

Policy Level: ADMINISTRATIVE REGULATIONS	Descriptor Code: EEE-R	Rescinds Code:
Descriptor Term: WELLNESS PROGRAM	Effective Date: June 9, 2020	

This regulation implements the District goals and objectives for wellness as outlined in Policy EEE-Wellness Program. Schools and staff shall comply with the requirements contained herein.

I. NUTRITIONAL STANDARDS AND GOALS

A. Nutrition Education and Promotion.

The Walton County School District will incorporate nutrition education and engage in nutrition education in accordance with the state curriculum. Methods of delivery will include:

- signs, posters, banners, handouts, brochures, menus, etc. to provide nutrition education and promotional activities at least monthly; and
- nutrition education will be included in health and physical education programs and other areas where appropriate; and
- farm to school and Georgia grown products will be promoted and purchased whenever finally feasible; and
- links to quality nutrition education websites will be included on the School Nutrition District webpage; and
- carbohydrate count information will be provided on the School Nutrition District webpage.

B. Quality of District Meals and Cafeteria Settings.

Meals served in District schools shall:

- be age appropriate, appealing and attractive to children; and
- be served in clean and pleasant settings; and
- meet nutritional and meal planning requirements established by state and federal regulations;

Parents will be discouraged from providing food from commercial establishments during school hours. Parents will be encouraged to join children at mealtime eating a school provided meal rather than a fast-food meal.

C. District Meal Schedules and Time Allocation.

Schools shall serve breakfast, lunch, and after school snacks that meet current federal and state menu planning requirements. Breakfast and lunch may include sale of a la carte items, but said items will meet federal and state nutrition standards. A la carte items will be offered in addition to the meal, not as a substitute for the planned meal.

School leaders will be encouraged to schedule breakfast at least 30 minutes prior to the start of school and will be encouraged to work with the Director of School Nutrition to research alternate breakfast delivery methods such as grab & go, remote breakfast, or breakfast after the bell.

School leaders must schedule lunch between the hours of 10:30 A.M. and 2:00 P.M., or must inform the Director of School Nutrition so a meal service time waiver can be completed. Students should be given no less than 20 minutes after being seated (not including travel time to and from the cafeteria for class) to eat lunch.

D. Foods and Beverages Sold or Provided During School Hours.

All foods and beverages sold on campus and available to students during the school day must meet standards set forth by the federal rule formally known as “Nutrition Standards for All Foods Sold in School”, but which is commonly referred to as “Smart Snacks”.

The school day, as determined by federal regulations, begins as 12:01 a.m. and ends 30 minutes after dismissal of the last class. Food and beverage standards do not apply to items sold exclusively to adults, items which are not intended for time-of-purchase consumption, and do not apply to after-school activities.

Foods and beverages must also comply with Georgia law regarding the number of times non-exempt items may be sold. Foods and beverages sold as fundraisers, in vending machines, as non-School Nutrition offered meals, and School Nutrition offered meals must all comply with the following minimum nutrition standards or must meet state and federal regulations for exempted sales. Schools must maintain records supporting that foods and beverages sold as a la carte, extras, fundraisers, etc. meet nutritional requirements.

Minimum requirements:

1. Beverages

- All schools may sell plain water, unflavored or flavored 1% milk, 100% fruit juice (still or carbonated)
 - Elementary schools may sell up to 8 oz portions of milk and juice
 - Middle schools may sell up to 12 oz portions of milk and juice
- High schools may sell additional beverages:
 - No larger than 20 oz portion of calorie-free flavored water or other flavored beverages which are labeled to contain <5 calories per 8 oz or ≤ 10 calories per 20 oz (still or carbonated)
 - No larger than 12 oz portions with ≤ 40 calories per 8 oz or ≤ 60 calories per 12 oz

2. Foods

- Must be labeled to be “whole grain rich” or have fruit, vegetable, dairy, or protein as the first ingredient
- May be a “combination food” containing at least ¼ cup fruit or vegetable
- Must meet calorie limits per serving
 - Snack items ≤ 200 calories
 - Entree items ≤ 350 calories per serving
- Must meet sodium limits per serving
 - Snack items ≤ 200 mg
 - Entree items ≤ 480 mg
- Must meet fat limits for all items
 - ≤ 35% total fat per serving
 - ≤ 10% saturated fat per serving
 - 0 (zero) grams trans fat
- May contain ≤ 35% of weight in total sugar in foods

Foods and beverages sold beginning 30 minutes after the end of the school day are not required to follow “Smart Snacks” regulations, but providers are encouraged to offer a variety of items, nutritious and not, in order to teach balanced eating habits. Vending machines may offer non-restricted items, but machines must be timed to be off during the school day period.

E. Individual Rewards.

School leaders shall discourage teachers and staff from using food as a reward or incentive. Schools shall encourage the use of non-food alternatives.

F. Classroom and School Parties and Celebrations.

Classroom parties and celebrations are an important part of a student's year, but should occur on a limited basis. School leaders should encourage celebration organizers to use a variety of nutritious and not-nutritious foods in order to teach balanced eating habits.

II. PHYSICAL EDUCATION STANDARDS AND GOALS

A. Compliance with State Requirements.

The District and all schools shall meet the requirements for physical education as determined by the Georgia Department of Education.

In addition:

- All schools are strongly recommended to incorporate twenty-five minutes of daily physical activity (structured or unstructured).
- Students shall participate in annual assessments of physical fitness and health.
- All schools will conduct the Center for Disease Control and Prevention's School Health Index assessment for physical activity, healthy eating, and a tobacco-free lifestyle annually.
- Schools are encouraged to plan recess daily and should avoid extended periods of time without physical activity. Schools should be encouraged to integrate physical activity into non-physical education classroom learning opportunities.
- Schools shall offer opportunities for extracurricular physical activity, both interscholastic and intramural; and which afford opportunities to students of all skill levels.

III. HEALTHY SCHOOL ENVIRONMENT

Schools are encouraged to create an environment that enhances a healthy lifestyle encouraging behavior and academic achievement in school.

- Cafeterias are planned with enough serving and seating areas to reduce the amount of time spent waiting in line for food or seating.
- Free potable water is available to students during meals.
- Food and/or physical activity are not used as a reward or punishment for student behaviors.
- Proper hand washing is encouraged.
- Schools proactively reinforce a drug and alcohol free lifestyle.
- Each school is represented by a person credentialed in food safety.

IV. POLICY COMPLIANCE

The School District will encourage involvement from the community and stakeholders in the development, implementation, and periodic review of the Wellness Program. Wellness Program information including, but not limited to policy, regulations, meetings for program review, and triennial review results will be published on the School Nutrition district webpage.

Evaluations of policy and its implementation shall occur at least triennially by the Wellness Program designee. Results shall be made available to the public via the School Nutrition district webpage.

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 Director of School Nutrition shall be responsible for the nutritional component of this wellness policy, ensuring compliance with nutrition policies within School Nutrition Program and providing guidance to schools to ensure each site is compliant with federal and state laws.

The Assistant Superintendent for Curriculum and Instruction shall be responsible for the implementation of and compliance with the curriculum based components of this wellness program.