

Wellness Policy Committee Summary-16-17

This is a summary of the wellness committee's report of wellness activities, goals and updates on the changes to the system's Wellness Policy for the 16-17 school year. The Pierce County Wellness Committee consists of school administrators, staff, board members, parents, coaches, nurses, and citizens. The committee has utilized the Healthy School Index evaluation tool to review our local wellness policy and to evaluate the schools' compliance. The Wellness Policy is reviewed annually by the system's wellness committee. Annual updates are posted on the nutrition website at www.pcbearcafe.com

1. Student and Staff Physical Fitness-Each school has worked at increasing student and family involvement in physical fitness by introducing more opportunities to be physically active in both the classroom, extra- curricular activities, and in fundraising events such as the Jingle Bell Jog, Walk a thons, Saturday running events and cancer walks in the community. Additional competitive and non-competitive teams have also been added such as wrestling, volleyball, and dance teams. Staff competitions in walking, weight loss, and exercise are on-going
2. Student Health- One of the newest changes offered to students is that all school breakfasts are now free. More children are eating healthier breakfasts. Snacks that are available through fundraising and or parties go through a selection process according to the new Smart Snacks rule, included in the updated policy. Each school provides a list of food fundraisers both Smart Snacks and exempted snacks and has it approved by the Pierce County Board of Education annually. The food items must meet the Smart Snack Guidelines from USDA. Schools may take advantage of the 30 exemptions that the Georgia Bd. of Education rule allows. Because of the new Wellness Policy, schools are offering more and more opportunities for students to purchase healthy food as fundraisers and on the serving lines at each meal. Teachers and staff are discouraged to use food as student rewards and are offered alternative suggestions for rewarding students such as bear bucks or pencils. The schools goal is to continue to make student snacks and student meals healthier.
3. Nutrition Education- Schools are incorporating more nutrition education with food preparation training to students. The Prekindergarten curriculum is incorporating facts about healthy eating into a reading project. Food demonstrations are planned to assist in the instruction across the curriculum bringing a hands on approach to healthy eating and learning.
4. Healthy Environment- The school system has begun a program (PBIS) to create positive school climates by encouraging positive behavior from everyone at all grade levels including all system employees and students.

This Institution is an equal opportunity provider

The Pierce 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, proper nutrition, 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. The Board recognizes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for their students.

In accordance with federal law, the District shall involve parents, students, nurses, PE teachers, representatives of food services, the Board, school administrators and the public in the development, implementation, periodic review and modification of a district-wide wellness policy. Appropriate updates or modifications shall be made as needed. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy measurable goals intended to promote student and staff wellness and to reduce childhood obesity.

- A. **School Environment** – To provide an environment that is safe: that is physically, socially, and psychologically healthful; and that promotes health-enhancing behaviors through various school-based activities.

- B. **Education** - To provide a comprehensive and sequential health education curriculum. It is the intent of the Board that the district shall, teach, encourage, and support healthy eating by students. Schools shall provide behavior focused nutrition education that teaches the skill children need to adopt healthy eating habits. Integration of nutrition education in classroom subjects such as math, science, language arts, social sciences, and elective subjects is encouraged. This curriculum is to be taught by well-prepared and well-supported teachers.

- C. **Promotion** - To engage in nutrition promotions that is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health related, at-risk behavior. Promotion of health and wellness should be achieved through enjoyable, developmentally-appropriate, participatory activities such as contests, taste testing, school gardens, farm to school events, health fairs, and monthly cafeteria promotions. Nutrition and health promotions may be sponsored by the School Nutrition Program and/or the school.

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D. Physical Education – All students in grades Pre-K-12 shall be provided with quality daily physical education that is consistent with federal and state requirements (per State Board Rule 160-4-2-.12) that helps develop knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

Punishment and Rewards

School personnel will use physical activity as a reward and rarely, if ever, as a punishment. The use of food as a reward unless such is specified in the behavior management plan of a student with a disability is strongly discouraged. School personnel will not deny federally funded meals to any enrolled student as a disciplinary measure while the student is in attendance at school.

E. Nutrition

1. **Reimbursable Meal Programs** -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 a.m. until 30 minutes after the dismissal bell) 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.

2. **Food and Beverages Sold Outside of Reimbursable School Meals**

All snack foods and beverages made available to students on campus to children during the school day, including vending machines and school fundraisers, shall be in compliance with the USDA’s “Smart Snacks in School” Nutrition Standards. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, allow schools to offer healthier snack foods and promote healthier eating at school.

A. **Fundraisers** The sale of food items that **meet** nutrition requirements as fundraisers are not limited in any way under the standards. The standards do NOT apply to items sold during non-school hours, weekends, or off-campus fundraising events, such as concessions during sporting events and school plays. Appropriate documentation shall be maintained at the school.

B. **Exempted Fundraisers**

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

3. Nutrition Standards for All Foods Sold -Any food sold in schools during the school day should:

- Be a “whole Grain-rich” grain 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; or
- 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 food items above.

Foods should also meet nutrient requirements:

- Calorie Limits: Snack items \leq 200 calories and Entrée items $<$ 350 calories
- Sodium limits: Snack items \leq 200 mg and Entrée items $<$ 480 mg
- Fat limits: Total fat \leq 35 % of calories, Saturated Fat \leq 10% calories, and 0 grams of Trans Fat
- Sugar Limit: \leq 35% of weight from total sugars in foods
- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

***Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.*

4. Nutrition Standards for All Beverages Sold

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 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); and
- Other flavored and/or carbonated beverages that are labeled to contain $<$ 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces

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5. Water availability

Safe, unflavored, drinking water is available throughout the school day at no cost to students.

F. School Health Services – To provide a school health service program that is designed to ensure access and referral to primary health care services; foster appropriate use of health services; prevent and control communicable disease and other health problems; provide emergency care for illness or injury; and is provided by qualified and well-supported health professionals.

G. School Counseling, Psychological, and Social Services – To provide a counseling, psychological and social services program that is designed to ensure access or referral to assessments, interventions and other services for students mental, emotional, and social health and whose services are provided by well-qualified and well-supported professionals.

H. Health Promotion for Staff – To provide opportunities for school staff to improve their health status through activities such as health assessments, health education and health related fitness activities.

I. Family and community Involvement – To provide integrated family and community involvement activities that are designed to engage families as active participants in their children’s education; that supports the ability of families to support children’s school achievement and to encourage collaboration with community resources and services to respond more effectively to the health-related needs of students.

J. Marketing- Only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards should be marketed or advertised on school campuses.**
** Effective June 30, 2017

Implementation and Compliance

The building principal at each school site is responsible for compliance to the Pierce County School Wellness Policy. An annual evaluation by the principal or designee will be performed to measure compliance to the Wellness Policy. Each school shall convene a school health development committee for the purpose of evaluating the school environment (through application of the CDC’s School Health Index, or other comparable assessment tool) and the school’s policy implementation. Appropriate updates or modifications shall be made as needed. Results of the compliance review will be reported to the Superintendent or designee and shall be public information.

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Public Awareness

The school system will invite the public to participate on wellness committees and periodically inform and update the public about the content and implementation of the Wellness policies and the progress in attaining the wellness goals on the school system nutrition website.

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A. Activities that may be used to promote the **physically, socially, and psychologically healthy environment** goal:

- 1 Prohibit the use of all tobacco products in all building, vehicles, grounds, or at any school sponsored event.
- 2 Regularly assess the environmental factors that can enhance or detract from student learning and comfort, including lighting, ventilation, temperature, noise, drinking water quality, and sanitation facilities.
- 3 Regularly assess the environmental factors that are potentially harmful to human health, including tobacco smoke, pests, mold, pollen, dust mites, animal dander, chalk dust, cleaning agents, scented and unscented personal care products, volatile organic chemicals (VOCs), laboratory chemicals, unvented fumes, vehicle exhaust, arsenic-treated lumber, radon, and excessive exposure to the sun.
- 4 Develop and implement a plan for the physical-isolated storage, safe usage, and proper disposal of cleaning agents and other hazardous chemicals that cannot be eliminated from school buildings and grounds.
- 5 Develop and implement procedures to ensure the schools' ongoing compliance with maintenance schedules for the clean and efficient operation of heating, ventilation, and plumbing systems.
- 6 Implement and monitor and integrated pest management (IPM) and control programs designed to prevent pest infestations and minimize human exposure to pesticides in all school buildings and on all school grounds.

B. Activities that may be used to support the **health education** goal:

- 1 Develop school level committees comprised of teachers, administrators and community members to focus on the curriculum related to nutrition, health, and physical education for grades K-12.
- 2 Ensure teachers follow the health education curriculum standards and guidelines as outlined in Georgia's Quality Core Curriculum.
- 3 Support and promote a comprehensive learning environment for students in pre kindergarten through grade 12 that integrates health education into the core curriculum areas where applicable.
- 4 Provide resources to educate teachers in the best practices in teaching health education.
- 5 Provide resources to educate parents on the benefits of practicing wellness behaviors.

C. Activities that may be used to support the **physical education** goal are:

- 1 The high school shall require all students take one credit of physical education for graduation.
- 2 Each school, grades three through twelve, shall promote and participate in one community health related event per year (i.e. American Heart Association's Heart Walk, American Heart Association's Jump Rope for Heart/Shoot for Hoops/Swim for Heart, American Cancer Society's Relay for Life or Southeast Unit's Cancer Walk).
- 3 Students in each school shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of health enhancing level of physical fitness.
- 4 Students shall be provided the varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- 5 Faculty and staff shall model behaviors that promote and facilitate a healthy and active lifestyle.

D. Activities to support the **Nutrition** goals:

Nutrition Services

- 1 School lunch and breakfast participation will be greater than the state average.
- 2 All foods served in the school meals program will be evaluated for nutrient content.
- 3 A nutrient analysis of all menus in the school meals program will be posted for students.
- 4 Student lunches will consist of age appropriate menu choices of entrees, fruit and vegetable items with a target to meet menu criteria in the *Healthier US School Challenge*.
- 5 Each school food service manager shall be Serve-Safe Certified and shall monitor HACCP procedures in daily food service operations.
- 6 The school meal program shall provide the only foods and beverages served or sold to students from the beginning of the school day through the end of the lunch period. (Exceptions: Parties and Consumer Science food preparation).
- 7 Healthy food/beverage choices will be encouraged and shall be available anytime food is served or sold to students on campus including school meals, vending, concessions, fundraisers, or parties. (A product list of healthy food suggestions will be available from the food service program).
- 8 Foods and beverages served or sold to students during the school day shall meet food safety and sanitation standards as recommended in the Georgia Food Safety Code 290-5-14-03 OR shall be commercially prepared and packaged.
- 9 Non-food Items (especially physical activity) are recommended for student rewards and fundraising. Candy and other high fat and high sugar foods with minimal nutrients discouraged. (Suggestions of non-food items rewards will be available from the food service program).

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Nutrition Education

- 1 Develop school level committees comprised of teachers, administrators and community members to focus on the curriculum related to nutrition, health, and physical education for grades K-12.
- 2 Support and promote a comprehensive learning environment for students in pre-k through grade 12 that integrates nutrition education into the core curriculum areas where applicable.
- 3 Provide resources to educate teacher in the best practices for teaching nutrition education.
- 4 Ensure teachers provide instruction designed to enhance student knowledge and skills necessary to promote and protect their health by making healthy eating choices.
- 5 Plan and implement engaging, developmentally appropriate activities, such as contests, promotions, and taste testing.
- 6 Support a collaborative effort of the teaching of nutrition education with school staff, food service workers and classroom teachers.

E. Activities to support the school **health services** goals:

- 1 Provide annual health fairs for staff, students and community.
- 2 Develop a newsletter for the system dealing with school health issues.
- 3 Promote increased physical activity.
- 4 Provide guest speakers and/or programs for students to increase awareness on health related issues.
- 5 Provide all employees with CPR and AED training biannually.
- 6 Provide screening for hearing, vision, scoliosis, dental, and blood pressure for students.

F. Activities to support the **school counseling, psychological, and social services** goal:

- 1 School counselors will incorporate classroom guidance activities to all students that teach, support, and encourage healthy lifestyle choices.
- 2 School counselors and/or social workers will provide strategies to all staff that will enable them to independently manage stress, increase physical activity, and incorporate healthy eating habits through staff development or multimedia.
- 3 During the year, school counselors and or social workers will send home information to parents promoting conflict resolution.
- 4 School counselors and or social workers will coordinate training staff on conflict resolution.

G. Activities to support **health promotion for staff** goal:

- 1 Provide annual health fairs for staff.
- 2 Promote increased physical activity for staff.
- 3 Provide opportunities for all staff to learn CPR and AED training.

H. Activities to support the **family and community involvement** goal:

- 1 Sponsor a "Exercise With Your Kids Night" at elementary schools.
- 2 Distribute Quick Tips for exercise and nutrition through newspaper features and/or brochures sent home with students.
- 3 Teachers write columns for the local newspapers giving helpful hints and ideas for exercise and nutritious eating habits.
- 4 Use back-to-school newsletter to promote exercise and healthy eating habits.
- 5 Utilize local resources such as the Extension Service to provide cooking classes with emphasis on quick, healthy meals.