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### **2016-2017 Wellness Policy -- Thomasville City Schools**

Recognizing the importance of a learning environment where students and staff learn and practice healthy habits, the Thomasville City School District developed a Wellness Plan that includes:

1. Goals for nutrition education, physical activity and other school –based activities designed to promote student wellness
2. Nutrition guidelines for all foods available on each school campus
3. Establishes a plan that measures implementation of this policy
4. Involves key stakeholders in the development of the system wellness plan

The system is committed to providing a school environment that promotes and protects student wellness, proper nutrition, 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.

#### Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight are also linked to reduced risk for Type II diabetes, cardiovascular disease and many other chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

#### Stakeholders

The District Wellness Committee membership may/will represent all school levels; school nurses; physical education teachers; school board members; students; parents; health professionals and the general public.

#### Nutrition Guidelines

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 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.

A. Nutrition Education Goals

5. The District will teach, encourage, and support healthy eating by students.
6. The primary goal of nutrition education is to positively influence students' eating behaviors. Nutrition education is an integral part of the school health education program. School nutrition staff will be available as a resource to teachers and staff.
7. 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.
8. Georgia state-mandated curriculum standards in health education address nutrition and physical activity. Students in grades PRE-K – 12 will receive nutrition education that is age appropriate, reflects student cultures, is interactive and teaches the life skills needed to adopt healthy eating behaviors. These standards will be integrated into the core curricular areas as appropriate.
9. 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.
10. Fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, healthy food preparation methods, and health-enhancing nutrition practices will be promoted to students and staff.
11. School nutrition personnel shall have primary responsibility over meal accountability.
12. 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.

B. Nutrition Promotion Goals

13. The system and schools shall promote best practices in nutrition in compliance with federal and state requirements.
14. Nutrition education will be evident in the school dining room through posters and bulletin board displays.
15. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.

16. School district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
17. Students will be encouraged to start each day with a healthy breakfast. Child Nutrition Programs comply with federal, state and local requirement. Child Nutrition Programs are accessible to all children.
18. During the school day, schools will promote and encourage healthy food choices (cafeteria, a la carte, classroom snacks, after school program snacks, vending and fundraising) that are consistent with nutrition education curriculum.

#### C. Physical Activity Goals

19. 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).
20. Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities.
21. Students in grades 3-5 will utilize the Fitnessgram to annually test and evaluate their individual fitness levels. Students in grades 6-12 will annually utilize a research based fitness test to measure and evaluate their individual fitness level.
22. Instruction should encourage individual improvement so as not to discourage less athletic students or those with lower fitness levels.
23. Physical Education will include activities that will enhance learning and development of lifelong wellness practices.

#### D. Other School-Based Activities Designed to Promote Student Wellness

24. Provide on-going education for faculty, staff, and students in the areas of nutrition and physical education, to include the County Health Department and the County Extension Services Programs, American Diabetic Association, American Heart Association, and the American Cancer Society.
25. School fundraising shall be encouraged to offer healthy food choices or non-food sales. \*\*
26. Encourage student participation in school extracurricular activities through student handbooks and school announcements. Healthy food choices shall be available at these activities when food is sold.
27. Provide opportunity for school nurses to conduct screenings of students for health related issues such as hearing, vision, scoliosis, weight and height.
28. Principals and/or school nurses build a school collection of health related media and information for parent, student, and teacher use.

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

#### E. Nutrition Standards for All Foods Available on School Campus during the School Day

In order to promote healthy eating habits:

30. The School Nutrition Program will ensure that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under relevant federal and state regulations.
31. 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 a choice of menus 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.
32. 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](http://www.healthiergeneration.org/smartsnacks).
33. 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.
34. If the Principal approves the sale of competitive at school: All income from the sale of such foods must accrue to the benefit of the nonprofit school food service; or the school or school organizations approved by the Principal. They must be sold in locations other than the dining, serving, and kitchen areas.
35. The school should promote an overall school environment that encourages students to make healthy food choices.
36. Encourage fundraising efforts and reward programs that are supportive of healthy eating habits by recommending teachers and principals offer healthy food sales and distribution.\*\*

37. Provide a Health Awareness Packet that features an age appropriate Basic Nutritional Guide and a Common Activity/Exercise Plan that could be incorporated in home activities.
38. Nutritional information of all foods sold at school in the school nutrition program will be available upon request. School nurse and lunchroom manager will have a master list of foods and their nutritional information as well as a future posting of a link on the school web site.

### Water

To promote hydration, free, safe, unflavored drinking water will be 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.

### Plan for Measurement and Implementation

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 Council should support the Wellness Policy.
  39. The Council may consist of administration, teacher, physical educator, school nutrition manager, health educator, school nurse, counselor, parent, student, or School Council member.
  40. The online abridged version of the CDC's School Health Index (<http://codes.findlaw.com/us/title-47-telecommunications/47-usc-sect-254.htm>) shall be used to assess and improve the school's physical activity, healthy eating, and overall school wellness initiatives. The Index should be used annually thereafter by the Council and Principal for ongoing assessment.
  41. The Council will utilize the results of the Index assessment to develop the school's wellness plan.
  42. The District Wellness Committee will be available to provide assistance and resources to focus training and support for student and staff wellness initiatives.
  43. To improve communication and support the school wellness initiative, information on nutrition, physical activity and physical education should be included in weekly student folders, newsletters, websites, PTO meetings, bulletin boards, and other appropriate home-school communications.
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.