

Board Policy EEE Wellness Program

The Toombs County Board of Education recognizes the importance of a learning environment where students and staff learn and practice healthy habits. The Toombs County School Wellness Policy has been developed to include:

1. Goals for nutrition education, nutrition promotion, physical activity and other school-based activities designed to promote student wellness
2. Nutrition guidelines for all foods and beverages available on school campus
3. Establishes a plan for measuring implementation of the system policy
4. Involves key stakeholders in the development of the system wellness policy

The system 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 environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Nutrition Education

Toombs County Schools aim to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- The classroom, cafeteria, and school activities will provide clear and consistent messages that explain and reinforce healthy eating habits to students, staff, and families
- Teachers will collaborate with school nutrition staff to use the cafeteria as a learning laboratory
- Students will receive, at a minimum, the equivalent of one hour of nutrition education per month that is age appropriate, reflects student cultures, is interactive and teaches the life skills needed to adopt healthy eating behaviors
- Instruction in Health Education and Nutrition and Food Service classes will be used to build knowledge about healthy life choices
- The Toombs County Schools website will be used to post information about healthy eating and school success

Nutrition Promotion

Students and staff will receive consistent nutritional messages throughout schools, classrooms, and cafeterias. Toombs County Schools will promote healthy food and beverage choices for all students throughout the campus, as well as encourage participation in school meal programs.

- Nutrition education will be evident in the school cafeteria through posters and bulletin board displays

- All schools are enrolled in the Team Nutrition Program and the Alliance for a Healthier Generation and receive nutrition information which will be shared within the school
- Nutrition promotion will include participatory activities such as taste tests, contests, Parents to Lunch, Farm to School events, working in school gardens, and promotional celebrations during National School Lunch Week and National School Breakfast Week
- Elementary schools will participate in the USDA Fresh Fruit and Vegetable Program (FFVP) and informational flyers shared with parents
- Farm to School initiatives will be promoted through school gardens and serving locally grown foods as defined by the School Nutrition Program
- Marketing – Only those foods and beverages that meet the Smart Snacks in School guidelines will be marketed or advertised on school campus during the school day

Physical Activity

Toombs County Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- Physical activity will be encouraged to be integrated across curricula and throughout the school day
- Time allotted for physical activity will be consistent with research, national and state standards
- Physical education will include the instruction of individual activities, as well as competitive and non-competitive team sports and other after school programs to encourage life-long physical activity
- Schools will utilize the FitnessGram to annually test and evaluate individual fitness levels
- Schools will be encouraged to offer short physical activity breaks during and between classroom time
- A recess period is made available each day to elementary school students
- Information will be provided to families to help incorporate physical activity into their student's lives

Other School-Based Activities

Toombs County Schools will integrate wellness activities related to physical activity, physical education, nutrition, and other wellness components across the entire school setting to promote student well-being.

- Healthy eating and physical activity promotions to parents, families, and the community will be on-going throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- School nurses, in collaboration with physical education teachers and school nutrition staff will serve as a facilitator for the health of students and staff
- Staff participation in health promotion programs will be encouraged

- The district will continue relationships with community partners such as the County Extension office, health department, and our local wellness center to support the wellness policy implementation

Nutrition Guidelines for All Foods and Beverages

USDA School Meals

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 (beginning at 12:01 am until 30 minutes after the end of the official day) shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals and competitive foods and beverages shall not be less restrictive than federal and state guidance.

Competitive Foods and Beverages

All foods and beverages sold to students on campus during the school day outside of the USDA school meal are considered “competitive foods.” All competitive foods, including vending machines, school stores, and school fundraisers, must meet the Smart Snacks in School guidelines established by the standards set forth in the Healthy Hunger-Free Kids Act of 2010. The guidelines are as follows:

Food Items:

- Any food sold in schools must: Be a whole-grain rich 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.
- Calorie Limits: Snack Item: less than or equal to 200 calories
Entrée Item: less than or equal to 350 calories
- Sodium Limits: Snack Item: less than or equal to 200 mg
Entrée Item: less than or equal to 480 mg
- Fat Limits: Total Fat: less than or equal to 35% of calories
Saturated Fat: less than or equal to 10% of calories
Trans Fat: 0 g
- Sugar Limit: less than or equal to 45% of weight from total sugars in food
- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Beverages:

- All schools may sell:
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk
 - 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 up to 8 ounce portions. Middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for water.
- High school may also sell “no calorie” and “lower calorie” beverages:
 - No more than 20 ounce portions of:
 - Calorie-free, flavored water (with or without carbonation)
 - 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.

Additional Foods Available to Students

Fundraisers – Non-food fundraising and fundraising activities that promote physical activity are encouraged. Fundraising events that involve the sale of food items conducted during the school day must meet the aforementioned Smart Snacks in School guidelines. However, fundraising food sales that meet guidelines are not allowed to be sold in the cafeteria during meal service. The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events. The school district will make available a list of ideas for acceptable fundraising activities.

Exempted Fundraisers – Per the State Board Rule 160-5-6-.01, the Toombs County Board of Education will allow 30 fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service. Appropriate documentation shall be maintained at the school for any exempted fundraiser.

Classroom and School Parties and Celebrations – School principals shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended. The school district will make available a list of healthy party ideas and snacks.

Rewards – Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Drinking Water Availability – Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains.

Child Nutrition Operations – Qualified nutrition personnel will manage and administer the School Nutrition Program. Each food service facility will have at least one school nutrition employee on site that is certified as a food safety manager (ServSafe) in compliance with federal and state law and rules promulgated by the State Board of Education.

Continuing professional development will be provided for all nutrition professionals in compliance with USDA Professional Standards for all School Nutrition Program Employees. Staff development programs will include appropriate certification and/or training programs for District School Nutrition Director, managers, and school nutrition assistants according to their level of responsibility.

Monitoring and Implementation

The Superintendent or designee is responsible for overseeing the implementation of the wellness policy and measures for evaluation. The building principal at each school site is responsible for compliance to the Toombs County School Wellness Policy. Each school shall establish and maintain a Wellness Advisory Council. Principals may use the School Council or other existing committees to fulfill this responsibility. Each school will report compliance with the wellness policy to the District Wellness Committee.

- The Council may consist of parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, school administrators, school board members, and the general public.
- The evaluation of the wellness policy and implementation will be directed by the District Wellness Committee. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and its regulations. The triennial assessment will include:
 - The extent to which each school is in compliance with the policy
 - The extent this policy compares to other model school wellness policies
 - Progress made in attaining the goals of the wellness policy
- The District Wellness Committee will be available to provide assistance and resources to focus training and support. Policy and regulation language will be revised as needed.

Public Awareness

The school system will inform and update the public about the content and implementation of the Wellness Policy on the Toombs County Schools website annually. A wellness report card will also be provided to students regarding information about the Wellness Policy.