

HEARD COUNTY SCHOOL SYSTEM

WELLNESS POLICY

5/15

Heard County School System
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SCHOOL BOARD

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HEARD COUNTY SCHOOLS WELLNESS POLICY

The Heard County 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. 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.

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. The following people will be asked to participate in the wellness committee; parents, students, school foodservice staff, teachers of physical education, school health professionals, school board, school administrators and general public. The councils will serve as resources to school sites for implementing the wellness policies.

The school Nutrition Director is the superintendent's designee for the wellness plan.

The wellness policy will be available on the Heard County Board of Education web site. The school Nutrition Directors email address and phone number will be listed so that the public may make comments and or suggestions at any time. The wellness committee will review the wellness policy annually and will place minutes of the meeting on the school system web site under wellness. The wellness policy implementation assessment will also be available on the system website.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. 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 and shall report on the schools' compliance to the Superintendent or designee.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level, or to the school principal at the school level. The Superintendent or designee shall develop an annual summary report on district-wide compliance and the wellness policy, based on input from schools within the district. That report shall be provided to the Board and posted to the system web site.

Nutrition Program Goals and Objectives

Heard County School System will offer meals in accordance with the National School Lunch Program. Each cafeteria will:

- *Provide meals that are 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 guidelines;
- *Offer healthy choices;
- *Offer low-fat (1%), fat-free milk and non-dairy alternatives (as defined by the USDA)
- *Ensure that all grains are whole grain rich;
- * Offer all vegetable sub groups;

To the extent practical, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available during the school day shall be consistent with the minimum requirements of federal and state law and regulations. 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, the Richard B. Russell National School Lunch Act, and the Section 204 of the Health-Hunger Free Kids Act of 2010 as those regulations and guidance apply to schools. The school nutrition director 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.

All a la carte items will meet smart snack regulations.

Managers should walk through the cafeteria periodically and talk to the students and ask their opinions on the food. Taste testing and surveys should also be used to ascertain the opinions of students and staff.

The School Nutrition Program will offer a summer lunch program as needed. All foods will meet NSL guidelines.

Objective: Buy September, 2015 the Nutrition Director will place nutrition information on foods served on the school system web site.

Meal Times and Scheduling

The Heard County School District will:

- *Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 am and 1 p.m.;
- *Provide students access to hand washing or hand sanitizing before and after eating meals;
- *School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.
- *Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- *School dining areas have sufficient space for students to sit and consume meals.
- * Students will have access to water during meal times.

Free and Reduced Price Meals

The Heard County School Nutrition Program will:

- *Promote the availability of free and reduced- price meals to all children based upon application and approval;
- *Approve free meals through use of direct certification
- * The free and reduced price meal application will be available on line for parents to print;
- *Schools will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-price meals
Objective: By August 2015, free and reduced-price meal applications will be available and approved on-line in addition to direct certification and paper applications.

Nutrition Guidelines for all Food and Beverages Sold Outside of the School Meal
(vending machines, a la carte)

Competitive foods are all food and beverages sold to students on the school campus during the school day, other than meals reimbursable under programs authorized by the NSLA and the CAN.

The school campus is considered all areas of the school property under jurisdiction of the school that are accessible to students during the school day. The school day is considered the period from midnight before, to 30 minutes after the end of the official school day.

All food sold during the school day, except those served through the National School Lunch and Breakfast Programs must meet smart snack requirements.

All foods sold individually on campus will meet Smart Snack Requirements

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; 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; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

- **Foods must also meet several nutrient requirements:**
 - **Calorie limits:**
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

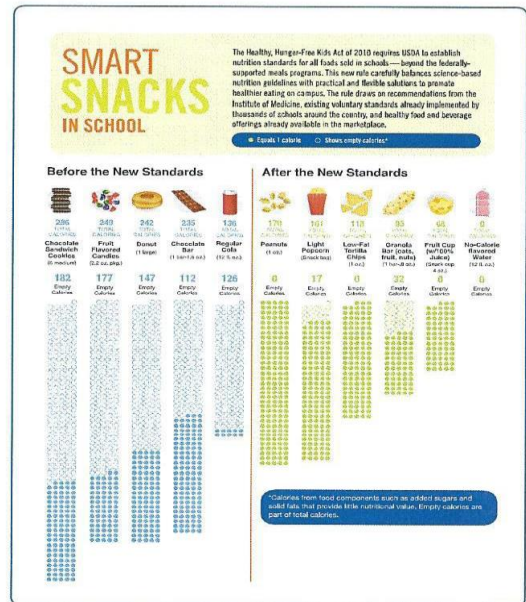
 - **Sodium limits:**
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg

 - **Fat limits:**
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams

 - **Sugar limit:**
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



SMART SNACKS IN SCHOOLS

Nutritional Standards for Beverages

All schools may sell:

- * 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 sweetener.

Elementary schools may sell up to 8- ounce portions, while middle schools and high schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow for additional “no calorie” and “lower calorie” beverage options for high school students.

- * no more than 20 –ounce portions of
- * calorie –free, flavored water (with or without carbonation); and
- * other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or <_10 calories per 20 fluid ounces.
- * no more than 12- ounce portions of
- * beverages with <_ 40 calories per 8 fluid ounces.

Other Requirements

Fundraisers

- * The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- * The standards do not apply during non-school hours, on weekends and at off –campus fundraising events.
- * The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

Accompaniments

- * Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- * This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Fundraising Activities

Items that do not meet smart snack requirements may be sold at school only if they are part of an approved/exempt fundraiser. Fundraisers must be approved by the Heard County School Board. No exempt fundraiser foods or beverages may be sold in competition with school meals in the foodservice area during meal service.

All food that meet the regulatory standards may be sold at fundraisers on the school campus during school hours.

The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

Ensure fundraising efforts and reward programs are supportive of healthy eating, by encouraging principals and teachers to encourage the sale of non-food items or offer healthy food sales.

The Heard County School System encourages organizations to use non-food items or foods designed for delivery and consumption after school hours (i.e. barbeque plates) as a means to raise funds.

Celebrations

The smart snack standards do not apply to food given to students without the exchange of currency/tokens/tickets or food brought to school by the students for their own consumption.

NUTRITION EDUCATION AND PROMOTION

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements.

Goal: Heard County Schools will promote the school breakfast and lunch program and educate students and parents on health and wellness by:

*Nutrition education posters and/or educational displays will be placed in the dining room at all schools;

* Nutrition staff will have a table at the Back to School Bash and offer information on nutrition, health, the school nutrition program and other related topics.

*Nutrition staff will also provide health, school nutrition and other related information when each school holds there open house before the beginning of each school year.

*The school breakfast and lunch menus will be available on each schools website.

*The Nutrition Programs will celebrate National School Lunch and breakfast weeks.

*State and local district health education curriculum standards and guidelines will include focus on nutrition and health.

*Nutrition and health is integrated into the health education and core curriculum at all school levels.

*Promote fruits, vegetables, whole- grain products, low-fat dairy products, and healthy nutrition practices.

*Emphasize caloric balance between food intake and energy expenditure (physical exercise);

*Promote healthy choices through marketing campaign

Objective: By September of 2015, all cafeterias will have posters, banners, etc. that promotes healthy eating habits.

Objective: By September of 2015, links to nutrition and wellness websites will be added to the wellness page.

Objective: By September 2015, a nutrition /wellness newsletter for grades Pre-K -5 will be placed on each elementary schools web site on a monthly basis. Hard copies will also be available in the school office and school cafeteria each month.

Objective: A nutrition /wellness newsletter for grades 6-12 will be placed on the middle and high schools web site monthly. Hard copies will also be available in the school office and school cafeteria each month.

Physical Activity

All students in gradesK-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

*Qualified teachers are hired to teach to teach physical education and supervise physical activities in the district

*District policy for physical education is consistent with state policy or guidelines.

*Physical Education resources are readily available for students and teachers.

*Students will be given opportunities for physical activity during the school day through daily recess periods, required and elective physical education classes.

*Skills and habits for a lifetime of regular physical activity will be emphasized.

*Physical education classes will provide a variety of activities and will meet the needs of all students.

*Physical activity curricula will be designed to encourage all students to be physically active for at least 50% of the physical education class.

*Students will be encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities.

*School personnel will not withhold physical education class from students as a punishment.

*Emphasize caloric balance between food intake and energy expenditure (physical exercise);

*Use heart rate monitors, pedometers, body fat analyzers, etc. to complete state fitness assessments

* Severely disabled and profoundly disabled students receive physical education tailored to their specific needs

* K-12 students receive annual state health assessment

*Heard Middle and High schools will offer a range of afterschool physical activities that: Meet the needs, interests and abilities of all students;

*Students playing football are monitored for concussions. A baseline is taken and assessments completed

Objective: Ongoing; Physical Education teachers will focus on exposing students to a variety of activities with an emphasis on fitness, skill development fun and sportsmanship.

Daily Recess

* is provided in grades K-5

* is outdoors as weather permits

* encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and

Objective: Ongoing; Physical Education teachers will discourage extended periods of inactivity.

Other School Based Activities

The Heard County School System will:

The Superintendent or designee shall develop procedures that promote attainment of the following goals related to other school- based activities to promote wellness:

*Provide training for food service staff and teachers in the areas of nutrition and physical education.

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

*All schools will have 1ST responders identified. These responders will be trained in CPR and 1st aid.

*School nurses and or media specialist build a school collection of health and nutrition related media and information for teacher and student use.

*Soap and paper towels will be available in the rest rooms of all schools.

*A staff wellness class will be offered to all staff members. This class will encourage and help make staff members aware of the benefits of regular exercise and proper nutrition. Staff members will receive 5 PLU's for completion of the class

*Staff will have the opportunity to participate in a health fair in March. Staff may be screened for HDL and LDL cholesterol, triglycerides, glucose, thyroid, PSA and more.

* The school nutrition director will e-mail staff about screening opportunities and health fairs in the area

*Students will receive positive, motivational messages, both verbal and non verbal, about healthy eating and physical activity through out the school setting. All school personnel will help reinforce these positive messages.

*School personnel will not withhold any part of the school meal from students as a punishment. An example would be, restricting a child's selection of flavored milk due to misbehavior in the classroom.

Evaluation

The Heard County Wellness Plan will be assessed annually for effectiveness and implementation. The System Improvement Planning Committee will establish yearly goals and benchmarks to insure the most effective measures and standards are in place. This review will help promote and encourage sound nutritional physical activity practices by the students and staff. It will also allow for new research and findings to be incorporated into the system plan for greater effectiveness. Heard County Schools believes strongly that healthy lifestyles habits help improve student and employee success. The Heard County Schools Wellness Plan insures focus on health and related issues.

Wellness Policy Implementation/ Evaluation

| School | School complies with wellness policy | School compares with model schools | Description of progress attaining goals |
|--------|--------------------------------------|------------------------------------|---|
|--------|--------------------------------------|------------------------------------|---|

Centralhatchee

Ephesus

Heard Elementary

Heard Middle

Heard High

Instructions: Grade each school on a scale of 1-5, with one being the lowest and 5 the highest score. 1= unacceptable, 3 = average and 5= exceptional.

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