

# Glynn County Wellness Plan

The Glynn County School System (heretofore referred to as the District) 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. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day, while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day (both through reimbursable school meals and other foods available throughout the school campus) in accordance with Federal and State nutrition standards;
- Qualified child nutrition professionals provide access to a variety of affordable, nutritious, and appealing foods that meet Federal and State nutrition standards;
- Students are provided adequate time to eat meals in clean, safe, and pleasant settings;
- All schools 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 Fresh Fruit and Vegetable Program) to the maximum extent practicable;
- Students receive quality nutrition education and physical education to foster lifelong habits of healthy eating and physical activity;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other school-based activities that promote student wellness;
- All foods made available on school campuses adhere to food safety and security guidelines, and that food and physical activity are not used as reward or punishment;
- School staff are encouraged and supported to model healthy nutrition and physical activity behaviors in and out of school; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

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

### **Committee Role and Membership**

The District will convene a representative District Wellness Committee that meets at least twice per school year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The District Wellness Committee membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers, students, school food authority, physical education teachers, health education teachers, school health professionals, school administrators, school board members, and the general public. To the extent possible, the District Wellness Committee will include representatives from each local school and reflect the diversity of the community.

Each school within the District will establish its own wellness committee to implement the District Wellness Policy. Each individual school's wellness committee will meet at least three

times per year. 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 teachers and/or health education teachers should be involved in school-level wellness initiatives. Each school will appoint one individual to serve as their Wellness Coordinator. This person will serve on the school's committee and will be responsible for coordinating the implementation of this policy. Annually, the school will evaluate its level of compliance to the District Wellness Policy and provide a summary report to the designated official.

### **Leadership**

The superintendent or designee(s) will convene the District Wellness Committee and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy. Each school will designate a school wellness policy coordinator who will work with the school principal and District to ensure compliance with the policy. The designee for oversight of the District Wellness Policy is the Assistant Superintendent for Operations and Administrative Services (912-267-4100) in coordination with the Director of Food and Nutrition Services (912-267-4100).

## **Implementation, Accountability, and Community Engagement**

### **Implementation Plan**

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan lists specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. This wellness policy and the progress reports can be found at [www.glynn.k12.ga.us](http://www.glynn.k12.ga.us) and at the Department of Food and Nutrition Services office.

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy. The District Wellness Policy can be accessed at [www.glynn.k12.ga.us](http://www.glynn.k12.ga.us) and at each local school. Records of all documentation regarding the District Wellness Policy are available at the Department of Food and Nutrition Services (912-267-4100). Copies maintained at this location will include, but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit District Wellness Committee membership from the required stakeholders; and (2) These stakeholders' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of efforts to review and update the local school wellness policy, including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate;
- Documentation demonstrating the most recent assessment on the implementation of the local school wellness policy has been made available to the public;
- Documentation of annual policy progress reports for each school in the District;
- Documentation of the triennial assessment of the policy for each school in the District;
- Documentation demonstrating compliance with annual public notification requirements, including (1) Methods by which the wellness policy, annual progress reports, and

triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of the wellness policy.

### **Annual Notification and Progress Reports**

The District will compile and publish an annual notification to share basic information about the content and implementation of the wellness policy. This annual notification will be published during the month of August each year. Households/families and the public will be actively notified by electronic and/or non-electronic means, including, but not limited to the District website, social media postings, local school website postings, and/or letters to parents/caregivers. The annual notification will be available in English and Spanish. This notification will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- The position title and contact information of the designated District policy leader(s);
- Information on how individuals and the public can get involved with the District Wellness Committee or school wellness committee and participate in the development, implementation, and periodic review and update of the wellness policy.

The District Wellness Committee, in collaboration with individual school wellness committees, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit for each of the content-specific components. Each individual school will submit a yearly progress report to the Director of Food and Nutrition Services during the month of June. This report will include, but is not limited to, the extent to which each school is in compliance with the District Wellness Policy.

### **Triennial Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools of the District are compliant with the wellness policy;
- The extent to which the District's wellness policy compares to model policies; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The person responsible for managing the triennial assessment is the Director of Food and Nutrition Services with the oversight of the Assistant Superintendent for Operations and Administrative Services.

The District will actively notify households/families and the public of the availability of the triennial progress report by electronic and/or non-electronic means, including, but not limited to, the District website, social media postings, local school websites, newspaper postings, and/or letters to parents. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

### **Revisions and Updating the Policy**

The District Wellness Committee will update or modify the wellness policy. This update will be based on the results of the annual progress reports and triennial assessments, and/or as District priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new Federal or State guidelines or standards are

issued. The wellness policy will be assessed and updated at least every three years, following the triennial assessment.

## **Nutrition**

### **School Meals**

The District is committed to serving healthy meals to children in accordance with Federal and State guidelines. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices.

To the extent possible, all schools within the District will participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Afterschool Snack Service, and the Summer Food Service Program. A certified school nutrition director will oversee the operations of the school nutrition program. All schools within the District are committed to offering school meals through the NSLP and SBP program, and other applicable Federal child nutrition programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, State, and Federal statutes and regulations. The District offers reimbursable school meals that meet USDA nutrition standards;
- Promote healthy food and beverage choices;
- Offer menus created/reviewed by a Registered Dietitian.

### **Water**

Free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. Drinking water will be available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with water with them throughout the day.

### **Foods and Beverages**

All foods and beverages that are sold outside of the reimbursable school meal programs (competitive foods and beverages), on campus during the school day, will meet or exceed the USDA Smart Snacks in School nutrition standards, at a minimum. This includes all foods and beverages sold in fundraisers on campus during the school day. To be considered an exempt fundraiser, a fundraiser must meet exemption regulations, procedures, and guidelines and be approved as an exempt fundraiser. Approval for exempt fundraisers must be coordinated through the school and District fundraiser coordinators to determine compliance.

All foods offered on the school campus during the school day that are available, but not sold, are not required to meet the USDA Smart Snacks in School standards; however, it is strongly encouraged that these foods meet or exceed these standards. Foods and beverages will not be used as a reward or withheld as punishment. A school day is defined as from midnight before until 30 minutes after the end of the official school day.

### **Food and Beverage Marketing**

All foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

## **Nutrition Promotion**

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. Each school will ensure nutrition promotion by:

- Promoting healthy food and beverage choices by using at least 4 of the following Smarter Lunchroom tools and strategies on a weekly basis.
  - Whole fruit options are displayed in attractive bowls or baskets.
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of students.
  - Fruits, vegetables, and entrées have been given creative or descriptive names.
  - Daily vegetable options are bundled into all grab and go meals.
  - All staff members, especially those serving, have been trained to politely prompt students to select fruits and vegetable options with their meal.
  - Unflavored milk is placed in front of other beverage choices.
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
  - Student surveys and taste-testing opportunities are used to inform menu development, dining space décor, and promotional ideas.
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote and market menu options.
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards on a daily basis by only offering those items for sale.
- Posting a visual display in each cafeteria that lists the breakfast and lunch menus for the month.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to each lunch, from the time they are seated after receiving their meals.
- Local and/or regional foods are incorporated into the school meal program at least once per month. Students are made aware of these local items.
- School menus will be posted on the District website and include nutrition content and ingredients.
- Schools are encouraged to coordinate for students to have the opportunity for healthy snacks during the school day.

## **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. Each school will ensure that nutrition education:

- Is integrated into health education classes and into other subject areas, such as science, math, language arts, social sciences and other subjects at least once per every nine-week grading period and at every grade level;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities.

- Is integrated in at least 1 of the following experiential nutrition education areas per semester at each grade level during each school year:
  - Horticulture/Gardening – school/grades plant or maintain plants or a school garden
  - Cooking demonstrations or lessons
  - Taste-testing event
  - School/grades participate in field trips to local farms
  - Farmers market visit
  - Using locally grown items in taste-testing or cooking demonstrations
  - Guest speakers who provide fun/interactive presentations
  - Touring GICCA Agricultural Department
- Training is provided annually to teachers for promoting healthy eating and physical activity.
- Utilizes evidence-based strategies and up-to-date nutrition information consistent with the Dietary Guidelines for Americans and includes at least 3 of the following topics on healthy eating per year and per grade level:
  - Food guidance from MyPlate
  - Reading and using USDA’s food labels
  - Eating more fruits, vegetables, and whole grain products
  - Preparing healthy meals and snacks
  - Food safety
  - Social influences on healthy eating, including media, family, peers, and culture
  - Importance of eating breakfast
  - Importance of water consumption
  - Eating disorders
  - How to find valid information or services related to nutrition and dietary behavior
  - Resisting peer pressure related to unhealthy dietary behavior
  - Teaching media literacy with an emphasis on food and beverage marketing
  - Food allergies/intolerances

### **Physical Activity**

Physical activity will be integrated across curricula and throughout the school day. The District recognizes the physical activity guidelines for Americans include current recommendations that children and adolescents should participate in 60 minutes of physical activity every day. Schools will ensure that varied opportunities are offered for physical activity, in addition to, and not as a substitute for, physical education. Each school will ensure that:

- Physical activity during the school day (including, but not limited to recess, physical activity breaks, or physical education) will not be required or withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.
- All elementary schools will offer at least 30 minutes of recess on all or most days during the school year.
- Middle schools and high schools are strongly encouraged to provide up to 15 minutes of unstructured time per day (not including transition times).
- Teachers are strongly encouraged to provide short (3-5 minutes) physical activity breaks to students during and between classroom times.

- Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.
- Opportunities are offered for students to participate in physical activity before, during, and after school each day.
- Teachers will serve as role models by being physically active alongside the students whenever feasible.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunities to participate in physical education classes.

- All elementary students at each grade level K-5 will receive health and physical education for a minimum of at least 2.5 hours (150 minutes) per week per school year.
- All middle school students shall be provided the opportunity to take physical education in grades 6 through 8. Schools will be measured as meeting this standard when at least 50% of the students in each grade level participate each semester.
- All high school students are required to take the equivalent of ½ unit of health and ½ unit of physical education.
- All students enrolled in physical education classes will be have a fitness assessment conducted using FitnessGram.
- Physical education teachers are required to have professional development training at least once per year.
- The health/physical education curriculum includes at least 5 of the following physical activity topics when student is enrolled in health or physical education:
  - The physical, psychological, or social benefits of physical activity;
  - How physical activity can contribute to the academic learning process;
  - How an inactive lifestyle contributes to chronic disease;
  - Health-related fitness - cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
  - Phases of an exercise session - warm up, workout, and cool down;
  - Overcoming barriers to physical activity;
  - Decreasing sedentary activities, such as TV watching;
  - Preventing injury during physical activity;
  - Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
  - How much physical activity is enough - determining frequency, intensity, time, and type of physical activity;
  - Dangers of using performance-enhancing drugs, such as steroids;
  - Social influences on physical activity, including media, family, peers, and culture;
  - How to find valid information or services related to physical activity and fitness;

- How to influence, support, or advocate for others to engage in physical activity;
- How to resist peer pressure that discourages physical activity;
- CPR/AED training (this training is required for students in grades 9-12).

### **Other School-Based Activities**

The District will integrate wellness activities across the entire school setting and coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components, so that all efforts are complementary and work towards the same set of goals and objectives, promoting student well-being, optimal development, and strong educational outcomes.

- After-school programs at school sites will encourage physical activity and promote healthy lifestyle habits.
- Each school will promote health and wellness by conducting at least 5 of the following initiatives per school year:
  - Health Fair
  - Field Day
  - FitnessGram
  - Mental Health/Stress Reduction
  - TV turn-off week
  - Go Noodle
  - Hoops for Heart
  - Running Club
  - Walking Club
  - Nutrition Club
  - Running Events, such as Fun Run
  - Jump Rope for Heart
  - Basketball Shooting Hoops Event
  - Dental Mobile
  - Hearing/Vision Screenings
  - Staff Wellness Screenings
  - Other health/wellness initiatives approved by the school's wellness committee