

**Board Policy  
Wellness****Descriptor Code: EEE**

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The Griffin-Spalding County School System recognizes the importance that wellness plays in life for all students and staff. Evidence based literature supports the importance of physical activity and academic success of students. Further, Federal law requires that the District establish a school wellness policy and develop a comprehensive plan with measurable implementation strategies that involves all pertinent areas of the District (see Form EEE-1).

The District assures that the guidelines for reimbursable meals will comply with regulations and guidance issued by the Secretary of Agriculture as they apply to schools. The Superintendent or designee will oversee local school compliance with federal guidelines regarding local school wellness policy requirements, including those contained in Section 204 of Public Law 108-265 Child Nutrition and WIC Reauthorization Act of 2004 and Section 204 of Public Law 111-296 Healthy, Hunger-Free Kids Act of 2010.

**A. NUTRITION EDUCATION GOALS:**

The District will teach, encourage and support healthy eating by students.

1. The primary goal of nutrition education is to positively influence students' eating behaviors. Nutrition education is an integral part of the school health education program as described in Administrative Rule IDB-R (Health Education).
2. Continuing professional development will be provided for all Food and Nutrition Service staff members. The professional development and training programs shall comply with all requirements imposed by federal and state law and State Board of Education rules.
3. System-level supervisory school nutrition personnel shall meet the certification requirements imposed by federal and state law and rules promulgated by the State Board of Education.
4. Griffin-Spalding County Performance Standards in health education address nutrition and physical activity. Students in grades Pre-K through 12 will receive nutrition education that is age appropriate, reflects student cultures, is interactive and teaches the life-skills they need to adopt lifelong healthy eating behaviors.
5. School nutrition personnel shall have primary responsibility over meal accountability in the cafeteria.
6. During the school day, schools will promote and encourage healthy food choices as defined by Nutrition Standards for All Food Sold in School by the Healthy, Hunger-Free Kids Act of 2010 (e.g. cafeteria, a la carte, snack bars/school stores, classroom snacks, ASP snacks, vending, fundraising.) and that are consistent with the nutrition education curriculum.
7. Each food service facility will have at least one school nutrition employee on site who is certified as a food safety manager in compliance with federal and state law and rules promulgated by the State Board of Education.
8. School nutrition personnel shall conduct mandatory nutrition promotions.

**B. STUDENT PHYSICAL ACTIVITY GOALS:**

The primary goal for each school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. The District's physical education program is outlined in Administrative Rule IDB (Health Education).

### **C. EMPLOYEE WELLNESS GOALS:**

Through employee wellness initiatives and partnerships with community organizations and local health care providers, the District will encourage healthy lifestyle by:

1. Promoting the inclusion of healthy food options at meetings, social gatherings, and other special events.
2. Supporting the availability of healthy food options in staff vending machines.
3. Encouraging employees to utilize breaks for walking, stretching or other physical activity.
4. Promoting the use of stairs and walking paths.
5. Providing access to educational resources/classes that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.

### **D. NUTRITION STANDARDS:**

In order to promote healthy eating habits:

1. The School Nutrition Program will ensure that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under relevant federal and state regulations.
2. The School Nutrition Program will provide for a choice of menus or items within required food selections in all schools where students may refuse food items offered.
3. All schools will be in compliance with Board Policy EED (Sale of Food on School Premises/Vending Machines.) This policy addresses competitive food standards, fund raising, and requires that the school promote an overall school environment that encourages students to make healthy food choices.

### **E. OTHER SCHOOL-BASED ACTIVITIES:**

1. Schools should create a healthy building environment and develop classroom management strategies that provide consistent wellness messages that are conducive to healthy eating and a physically active lifestyle. Therefore, schools should:

- a. Provide a clean and safe meal environment;
- b. Promote and encourage alternatives to food as a reward or punishment;
- c. Not withhold participation in the food service program (including purchase of a la carte items) as a punishment;
- d. Provide a safe environment for physical activity;
- e. Not regularly withhold physical activity or recess for disciplinary reasons; and
- f. Encourage healthy eating and portion control during any classroom celebrations.

2. Local best practices will be shared on District Web-site(s).

### **F. IMPLEMENTATION:**

1. Schools shall establish and maintain a Wellness Advisory Council (Council) to incorporate input of stakeholders including the public, students, and health and physical education professionals. Principals may use the School Council or other existing committees to fulfill this responsibility. The annual goal(s) of the Council will support this Administrative Rule and the school's wellness plan governing wellness for faculty, staff, and students.
  - a. The Council shall consist of administration, teacher, physical educator, nutrition manager, health educator, school nurse, counselor, parent/guardian and/or PTA member, student, or School Council Member.
  - b. The online abridged version of the CDC's School Health Index (Index) or Alliance for a Healthier Generation Inventory (Inventory) shall be used to assess and improve the school's physical activity, healthy eating, and overall school wellness initiatives. The Index or Inventory should be used annually thereafter by the Council and Principal for ongoing assessment.
  - c. The Council will utilize the results of the Index or Inventory assessment to develop the school's wellness plan.
  - d. The District Wellness Steering Committee will work with school administrators and Councils to provide assistance and resources to focus training and support for student and staff wellness initiatives.

- e. To improve communication with the public and support the school wellness initiative, information on nutrition, physical activity and physical education shall be included in the following:
  - (1) Student folders;
  - (2) Newsletters;
  - (3) Web sites;
  - (4) School sponsored activities;
  - (5) Bulletin boards; or
  - (6) Other appropriate home-school communications.
  
- 2. The Principal will measure the implementation of this Rule and will ensure the school's compliance with this Rule. He/she should:
  - a. Support the School Wellness Representative and the Wellness Advisory Council in documenting the school's efforts to comply with this Rule and to fulfill the school's Wellness Plan;
  - a. b. Utilize the standard instrument developed by the District Wellness Steering Committee to monitor his/her school's implementation of the Wellness Plan; and
  - b. At a minimum maintain records including receipts, nutrition labels, and product specifications for competitive foods.