods that meet the Smart Snack guidelines as defined by the USDA. The school day is defined as midnight before until 30 minutes after the school day ends.

Schools and staff will monitor food and beverages provided (but not sold) to students during the school day (classroom parties, classroom snacks, rewards, etc.) and limit items that are not Smart Snack compliant. These items should not interfere with student's participating in the school lunch and breakfast programs.

Only items that are Smart Snack compliant may be marketed during the school day unless they are part of an approved exempted fundraiser. Fundraisers must be approved by the principal and follow the exempted fundraiser guidelines. Every effort should be made to use items other than food for fundraising purposes.

Goal #1 - Physical Activity

All students in grades PreK-12 shall have opportunities, support, and encouragement to be physically active on a regular basis. Carrollton City Schools will provide physical education consistent with federal and state requirements and engage in promotion of physical activities with the following goals:

- Students should be given opportunities for physical activities during the school day. Suggested activities include daily recess, elective physical education classes, step initiatives, integration of physical activity in the academic classroom, outdoor commons time during the lunch period, etc.

- Students should be given opportunities for physical activity through a variety of after school programs and activities.
- Students will be encouraged to be involved in physical activities in the community, school sponsored events, and extracurricular activities.
- Physical education includes instruction of individual activities and competitive and non-competitive activities to encourage life long physical activity.
- Staff will be encouraged to participate in movement activities to model healthy physical activity for students.

Goal #2 - Nutrition

All students in grades PreK-12 shall have opportunities that 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 achieving the following goals:

- Students will receive nutrition education that is interactive and relevant including the skills needed to adopt healthy eating behaviors.
- Nutrition education materials will be evident in the school cafeteria on serving lines, bulletin boards, posters, etc.
- Foods and beverages sold to students during the school day may only include foods that meet the Smart Snack guidelines as defined by the USDA.
- Healthier eating, water consumption, etc. will be promoted by the system wellness team monthly.

Goal #3 - Other School Based Activities that promote wellness

All students in grades PreK-12 shall be encouraged and supported to make healthy eating and activity choices to promote student wellness.

- A clean, safe, and enjoyable school environment will be provided. Students will be encouraged to participate in helping to maintain their school environment.
- Each school will have one or more representatives on the wellness committee to promote health, nutrition, and physical activity in the school environment.
- Foods served in the school lunch, breakfast, and snack programs will comply with the USDA meal pattern and regulations established for lunch, breakfast, and snack.
- Opportunities for school nurses and school personnel to conduct screenings for students for health related issues such as hearing, vision, and scoliosis shall be provided.
- Provide counseling services to students as needed throughout the year to promote social and emotional wellness.
- Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items as well as fundraising to support physical activities.

Implementation

The superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy.

Evaluation and Input

Each year, the Wellness Committee will evaluate the progress of the annual activities and determine areas that are in need of improvement. The evaluation process shall involve feedback from students, faculty, stakeholders, and the community. Changes will be made to the policy as needed to update goals or action steps.

Every three years, the district will conduct an assessment of the policy to measure each school's implementation of the local wellness policy. Progress towards attaining the goals of the wellness policy will be compiled. The committee will also monitor the plan to ensure that it continues to contain all of the necessary components and compares to model wellness policy.

The wellness policy will be posted on the district website including any updates or changes made to the policy. The triennial assessment will also be made available to the public at open house and on the district webpage.

Board Policy EEE: Wellness Program

Status: ADOPTED

Original Adopted Date: 06/13/2006 | **Last Revised Date:** 11/06/2018 | **Last Reviewed Date:** 11/06/2018

Carrollton City School District's Wellness Policy on Physical Activity and Nutrition

The Carrollton City School District recognizes that student wellness and proper nutrition are related to students' 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. To the extent practicable, 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 minimum requirements of federal law and regulations and state requirements. 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, as those regulations and guidance apply to schools.

The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies. Such policies shall contain, at a minimum:

1. Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
2. Standards and nutrition guidelines for all foods and beverages available on campus during the school day that:
 - a. are consistent with federal meal pattern requirements and nutrition standards;
 - b. prohibit the sale to students on the school campus during the school day of competitive foods that do not meet the federal criteria; and,
 - c. adhere to the Healthy, Hunger-free Kids Act of 2010 and state requirements regarding exempt fundraisers.
3. Identification of the position of district or school official(s) responsible for the oversight to ensure each school's compliance with the wellness policy;
4. A description of the manner in which parents, students, and representatives of school food service, physical education teachers, school health professions, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review of the wellness policy; and
5. A description of the plan for measuring the implementation of the wellness policy and for reporting to the public its content and implementation issues.

Schools will provide breakfast and lunch meals at a free and reduced-priced rate in compliance with local, state, and federal guidelines.

Qualifications of School Nutrition Staff

Qualified nutrition professional will manage and administer the School Nutrition Program. Continuing professional development should be provided annually for all nutrition professionals. All new employees will complete employment training within the first full school year of employment that encompasses program goals and philosophy, human relationships and service skills, safe and sanitary food handling, and first aid consistent with the local, state, and federal guidelines. Each school service facility shall have at least one school nutrition employee on site to be certified as the food safety manager, who has successfully completed a state-approved food safety training program and passed a professionally validated Certified Food Safety Measure (CFSM) examination that is accredited by the Conference for Food Protection or other accrediting agency as conforming to national standards for organizations that certify individuals. Staff development programs should include 30 credit-hour training courses sponsored by the school district or postsecondary vocational school and taught by the school nutrition director/managers or other qualified instructors.

Competitive Foods

The Board of Education 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 the midnight (12:00 am) before, until 30 minutes after the end of the official school day. School campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc. Food and beverages sold in schools shall comply with nutrition standards as adopted in accordance with USDA rules, state law and state board rules. Fundraisers shall adhere to nutrition standards and USDA rules, state law, and state board rules, with consideration to State Board Rule 160-5-6-.01.

Staff Wellness

Carrollton City School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Such activities may include employee wellness promotion activities and employee health fairs.

Recess

The elementary schools housing grades PK-5 should work diligently to provide supervised recess, preferably outdoors, during which schools should encourage all students to participate in moderate to vigorous physical activity with the provision of time, space and equipment.

Implementation and Monitoring

The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district; that periodic assessments are conducted in accordance with state and federal timelines and other requirements; and, that appropriate updates or modifications are made as needed.
