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WELLNESS POLICY…. TWIGGS COUNTY SCHOOL NUTRITION

Twiggs County Board of Education Wellness Policy

Adopted Date: September 30, 2014

Updated: September 2021

**Wellness Policy Summary**

The Board of Education, Staff, and stakeholders recognizes that student wellness and proper nutrition are related to students well-being, growth, development, readiness to learn, personal gains. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, guidelines, and physical activity, as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary practices that can improve student achievement until it becomes a part of your lifestyle.

Research shows that Breakfast is the most important meal of the day. Also, research show that by eating breakfast it balance out the remaining of calorie intake for the entire day. It has also shown that students do well academically with test scores and higher grades.

The policy outlines the access to healthy meals throughout the day.

• Nutrition Education

• Physical Activity

• Nutrition Promotion

• Nutrition Guidelines

• Smart Snack Guidelines

• Other School – Based Activities

• Sharing of Foods

• Goals

**Development of Local Wellness Policy Committee**

In accordance with Federal Law, the District has involved parents, students, school nutrition, the Board members, school administrators, and the community in developing a district wide wellness policy. The committee meet once a year to talk about the implementation of the wellness policy. After considering input from various stake holders interested in the promotion of overall student health and well- being, the board establishes in this policy goals to promote student wellness. The committee also revise and update with District policy changes and USDA Guidelines.

**Nutrition Education**

**Nutrition education will be incorporated during lunch and breakfast program through signage, posters, taste test, menu messages, harvest of the month and other means such as emphasizing adopting healthy eating habits. The teachers will also include class projects with different fruit, plants and vegetables. We will promote physical activities.**

**Nutrition Promotions**

The school nutrition will highly encourage participation in the National School Lunch Program and School Breakfast Program. These procedures are encouraged by school nutrition, menu, parents, community, and cultural foods on the menu, posters, signs, faculty and staff. We will also encourage students to eat the harvest of the month.

**Physical Activity**

Students shall be given opportunities for physical activity during the school day through physical education (P.E) (K-12) classes daily, recess periods for Elementary school students, and the integration of physical activity into the academic curriculum where appropriate. Also include recreational activities after school. Physical activity will not be withheld as punishment for any reason.

School staff are encouraged to practice healthy nutrition and physical activity in and out of school.

**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 federal and state law. Reimbursable meals will meet all federal guidelines and shall not be less restrictive than regulations and guidance issued by the Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

**Nutrition Standards for Competitive Foods and Class Celebrations**

The District is committed to all foods and beverages support healthy eating during the school day on the school campus. The school day is defined as the period from midnight (12:00 am) before, until 30 minutes after the official school day. All competitive foods must meet competitive food nutrition standards. After school events such as sporting, and other activities are exempt from the guidelines. 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 foods during the school day and healthy eating habits. The summary of the standards and information are available at:

http://www.fns.usda.gov/healthierschoolday/tools-schools-smaret-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.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards or, if the state policy is stronger, will meet or exceed state nutrition standards. 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 , vending machines, vending machines, school stores, and snack or food carts. The soda machines are not to be in use during breakfast and lunch.

**Water**

**To promote hydration, free, safe, unflavored drinking water will be available to all students on the school campus during the school day and throughout every school campus. The cafeterias have available water fountains. The students will be allowed to bring bottle water or a cup for water.**

**Fundraisers**

Foods and beverages that meet or exceed the Smart Snack guidelines may be sold on school campus during the day. They may not be sold in the cafeteria during breakfast or lunch. There is a smart snack website (example go to google and type smart snack calculator) to see if you are in compliance.

• All snacks sold in schools must meet the aforementioned nutritional requirements.

• The standards do not apply during non- school hours, on weekends, during class parties, and off campus fundraising events.

• School fundraising shall be encouraged to offer healthy food choices or non-food sale items.

• Fundraising food sales are not to be in competition with breakfast or lunch.

• Any food item that is in compliant must be sold 30 minutes after all meals.

• Any food item served or sold during breakfast or lunch is considered competitive food

• All fundraisers must be approved by submitting a completed “Fundraiser Approval Request” to the school principal.

• Each exempted fundraiser may operate no more than (30) days. This means during the course of the year exempted fundraisers could operate no more than ninety (90) days. This includes all exempted fundraisers were held within the school year; all fundraisers must have final approval by the Superintendent or designee.

• The principal is responsible for ensuring that no more than 30 exempted fundraisers per school year to occur.

**National Standards for Beverages**

• 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

• Elementary schools may sell 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.

• Beyond this, the standards allow additional “no 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, or < 60 calories per 12 fluid ounces.

• If middle and high are in the same building, and all students have access to all venues in the school, the items available for sale to the students (beverages) must meet the middle school standards.

**Other School – Based Activities**

The School Nutrition has safe and sufficient equipment. The school dining area is spacious,

clean and safe.

We are visited by the Health Environmental Specialist at least twice during the school year. The system has a school garden for the children to participate in as an activity.

Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions.

Goals

The goal is to educate the importance of exercise and eating a healthy meal to all staff, faculty, students, community shareholders, parents and to everyone that will participate. The participation of students to eat raw vegetables and fresh fruits.

Involve the community in the extracurricular activities (Ex. Jump rope competition, healthy heart month, blood pressure check, heart rate and body mass index)

COVID-19 Adjustment

• Virtual Physical Education at Home

• CDC Guidelines such as mask, gloves and sanitzer

• Mobile Meals

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Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District or designee will develop and maintain a plan to manage and coordinate the wellness policy. The plan describes roles, responsibilities, actions, and timelines specific to each school, and includes who is responsible to make change, by how much, where, and when and as well as goals and objectives for nutrition standards for all foods and beverages available on campus and other school- based activities. The wellness policy 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 Nutrition staff at the school or district level shall monitor compliance with nutritional guidelines within school nutrition 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 District or designee shall develop an annual summary report on district – wide compliance with the Wellness Policy, based on input from schools within the district. That report shall be provided to the Board and, upon request, to interested parties.

**Triennial Progress Assessments**

At least once every 3 years, the District will evaluate compliance, effectiveness and determine areas in need of improvement. As part of that review, the wellness policy committee team will review the wellness policy annually for compliance. A description of the progress made in attaining the goals of the District’s wellness Policy.

The District will notify the progress of the triennial progress report.

Revisions and Updating the Policy

The wellness team will update or modify the wellness policy based on the annual progress and triennial assessments. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

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