

# Wellness Policy



# Hancock County Schools

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**Hancock County Schools  
P.O. Box 488  
11311 Hwy. 15 North  
Sparta, GA 31087**

**Wellness Policy  
2015 – 2016**

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Principal (Print)

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Principal (Signature) Date

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School Nurse (Print)

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School Nurse (Signature) Date

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Health-P.E. Teacher (Print)

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Health-P.E. Teacher (Signature) Date

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Food Service Manager (Print)

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Food Service Manager (Signature) Date

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Parent (Print)

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Parent (Signature) Date

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Student (Print)

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Student (Print) Date

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Additional Member (Print)

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Additional Member (Signature) Date

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Additional Member (Print)

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Additional Member (Signature) Date

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2015 – 2016**

**Preamble**

Hancock County School recognizes that children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Hancock County Schools recognizes that good physical and mental health fosters improved student attendance, education and learning;

Hancock County Schools recognizes that it is the District's role, as a part of the larger community, to model and actively practice, through policies and procedures: the promotion of family health, physical activity, good nutrition, sustainable agriculture, and environmental restoration.

Hancock County Schools recognizes that the sharing and enjoyment of food, and participation in physical activities, are fundamental experiences for all people and are a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming intergenerational bonds, and strengthening communities;

Hancock County Schools desires to assist students in developing skills that promote healthy habits regarding eating and physical activity. The wellness education will be addressed at each school site through a variety of means, including but not limited to nutrition education, nutrition standards, physical activity opportunities, and other appropriate site-specific health activities.

## **Nutrition Education and Health Education Goals**

It is the policy of the Hancock County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades k-12 will have opportunities, support and encouragement to be physically active on a regular basis.

## **Physical Activity Goals**

### **Classroom Setting**

For students to receive nationally recommended amount of daily physical activity and for students to embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- 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 spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Communication with Parents**

The district/school will support parent's effort to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, and post nutrition tips on school websites.

## **Daily Recess**

All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

## **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (running laps, pushups) or withhold opportunities for physical activity (recess, physical education) as punishment.

## **Guidelines for School Meals**

The Hancock County Schools will provide school meals, which meet or exceed the nutritional standards required by the National School Lunch and Breakfast Program.

Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast. Food providers will take every measure to ensure that student access to foods and beverages meet federal, state, and local laws and guidelines. The school will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. The school will strive to increase participation in the available federal Child Nutrition Programs (school lunch, school breakfast, after school snack and the summer foodservice programs).

## **Nutrition Guidelines for all foods available on campus**

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children;
- Be served in a clean and pleasant setting

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low fat (1%) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

## **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **Free Meals**

The Hancock County Schools provides meals at no charge to all children, regardless of income; and promote the availability of school meals to all students.

## **Meal Times and Scheduling**

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Schools should schedule meal periods at appropriate times, lunch should be scheduled between 10:30 a.m. and 1 p.m.
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;

- Schools will schedule lunch periods to follow recess periods (in elementary schools);
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their level of responsibility.

Foods and Beverages Sold Individually (outside of reimbursable school meals, such as through vending machines, cafeteria, fundraisers, etc.)

### **Elementary Schools**

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

### **Middle/Junior High and High Schools**

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through vending machines, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

#### **Beverages**

- Allowed: 100% Juice and Water
- Not Allowed:

#### **Foods**



- Allowed:
- Not Allowed:

Fundraising Activities

Snacks

Rewards

Celebrations

School Sponsored Events

### **Monitoring**

The Superintendent or Designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the Principal or Designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent or Designee.

School Food Service Staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The Superintendent or Designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils,

parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity, and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.