

EMANUEL COUNTY BOARD POLICY

Descriptor Code: EEE

Wellness Program

Effective: September 29, 2015

The Emanuel 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.

Development of Local Wellness Committee

In accordance with federal law, the Emanuel County Board of Education has involved parents, students, representatives of school food services, the Board, school administrators, and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy goals to promote student wellness.

The local wellness committee will be comprised of representatives from each school, a school nurse, physical education, the school nutrition director, other interested school representatives, parents and community stakeholders. Updated membership of the committee will be reported to Superintendent annually. The School Nutrition Director will provide committee updates to school administrators during monthly principal meetings and the Board members at least annually and more frequently if needed.

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Nutrition Guidelines

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 requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. The superintendent or designee shall develop procedures for operation of school food services at each school during the day with the objectives of promoting school health and reducing childhood obesity.

Goal #1 – Set Nutrition Promotion Goals

It is the intent of the Emanuel County Board of Education that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with

federal and state requirements and engage in nutrition promotion aimed at the attainment of the following goals:

- Students in grades Pre-K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

- Nutrition education will be a coordinated effort between the foodservice staff and teachers.
- Nutrition education materials will be evident in the school dining room through posters, table tents, bulletin boards, etc.
- State and district health education curriculum standards and guidelines include focus on nutrition and health.
- Nutrition is integrated into the health education curricula and core curriculum at all levels/grades (e.g. math, science, language arts.)
- Schools link nutrition education activities with the coordinated school health program.

The Wellness Committee will report the proposed goals specific for each school year to the School Board.

Goal #2 – Set Physical Activity Goals

All students in grades K-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The Emanuel County Schools will provide physical education consistent with federal and state requirements and engage in promotion of physical activities aimed at attainment of the following goals:

- Students should be given opportunities for physical activity during the school day. Some suggested activities include daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic classroom.
- Students will be given opportunities for physical activity during the school day through daily recess periods, required and elective physical education classes.
- Students should be given opportunities for physical activity through a range of after-school programs/activities.
- Students will be encouraged to be involved in physical activity in the community, school-sponsored events, and extracurricular activities.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Schools provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

Goal # 3 Establish Nutrition Standards for All Foods Available on School Campus During the School Day

- All foods served in the school nutrition programs will meet regulations under the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- Foods served in the School Nutrition Meal Programs will meet Minimum Nutritional Value requirements and will follow the USDA meal pattern for breakfast, lunch and snacks.
- Foods and beverages sold in vending machines, concession stands, and school stores during the school day should include foods that meet the Smart Snack guidelines as defined by USDA. Vendors will be asked to provide nutritional information of vending selections for posting on or near all machines.

Goal #4 Other School-Based Activities Designed to Promote Student Wellness

The superintendent or designee shall develop procedures that promote attainment of the following goals related to other school-based activities to promote wellness:

- Each school will have a representative on the wellness committee to promote health, nutrition and physical activity in the school environment. Leadership teams, school councils, etc., may serve as the wellness committee, or a separate committee may be formed. This committee may be comprised of parents, teachers, administrators and students.
- Schools will maintain an environment that is free of tobacco, alcohol, and other drugs.
- Provide a clean, safe, enjoyable meal environment for students to enjoy eating healthy foods with friends, scheduled as near the middle of the school day as possible.
- Encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- Encourage student participation in school extracurricular activities through student handbooks and school announcements. Local wellness policy goals should be considered in all school-based activities, i.e., school events, field trips, etc.
- Provide opportunity for school nurses to conduct annual screenings of students for health related issues such as hearing, vision, and scoliosis.
- Principals and/or school nurses build a school collection of health-related media and information for parent, student and teacher use.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the Superintendent or designee.

Evaluation

Each year the Wellness Committee will evaluate the progress of the annual activities and determine how to improve. The evaluation process will involve responses from students, faculty, and community. The evaluation process will usually take place in the spring but may occur more frequently if specific activities warrant earlier evaluations.

School food service staff at the school or district level shall monitor compliance with nutrition guidelines within school food service areas and will report on this matter to the Superintendent at the district level or to the school principal at the school level. The Superintendent or designee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. That report shall be provided to the Board and, upon request, to interested parties.

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ADOPTED: July 10, 2006