

# **Seminole County School System's Wellness Plan on Physical Activity and Nutrition**

## **Philosophy**

The Seminole County School System is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the plan of the Seminole County School System that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community partners 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.
- Foods and beverages sold or served at school will meet the Federal nutrition requirements of the Health Hunger Free Kids Act and the Smart Snack regulations.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the cultural diversity of the student body in the meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.
- Our school system will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Snack Program, and Seamless Summer Feeding Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkage between health education and the School Nutrition Program.

## **I. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

### **School Meals**

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

- Follow the USDA Healthy Hunger Free Kids (HHFKA) regulations;
- Be appealing and attractive to children while being served in clean and pleasant settings;
- Meet, at minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Encourage the consumption of foods as recommended by the HHFKA which encourages increasing consumptions of a variety of fruits, vegetables, whole grain and low fat/fat free dairy products.

**Free and Reduced – Priced Meals**

Schools will provide breakfast and lunch meals at no charge to all students in compliance with Community Eligibility Program (CEP) guidelines.

**Summer Feeding Program**

In order to provide a seamless summer nutrition program, the School Nutrition Program will offer meals to students during summer academic sessions and will offer meal services to the community at the participating schools and/or approved sites.

**Meal Times and Scheduling**

Schools will provide students with adequate time to eat lunch;

Schools will schedule meal periods at appropriate times depending on class schedules, number of students and other influencing factors. Lunch should be scheduled between 10:30 am and 2 pm.

Schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat school meals during such activities;

Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

**Qualifications of School Nutrition Staff**

A qualified nutrition professional will manage and administer the School Nutrition Program. Continuing professional development should be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for District School Nutrition Director or Manager-Supervisor, managers, and school nutrition assistants according to their level of responsibility.

**II. Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte items, fundraisers, school stores, etc.)****Elementary School**

The School Nutrition Program will approve and provide all food and beverage sales to students in the elementary grades. Given young children's limited nutrition skills, food in the elementary school should be sold as balanced meals. Snack foods must meet the Federal Smart Snack regulations.

**Middle/Junior High and High School**

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meals programs (including those sold through vending machines, student

stores, and/or fundraising activities) during the school day will meet the Federal Smart Snack regulations.

#### **Classroom and School Parties and Celebrations**

School administrators shall determine ways to highlight seasonal events and birthdays in a way, that is age appropriate and provides equal opportunity for each students to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.

#### **Fundraising Activities**

School fundraising shall be encouraged to offer healthy food choices or non-food sale items. Seminole County Schools require that all food fundraising sold during the school day (Midnight to 30 minutes after school dismissal), must meet the fundraising requirements of the Smart Snack regulation set forth by the Healthy Hunger Free Kids Act of 2010. However, fundraising food sales are not allowed during meal service. Concessions after school hours which provide food and beverages during optional school events, talent shows, PRP events are exempt from the guidelines contained herein, but are encouraged to also offer health choices.

#### **Snacks**

Snacks served during the school day or in after-school care or enrichment programs must meet the Smart Snack regulation. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

#### **Drinking Water Availability**

All school meal periods must offer access to drinking water for students during meal times. Students are allowed to go to the drinking fountain either in or near the cafeteria during meal times.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Seminole County Schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each level as part of sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects (only in instances where health education is part of the state content standards).
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health food preparation methods, and healthy-enhancing nutrition practices;
- Promotes Farm to School initiatives and supporting nutrition education;

- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school nutrition program and related community services;
- Integrates physical activity into the classroom to support student achievement

### **Staff Wellness**

Seminole County School System 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.

## **IV. Physical Activity Opportunities and Physical Education**

### **Compliance with State Requirements**

The Seminole County School System shall meet or exceed the requirements for physical education as determined by the Georgia Department of Education. All physical education will be taught by a certified physical education teachers. Opportunities for physical activity should not be withheld as punishment.

### **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.

School should discourage extended periods of student inactivity. When school day structures make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encourage to be moderately active.

### **Physical Activity Opportunities Before and After School**

To the extent that staffing and other resources permit, schools shall offer extracurricular physical activity programs such as sports, clubs, and intramural programs.

After school child care and enrichment programs will provide and encourage verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

## **V. Policy Compliance**

### **Implementation and Monitoring**

The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. School principals shall be responsible for communicating the contents of this policy as well as implementing this policy in their respective schools. Principals shall report on their compliance as directed by the superintendent.

The School Nutrition Director or Manager-Supervisor for Seminole County Schools shall be responsible for the nutritional component of this policy and shall be the functional expert in the school nutrition matters, ensure compliance with nutrition staff and oversee the daily operation of the District's School Nutrition Program.

**VI. Policy Review**

Assessments will be repeated every three years in order to review policy compliance, assess progress, and determine areas in need of improvement. As a part of the review, the district will review our nutrition and physical activities policies; provision of an environment that supports healthy eating and physical activities; 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 the implementation.

  
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John Mark Earnest, Superintendent

12/3/19  
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Date

# Seminole County School System

## Administrative Guidelines Regarding Student Wellness

*Pursuant to the School Board's Student Wellness Program Policy (EEE), these administrative guidelines are to be utilized by Seminole County staff in policy application:*

### **I. Nutrition Guidelines**

To the extent practicable, all schools in the Seminole County School District will participate in available federal school meal programs. All foods and beverages made available on campus during the day will be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals will 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 School Nutrition Director will develop procedures for operation of school nutrition programs at each school during the day with the objectives of promoting school health and reducing childhood obesity. Marketing, promotion and advertising of foods and beverages sold to students during the school day will be consistent with Smart Snacks in Schools nutrition standards.

#### **Food sold in schools must:**

1. Comply with the general criteria\*:
  - Be a "whole grain-rich" grain product containing 50% or more whole grains by weight, or have whole grains 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 fruit and/or vegetable.

\*If water is the first ingredient, the second ingredient must be one of the items above.

2. Meet, at a minimum, the Nutrition Standards for all foods sold in schools\*\*:

#### Calorie limits:

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

#### Sodium limits

- Snack items: ≤ 200 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

\*\*If food does not meet the Nutrition Standards, it must qualify for an exemption from the Nutrition Standards.

3. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

#### **Beverages sold in schools must:**

1. Be one of the allowable beverages for all grades:

- 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.
2. Comply with the size limits for each grade:
    - Elementary schools may sell up to 8-ounce portions.
    - Middle schools and high schools may sell up to 12-ounce portions.
    - There is no portion size limit for plain water.
  3. High Schools may allow additional “no calorie” and “lower calorie” beverage options to their 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  $\leq 5$  calories per 8 fluid ounces or  $\leq 10$  calories per 20 fluid ounces.
    - No more than 12-ounce portions of beverages with  $\leq 40$  calories per 8 fluid ounces, or  $\leq 60$  calories per 12 fluid ounces.

## **II. Guidelines for Committees**

School principals or designees are to establish initiatives through physical education, nutrition education and other school based activities to promote or enhance student health and wellness. A school-based committee will identify and explore potential resources available; discuss the action steps required; assign responsibilities and set timelines; and, determine procedures for evaluation and measurement of the initiatives. Considerations for identifying initiatives may include an assessment of demographics/student needs, student ages, level and type of parent/community involvement and resources available.

## **III. Physical Education**

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. The Seminole County School 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:

1. Physical activity or recess is part of the daily curriculum (The removal of recess should only be used as a last resort, if used as a part of a teacher’s discipline plan.);
2. Patterns of physical activity are encouraged in students’ lives outside of physical education. The need for energy balance should be taken into consideration, as P.E. should not be the only activity where children are physically engaged;
3. Physical education is the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge;
4. Whenever possible, certified physical education instructors should teach physical education classes;
5. Student/teacher ratios in physical education classes are compliant with statutory requirements;
6. Time allotted physical education is consistent with up-to-date research, as well as with national and state standards;
7. Physical education includes instruction in individual activities as well as competitive and non-competitive team sports;
8. Adequate equipment is available for all students to participate in physical education/activity;
9. The school environment provides for safe and productive activities for all students;
10. The school works cooperatively together with families, communities and Partners in Education to assist in incorporating safe physical activity into students’ daily lives;
11. School facilities are available outside the school day to encourage physical activity, and;
12. Students participate in periodic fitness assessments.

Parents should encourage students to be active after school. All students can find physical activities they enjoy; but parents should make sure that active play is part of their day outside of school.

#### **IV. Nutrition Education**

It is the intent of the Board that the district will teach, encourage and support healthy eating by students. Schools will provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attainment of the following goals:

1. Sequential nutrition education is integrated into core curricular areas of math, science, reading/language and language arts;
2. Schools are USDA Team Nutrition Schools;
3. Schools follow Georgia Health education curriculum;
4. The school cafeteria serves as a learning laboratory to support classroom instruction through menu offerings, point-of-sale information, signage, etc.;
5. The staff of the school nutrition program is professionally prepared in the area of nutrition/nutrition education and serves as a resource to classroom teachers;
6. Nutrition information taught by classroom teachers is reviewed by a qualified, credentialed nutrition professional. A resource list is available for teachers;
7. Classroom and cafeteria nutrition instruction/information is research based;
8. Nutrition information is shared with students, school staff, families, and the broader community through health fairs, publications, etc.;
9. Students receive nutrition messages throughout the school that are consistent with classroom instruction;
10. Nutrition education is linked to local school health programs, and;
11. Personnel at the district level will be available to work with coaches to offer healthy, nutritious plans for student athletes.

Examples of activities that can be measured may include, but are not limited to:

- a. Writing down food offerings in the school cafeteria and labeling by food group;
- b. Have each student plan a menu for their family using all the food groups;
- c. Encourage each grade level to work with the school cafeteria staff to plan a school lunch that will give healthy servings from each food group;
- d. Work with the school PTA to plan a nutrition fair, and;
- e. Work with district personnel to have emphasis on nutrition for annual science fair.

#### **V. Other School-Based Activities**

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

1. **Counseling, psychological and social services**

Counseling, psychological and social services are provided to improve students' mental, emotional and social health. These services include individual and group assessments, interventions and referrals. Organizational assessment and consultation skills of counselors and psychologists contribute not only to the health of students but also to the health of the school environment. Counseling, psychological and social services are provided by professionals such as certified school counselors, psychologists and social workers.

Example of possible counseling, psychological and social services initiative:  
Stress reduction techniques for test taking

2. **Family and community involvement**

Family and community involvement is an integrated school, family and community approach for enhancing the health and well-being of students. School health advisory councils, coalitions and broadly based constituencies for school health can build support for school health program efforts. Schools actively solicit family involvement and engage community resources and service to respond more effectively to the health-related needs of students.



Examples of possible family and community involvement initiatives:

Partnerships with physician groups or local medical providers for physicals/sports safety, all-terrain vehicle safety, and advisement for Automated External Defibrillator (AED) equipment.

Partnerships with health/fitness clubs to provide student incentives for attendance or other performance awards.

Partnerships with service organizations for assistance with student medical/dental/vision needs.

## **VI. After-School Program Offerings**

Partnerships with health-promotion organizations to provide educational materials and resources related to encouraging active lifestyles for students and families.

### **1. Health Education**

Health education is a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional, and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. The comprehensive health education curriculum includes a variety of topics such as personal health, family health, community health, consumer health, environmental health, sexuality education, mental and emotional health, injury prevention and safety, nutrition, prevention and control of disease, and substance use and abuse. Health education is provided by qualified, trained teachers.

Examples of possible health education initiatives include:

Tobacco use prevention (Tobacco use, including cigarette smoking, cigar smoking and smokeless tobacco use, is the single leading preventable cause of death in the United States.)

Drug abuse prevention (focus on Meth abuse education in middle and high schools)

### **2. Health promotion for staff**

Health promotions for staff are opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall coordinated health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling.

Examples of possible health promotion for staff include:

Stress Management Seminar

Weight Management Program Availability

Employee Assistance Program (EAP) promotion

### **3. Health services**

Health services are provided to appraise, protect and promote student health.

These services are designed to:

- Ensure access and/or referral to primary health care services;
- Foster appropriate use of primary health care services;
- Prevent and control communicable disease and other health problems;
- Provide emergency care for illness or injury;
- Promote and provide optimum sanitary conditions for a safe school facility and school environment, and;
- Provide educational and counseling opportunities for promoting and maintaining individual, family and community health.

Health services are provided by appropriate, qualified professionals, such as physicians, nurses, dentists, health educators, and other allied health personnel.

Classroom teachers and school support staff are provided assistance in detecting student health problems that may impact student learning.

Examples of possible health services initiatives include:

Flu prevention education

Peachcare for Kids information/enrollment materials

**4. Safety**

Safety relates to preventing unintentional injuries and violence, which are leading causes of death and disability among children, adolescents and young adults. Two-thirds of all deaths among adolescents are due to either unintentional injuries or violence. Major causes of unintentional injuries include motor vehicle crashes, drowning, poisoning, fires and burns, falls, sports and recreation related injuries, firearm related injuries, choking, suffocation, and animal bites. Types of violence are homicide, suicide, assault, sexual violence, rape, child maltreatment, dating and domestic violence, and self-inflicted injuries. Children and adolescents engage in many behaviors that increase their risk of injury, including not using seat belts, driving after drinking alcohol, carrying weapons, and engaging in physical fights.

Examples of possible safety initiatives include:

Water safety

Fire safety

Bus safety

All-terrain vehicle safety

**VII. Implementation**

In each school, as part of the School Improvement Plan (SIP), the principal or designee will be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy, developing procedures for evaluation, including indicators that may be used to measure the school's success in meeting the goals set forth herein.

School nutrition staff at the school and district level will monitor compliance with nutrition guidelines within school nutrition areas and will report to the Superintendent or designee at the district level, or to the school principal at the school level. The Superintendent or designee will develop an annual report on districtwide compliance with the wellness policy, based on input from schools within the district.



John Mark Earnest, Superintendent

12/3/19  
Date