

Hancock County Schools
P.O. Box 488
10571 Hwy. 15 North
Sparta, GA 31087

Wellness Policy
2021-2022

Hancock County

School District



Wellness Policy

Last Updated/Approved: February 22, 2022

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Wellness Policy Committee Members

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Nutrition Director (Print)

Nutrition Director (Signature) Date

Nutrition Secretary (Print)

Nutrition Secretary (Signature) Date

Health/P.E. Teacher (Print)

Health/P.E. Teacher (Signature) Date

Health/P.E. Teacher (Print)

Health/P.E. Teacher (Signature) Date

Head Football Coach/
Alternative School Director (Print)

Head Football Coach/
Alternative School Director (Signature) Date

Health & Nutrition Manager (Print)

Health & Nutrition Manager (Signature) Date

Community Liaison (Print)

Community Liaison (Signature) Date

Parent (Print)

Parent (Signature) Date

Student (Print)

Student (Signature) Date

Preamble

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Hancock County School recognizes that children need access to healthy 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.

Leadership

The school district's Superintendent, or designee, in collaboration with the Hancock County School District's Nutrition Director shall be responsible for overseeing the implementation of the Wellness Program and compliance with the policy, including the indicators that may be used to measure the school district's success in implementing and following procedures of the Wellness Program.

School Wellness Committee

Committee Role and Membership

To be in compliance with the USDA final rule, the Hancock County School District will convene a Wellness Committee that meets at least once every quarter. The committee will establish goals and serve as the overseer of school health and safety policies, which include but are not limited to the development and implementation of the HCSD Wellness Policy.

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It is the intent of the Hancock County School District to involve all stakeholders (parents, students, healthcare workers, teachers, school administrators, board members, principals, school administration, etc.) in the development and implementation of the School District's Wellness Plan. The following procedures will be followed:

Committee members will be asked to make a two-year commitment as a committee member. At the end of the two-year tenure, the Wellness Committee will take nominations from those wishing to serve on the committee. If you would like to join the Wellness Committee, please contact Ms. Calandra Jones (706-444-5775 ext. 129) calandrajones@hancock.k12.ga.us or visit the district's website for more information.

<u>Committee Member</u>	<u>Role</u>
Calandra Jones	Director of Nutrition
Yvonne Lester	Secretary of Nutrition
Joyce Robinson	4-H Coordinator
Kamesha Robinson	Student
Lois Clark	Health & Nutrition Manager
Patrick Graney	P.E. Coach
Aleck Barnes	P.E. Coach
Marleau Blount	Head Football Coach / Alternative School Director
Aquinthia Chapple	Parent

- Each school within the district will identify a Coordinator to ensure compliance and review school-level issues related to the District Wellness Policy.

Progress Assessments

Annual Progress

The district will publish an annual report to share basic information about the wellness policy. The annual report will communicate any wellness policy updates and implementation plans. An annual report will be placed on the district's website.

- A description of each school's progress in meeting the Wellness Policy goals.
- The name, position title, and contact information of the Wellness Policy Committee members.

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- Information on how individuals can get involved with the District Wellness Committee

Triennial Progress Assessments

At least once every three years, the Hancock County School District will evaluate compliance with the Wellness Policy to assess the implementation of the policy to include:

- How the schools are in compliance with the Wellness Policy
- The comparison of the District's wellness policy to the Alliance for a Healthier Generation's model wellness plan.

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.

Revisions and Updating the Policy

The district will determine if the Wellness Policy needs to be updated based on annual progression; the triennial assessment; community needs; or new health science information.

Nutrition Education and Health Education Goals

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The Hancock County School District is committed to serving healthy meals to children to support healthy eating habits. Daily meal options will include: fruits, vegetables, whole grains, protein, and low-fat or fat-free milk. Hancock County Schools intend to meet all calorie guidelines for each age group. The meals served will consist of lower sodium and saturated fats. Schools PK-12 will implement nutrition and physical activity education into their curriculum for all subject areas.

- Students in grades PreK through 12 will receive interactive nutrition education which teaches the skills needed to adopt and maintain a healthy eating habit.
- Nutrition education will be integrated into the health education curriculum and core curriculum.
- Nutrition education material will be provided on bulletin boards; posters; flyers and on the district and school websites.
- School Nutrition staff will coordinate with school staff to make the cafeteria a learning lab.
- Schools will conduct nutrition education activities which will involve all stakeholders (parents, students, teachers, community, etc.).
- Schools will support the Farm to School program as appropriate to facilitate the nutritional and educational goals of the school district.
- Student surveys and taste testing opportunities will be used to create menus.
- Daily announcements will be used to promote and market menu options.
- Students will complete activities involving Harvest of the Month.

Smart Snack Standards

Entree

For purposes of Smart Snacks, an entrée is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate;
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, low-fat or reduced fat cheese, nuts, seeds, and nut or seed butters; and

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- a grain only, whole grain-rich entrée that is served as the main dish of the School Breakfast Program reimbursable meal.

Smart Snack

Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or

- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient Standards

Nutrient	Snack	Entree
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0g	0g
Sugar	35% by weight or less	35% by weight or less

Beverages Standards

All schools may sell:

- Plain water (with or without carbonation)
 - Unflavored low-fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- A. **Elementary schools** may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

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B. High schools may also sell “no calorie” and “lower calorie” beverage options.

1. No more than 20-ounce portions of a. Calorie-free, flavored water (with or without carbonation); and
 - a) No more than 20-ounce portions of a. Calorie-free, flavored water (with or without carbonation); and
 - b) Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
2. No more than 12-ounce portions of
 - a. Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

For more information on the Smart Snack standards, basic information is available at (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>).

Competitive Foods and Beverages

The Hancock County Board of Education is committed to providing students with nutritious and healthy food and beverage options during the school day on the school campus. The school day is defined as the period from midnight (12:00 a.m.) before, until 30 minutes after the end of the official school day. Any foods and meals sold outside of the school meal program are considered “competitive” foods and beverages. The Hancock County School District will market foods and beverages which meet the Smart Snack Standards. For more information on the Smart Snack standards, basic information is available at (<https://www.fns.usda.gov/tn/guide-smart-snacks-school>).

Fundraisers

Fundraising provides an opportunity for student, staff, family and community collaboration. The Hancock County School District is committed to creating a policy which would promote a healthy eating lifestyle. To be compliant with the USDA final rules, the district will adopt the Hunger Act Policy of 2010.

- All foods and beverages that meet the nutrition standards may be sold at fundraisers at anytime and anywhere on the school campus.

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- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events. The standards do not apply to fundraisers in which the food or beverage is clearly not for consumption on the school campus during the school day.

Exempted Fundraisers

The Standards allow for exception to the Smart Snack rules for the following rules must apply.

- Each exempted fundraiser may operate no more than three (3) days. This means during the course of the year exempted fundraisers could operate no more than 90 days. This includes all exempted fundraising activities, including sale of and delivery of items.
- No exempted fundraiser may operate 30 minutes prior to meal service until 30 minutes after meal service is completed anywhere on the school campus.

Nutrition Promotion

The district will use evidence-based techniques to educate and promote healthy eating habits. Nutrition includes the marketing and advertising of nutritious foods and beverages to students. The district will provide the following nutrition opportunities:

- A minimum of two taste test opportunities per school for grades PK-12.
- School cafeterias will serve the Harvest of the Month and teachers PK-12 will educate the students on the benefits of the Harvest of the Month.
- Each school will implement at least one healthy food or beverage challenge (Drink Water; Eat your Veggies; No Sugar; etc.)
- Each school PK-12 will create an incentive plan for staff wellness.
- Foods and beverages shall not be used as a reward or punishment for academic performance or good behavior.
- Withholding school meals as a punishment is prohibited.
- Foods offered to students outside of the school nutrition program should meet state and federal nutritional guidelines.

Physical Activity Goals

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

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activity beyond physical education class. Using age-appropriate curriculum, each school PK-12 in the district will provide students with physical education using national and state standards for physical education.

- Physical activity or recess is not to be used as a reward or punishment.
- Physical activity will be provided during the school day and afterschool activities.
- Schools will promote after school physical activities through community based and recreation programs.
- Schools will promote and provide safe and enjoyable physical activities for all students.
- Physical education includes instruction in individual activities as well as competitive and non-competitive team sports.
- All recess for PK-5 students should be a minimum of 20 minutes. (Recess will be held before lunch when possible).
- 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
- Physical activity should be integrated into planned academic instruction (across the curriculum).
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- 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.

School Based Activities

- Each school will organize a school health committee to promote health, nutrition, and physical activity as implicated in the policy and procedures.
- Each school will implement a Student Wellness Action Plan to assist with the implementation of the policies and procedures.
- Schools will provide information and professional learning opportunities to students, faculty, staff members, and parents to enhance the wellness program.
- Students will complete a needs assessment through healthiergenerations.org

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- Students will be allowed ample time to enjoy their meals after being seated (10 minutes for breakfast; 20 minutes for lunch).

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 will send home nutrition information, and post nutrition tips on school websites.

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).

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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).

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- 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.

School and District personnel will also be educated about Foods and Beverages sold individually (outside of reimbursable school meals, such as through vending machines, cafeteria, fundraisers, etc.).

Monitoring

The Superintendent, or Designee, and the School Nutrition Director will ensure compliance with established district-wide nutrition and physical activity Wellness Policies. The Principal or Designee will ensure compliance with those policies in his/her respective school and will report on the school's compliance to the school district Superintendent or Designee and School Nutrition Director.

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 School Nutrition Director 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 Superintendent of Schools and then to the School Board and distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.