

BOARD APPROVED POLICY EEE: WELLNESS PROGRAM**Policy
Wellness Program****Descriptor Code: EEE**

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The 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. In accordance with federal law, the District will involve parents, students, health and physical education teachers, representatives of 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 Superintendent or designee shall ensure that the District establishes goals to promote student wellness.

Each school will adopt a wellness plan that will, at a minimum, incorporate the following goals, standards, and activities:

Nutrition Education Goals

- a. Evidence of nutrition education in the school dining room.
- b. Compliance with state and local health education curriculum standards that focus on nutrition and health.
- c. Certification as a United States Department of Agriculture (USDA) Team Nutrition (TN) school.

Physical Activity Goals

- a. Opportunities for students to be engaged in physical activity during the school day and during extra-curricular activities.
- b. Opportunities and encouragement for students to be involved in physical activities in the community.

Nutrition Standards for Foods Served on Campus

- a. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture following the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
- b. Nutrition standards for all foods sold to students on school campuses during the school day shall not be less restrictive than regulations and guidelines issued by the Healthy, Hunger-Free Kids Act of 2010.
- c. Exempt fund raisers that involve sale of non-complying foods or beverages to students on school campuses during the school day shall comply with State Board Rule 160-5-6-.01. Each school is limited to 30 exempt fund raisers per school year, not to exceed 3 days in length each. Exempt fund raisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

Other School-Based Activities

- a. On-going professional development for school nutrition and other staff as applicable in the area of nutrition and physical education.

- b. Annual screenings for health-related issues such as, but not limited to, hearing, vision, and scoliosis.
- c. Opportunities for first-aid, cardio-pulmonary resuscitation (CPR), and other first responder trainings.
- d. Routine encouragement of students to wash their hands or use hand sanitizer before meals.
- e. Opportunities for teachers and staff to promote student achievement and desirable behaviors with positive reinforcement and healthy or not-food rewards.

Nutrition Promotion

- a. Nutrition promotion shall be developed through resources such as (but not limited to) handouts and other information that may be sent home with students during the school year
- b. Nutrition promotion activities posted to the Newton County School System School Nutrition web page.

Plan Development, Implementation, Assessment and Public Updates

- a. A Wellness Committee, constituted in accordance with the Child Nutrition Act, is responsible for developing the policy and annually there after reviewing and assessing each school's wellness plan for compliance with the goals, standards, and activities set forth in this policy. This assessment will help promote and encourage sound nutritional and physical activity practices by students and staff.
- b. The Committee will also be responsible for implementation of the wellness policy, including periodic reviews and updates
- c. A school official will be designated to ensure that schools comply with the policy.

Stakeholder Involvement and Information:

- a. Periodic assessments of the local wellness policy will be made available to the public and measure:
 - i. Extent to which local schools are in compliance with the policy;
 - ii. Extent to which local wellness policy compares to model local school wellness policies; and
 - iii. Progress made in attaining policy goals of the local wellness policy.
- b. Physical education teachers, school health professionals, parents, students, representatives of the school food authority, school board members, school administrators and the public shall be permitted to participate in the development, implementation, review and update of the local wellness policy/ Newton County Schools

Adopted Date: 10/16/2012

Policy Reference Disclaimer: 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. Note: The State of Georgia has moved the Georgia Code. This new environment no longer allows us to link directly to the Georgia Code. For example enter 20-02-0211 in the search window and the Georgia Code will appear. Federal Reference Description 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

Newton County Schools

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Last Revised: 5/16/2017

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State Reference

O.C.G.A 20-02-0066

Rule 160-5-6-.01

Description[School breakfast programs](#)[Statewide School Nutritional Program](#)**Federal Reference**

07 CFR 210.11

07 CFR 210.12

07 CFR 210.18

07 CFR 210.31

42 USC 1758

42 USC 1758b

42 USC Chapter 13

42 USC Chapter 13A

Description[Competitive Food Service and Standards](#)[Student, parent, and community involvement](#)[Administrative Reviews-School Nutrition](#)[Local school wellness policy](#)[Program requirements-School Lunch Programs](#)[Local School Wellness Policy](#)[School Lunch Programs](#)[Child Nutrition](#)