

The Towns County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

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 shall be consistent with the minimum requirements of federal law and regulations and state requirements. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture, as those regulations and guidance apply to schools.

The Superintendent or designee shall convene a wellness committee consisting of school system and community representatives from areas designated in federal law to participate in the development, implementation and periodic review of school wellness policies. Such policies shall contain, at a minimum:

- 1. Policies & Practices** – Use a coordinated approach to develop, implement and evaluate healthy eating and physical activity policies and practices.
  - a.** Wellness Committee will consist of staff members in physical education, the school nurse, school nutrition, and members of school governing councils.
  - b.** The Wellness Committee will meet early in the school year to review and update the current wellness goals and guidelines.
  - c.** The Wellness Committee will conduct an annual evaluation in conjunction with the Principal of each school to determine if the goals and guidelines have been met.
  - d.** The Wellness Committee will meet at the end of the school year to develop an annual summary report on district-wide compliance with the wellness policy.
  - e.** The report shall be provided to the Superintendent and be posted on the district web-site.

**2. School Environment** – Establish school environments that support healthy eating and physical activity.

- a. The school environment provides for safe activity for all students including those who are not athletically gifted.
- b. To encourage physical activity, school facilities are available outside the school day for school sponsored activities and recreational department activities.
- c. Students have 25 – 30 minute lunch periods with adequate time to eat school meals after being seated.
- d. Lunch is scheduled as near to the middle of the school day as possible.
- e. Lunch schedules are such to ensure students do not have to wait too long in line.
- f. Seating is available to facilitate students' eating within time allotted.
- g. When using food as a part of class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices.
- h. The after-school program includes physical activity and promotes healthy eating habits. Nutritious food items are served by the School Nutrition Program that meet the requirements of the federal after-school snack program.
- i. All foods and beverages available on campus and sold as fundraisers adhere to the Healthy, Hunger-Free Kids Act of 2010. See Regulation EEE-R(1)

**3. Nutrition Services** – Provide a quality school meal program and ensure that students have only appealing healthy food and beverage choices offered outside of the school meal program.

- a. School Nutrition Programs comply with federal, state, and local requirements. Nutrition Programs are available to all students. New USDA mandates require a variety of fruits and vegetables, whole grain products, and low fat products with specified calorie ranges.
- b. Students at all grade levels shall have daily choices of menus or choices within food items represented on the day's menu.
- c. Only 1% or lower fat milk varieties are offered in grades K-12.
- d. Schools implement a variety of food preparation techniques and recipes to lower the fat content of the school meal.

- e. Prepared commercial foods served in the school meal program shall be evaluated for nutrient content and lower fat and sodium products will be purchased as feasible.
  - f. Drinking water is available free of charge to students at meals and throughout the day.
  - g. Student participation in the school breakfast program is encouraged through scheduling and innovative food delivery.
  - h. Each cafeteria is represented by at least one person credentialed in food safety.
  - i. Extra food sales are offered as a part of the meal, served in the same portions.
  - j. A la Carte foods and beverages sold adhere to the HHFKA 2010 sale of competitive foods. See Regulation EEE-R(1).
  - k. All foods and food handlers adhere to food safety standards. Towns County Schools implement a HACCP-based (Hazard Analysis and Critical Control Point) food safety program. A food safety review is conducted monthly, according to the HACCP standards, in each school. A review of the HACCP plan is conducted annually.
  - l. Sanitation deficiencies cited on local inspections are corrected in a timely manner.
  - m. Substitutions are available to students with special dietary needs.
- 4. Physical Education and Physical Activity** – Implement a comprehensive physical activity program with quality physical education as the cornerstone. This program should offer quality physical education, offer daily recess for elementary and primary students, offer an interscholastic sports program, offer an intramural program and physical activity clubs, and offer classroom based physical activity.
- a. Physical education classes provide the environment where students learn, practice and are assessed on developmentally appropriate motor skills, knowledge and personal fitness.
  - b. Time allotted physical education is consistent with research, national and state standards.
  - c. Credentialed physical education instructors teach physical education classes.
  - d. A recess period/unstructured break is allowed in grades K-5.

- e. Physical education includes instruction in individual activities as well as competitive and non-competitive team sports.
  - f. A variety of extracurricular programs are provided that promote physical activity.
- 5. Health Education** – Implement health education that provides students with the knowledge, attitudes, skills and experiences needed for healthy eating and physical activity.
- a. Health Education is required in ninth grade for all students.
  - b. Schools follow Georgia health education curriculum.
  - c. Nutrition education is integrated into the curriculum.
  - d. The school cafeteria serves as a learning laboratory to support classroom instruction through menu offerings, point-of-sale information, signage, bulletin boards, power-point messages, etc.
  - e. Additional nutrition education will be available to students with medical needs through the school nurse program.
- 6. School Health Services** – Provide students with health, mental health, and social services to address healthy eating, physical activity and related chronic disease prevention.
- a. Where elevators are available, use is limited to physically challenged students. All other students are required to use stairways.
- 7. School Employee Wellness** – Provide for a school employee wellness program that includes healthy eating and physical activity services for all school staff members.
- a. Annual health screening is made available to teachers and staff.
  - b. Flu immunizations will be/are offered to faculty and staff members in conjunction with the county health department based on immunization supply.
- 8. Professional Development** – Employ qualified persons and provide professional development opportunities for physical educators, health educators, nutrition staff, as well as staff who supervise recess and cafeteria time.
- a. Nutrition Education is provided to School Nutrition Managers.
  - b. Training has been provided to staff to recognize and handle bullying
  - c. Training has been provided to staff to recognize and handle

abuse.

- d. Nutrition staff attends state sponsored professional development.

---

Towns County Schools

Date Adopted: 10/16/2008  
Last Revised: 3/9/2015

Rule 160-5-6-.01

Statewide School Nutritional Program

**Federal Reference**

**Description**

42 USC 1758

Program requirements-School Lunch Program

42 USC 1758b

Local School Wellness Policy

These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

The Board of Education for Towns County School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The **School day** is defined as the period from the midnight (12:00 am) before, until 30 minutes after the end of the official school day. **School campus** includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

**Food sold in schools must:**

**1.** Comply with the general criteria:

- Be a "whole grain-rich" grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; 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 fruit and/or vegetable.
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
- \*\*

\*If water is the first ingredient, the second ingredient must be one of the items above.

\*\*This criterion expires June 30, 2016.

**2.** And meet, at a minimum, The Nutrition Standards for all foods sold in schools:

**Calorie Limits:**

- Snack items = 200 calories
- Entrée items = 350 calories

**Sodium Limits:**

- Snack items = 200 mg

- Entrée items = 480 mg

**Fat Limits:**

- Total fat = 35% of calories
- Saturated fat < 10% of calories
- Trans fat = 0 grams

**Sugar Limit:**

- = 35% of weight from total sugars in foods
3. Or qualify for an exemption from the Nutrition Standards.
  4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

**Beverages sold in schools must:**

1. Be one of the allowable beverages for all grades
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Comply with the size limits for each grade
  - Elementary schools may sell up to 8-ounce portions
  - Middle schools and high school may sell up to 12-ounce portions
  - There is no portion size limit for plain water
3. High Schools may allow additional "no calorie" and "lower calorie" beverage options to their students.
  - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and 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

### **Other Requirements:**

### **Fundraisers**

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- All snacks sold in schools must meet the aforementioned nutritional requirements.
- The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.

### **Exempted Fundraisers**

- Per the State Board Rule 160-5-6-.01, the Board of Education for the Towns County School District 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.

Questions regarding approved snacks may be directed to Aundrea Wilson, School Nutrition Director.