

**Regulation EEE-R(1): Wellness Program****Glynn County Board of Education****Original Issued Date:** 04/10/2014**Status:** ISSUED

The Glynn County School System is committed to improving the health, well-being and ability to learn of all students by promoting the importance of a healthy diet and physical activity. Therefore, the school system and individual schools will:

- Engage students, parents, teachers, administrators, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity guidelines;
- Provide opportunities, support and encouragement for all students in grades K-12 to be physically active on a regular basis;
- Ensure that all foods and beverages sold or served at school meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans;
- Ensure that qualified child nutrition professionals provide access to a variety of affordable, nutritious and appealing foods that meet students' health and nutrition needs of students;
- Provide sufficient time for students to eat their meals in clean, safe and pleasant settings;
- Participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, After School Snack Program, Summer Food Service and the Fruit and Vegetable Snack program) to the maximum extent practicable;
- Provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity;
- Establish linkages between health education and school meal programs and related community services; and
- Ensure that all school-based activities are consistent with the local wellness program goals, that all foods made available on school campuses adhere to food safety and security guidelines, and that food and physical activity are not used as a reward or punishment.

## **District and School-level Wellness Committees**

At the district level, a Wellness Committee will be established to develop, implement, monitor, review and revise as necessary the goals and guidelines of the district's wellness program. District administration will strive to include parents, students, Culinary Services department staff, board of education members, teachers, administrators, health professionals and community representatives on the district-level committee. At a minimum, the district committee will meet annually to review the district's progress in implementing the wellness program and achieving its goals.

Each school will create its own Wellness Committee to implement the district Wellness Program. Principals will involve their faculty and school council in communicating program goals and promoting school-level initiatives that will assist the school in achieving overall program goals. The school nurse, cafeteria manager and physical education and/or health teachers should be involved in school-level wellness initiatives. Annually, the school will evaluate its level of compliance to the district wellness program and provide a summary report to the superintendent.

## **Nutrition Guidelines for All Foods on Campus**

The nutritional quality of all foods and beverages sold and served on school campuses will comply with the USDA Dietary Guidelines for Americans. No competitive food sales are allowed on campus until after the completion of the regular school day. Middle Schools are allowed to vend water at times specified by the school principal. High schools are allowed to sell water, low fat or non fat milk, 100% juice and carbonated beverages with less than 10 calories per 20 oz. in areas other than the school cafeteria. Healthy choices are encouraged for classroom snacks. In lieu of snack food celebrations, teachers should consider alternative suggestions offered in the healthy celebrations flyer available on the Culinary Services Department web page on the district web site. To the extent possible, all schools will participate in the NSLP, SBP, ASSP and the SSFP. A certified school nutrition director will oversee the operations of the school nutrition program.

## **Nutrition Education**

The Glynn County School System seeks to teach, encourage and support healthy eating habits. Schools should provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive and standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. Nutrition education and promotion will be included in health education classes and incorporated in classroom instruction in subjects such as math, science, language arts, social sciences and electives. Training will be provided to teachers to promote physical activity and healthy eating. Schools are encouraged to promote the benefits of 60 minutes per day of physical activity and school cafeterias should serve as "learning laboratories" where students apply critical thinking skills taught in the classroom.

### **Physical Activity**

Physical activity will be integrated across curricula and throughout the school day. Movement should be made a part of science, math, social studies and language arts instruction. Physical education courses will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Schools will encourage students to achieve the goal of 60 minutes per day of physical activity. Faculty and staff members will model behavior that promotes the benefits of physical activity. Students will have several opportunities for physical activity during the school day. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity. Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. Information will be provided to families to help them incorporate physical activity into their student’s life.

### **Other School-based Activities**

After-school programs at school sites will encourage physical activity and promote healthy lifestyle habits. Local wellness program goals will be considered when planning school-based activities such as special events, fundraisers, field trips, dances and assemblies. Schools will promote health and wellness through initiatives such as health fairs, FitnessGram publications and assisting students who wish to enroll in children’s health insurance programs offered by the state. School Councils are encouraged to participate in schools wellness initiatives and suggest ways in which school programs can exceed the minimum expectations of the district wellness program.

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