

The Turner County Board of Education is responsible for creating a school environment that protects and promotes the health of our students by providing nutrition education and regular physical activity, as well as access to nutritious foods for all students.

### Regulations

#### Guidelines

##### I. Nutrition Education and Promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias and school media:

- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the school nutrition staff and teachers;
- Nutrition education messages from the classroom will be modeled in the cafeteria and across campus by offering locally grown food when possible within the school meals programs budget.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods and accurate serving sizes.
- School food service, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students, through activities such as:
  - Featuring locally grown food in the cafeteria, through sampling and inclusion in school meals based upon availability and acceptability.
  - Developing cafeteria themes relating to local farmers and products grown in the region.
  - Promotion of development of creative campus fundraisers based on healthy food items, integrating farm grown produce where appropriate.
- Staff is strongly encouraged to model healthful eating habits;
- Families are encouraged to pack lunches and snacks that meet district nutrition standards.

##### II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

###### A. USDA School Meals:

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- All school nutrition staff will be provided training on USDA meal plans, reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;
- Students will be provided adequate time to eat breakfast and lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision;
- Lunch will follow recess period whenever feasible and will be scheduled between 10:30a.m. and 1:30p.m. with the exception of Pre-K;
- Tutoring, club, or organizational meetings will be discouraged to meet during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and school nutrition staff and teachers will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be kept in the School Nutrition Office;
- Parents and students will be informed of daily menus via Turner County School District website

- (menus subject to change);
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs;
- Schools are encouraged to use nontraditional breakfast service to increase participation, such as breakfast served in the classroom or grab and go.

#### B. Food and Beverage Marketing in Schools

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacture, seller or any other entity with a commercial interest in the product. All products marketed on the school campus must, at a minimum, meet the Smart Snacks guidelines. Any food 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, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students, with the exception of approved exempt fundraisers.

#### C. Competitive Foods and Beverages/Fundraisers

All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold from vending machines, school stores and for in- school fundraisers. All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Before and Aftercare (child care) programs must also comply with the district's nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

Fundraisers: All snack foods and beverages sold 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. 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.

Each school is allowed no more than thirty fundraisers per school year that are exempt from the smart snack standards. Exempt fundraisers are not to exceed three days in length.

#### D. Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water fountains are available in the cafeteria at all Turner County Schools.

#### E. Celebrations and rewards

The District will encourage all schools to follow the USDA Smart Snacks in School nutrition Standards for celebrations, parties, rewards and incentives.

### III. Physical Activity

#### Physical Education

All K-12 students will have access to daily physical activity throughout the school year. Physical Education will be standards-based, using national and state developed standards. Physical Education programs will meet the needs of all students, including those who are not athletically gifted and actively teach cooperation, fair play and responsible participation. Students will demonstrate competency through application of skills.

- Physical Education classes will meet the required time for each grade level.
- Recess time will provide for all elementary school children that promotes moderate to vigorous physical activity. In the event that recess must be held indoors, teachers and staff will follow recess guidelines to ensure adequate physical activity for students.

#### Health Education

- Topics in Health Education will include: the physical, psychological and social benefits of physical activity, how physical activity can contribute to a healthy weight, how physical activity can contribute to the academic learning process; health related fitness activities including cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.
- Encourage employees and students to become CPR certified.

#### IV. Other Activities that Promote Student Wellness

- The district will integrate wellness activities across the entire school setting. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components.
- Suggestive Activities include: adding wellness articles to the school menus, and organize health screenings for onsite employees.

#### V. Evaluation and Enforcement

This wellness policy was developed by the District Wellness Committee, a group comprising individuals from the following groups: parents, teachers, school administration, food nutrition manager/supervisor and school nutrition lunchroom manager, Health Services, and Health and Physical Education staff. The committee is active—meetings are held once during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting for the superintendent evaluating the implementation of the policy and regulations and include recommended changes or revisions. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates and times will be posted on the school district's website and meetings will be open to the public. The principal of each school will ensure compliance within the school and will report on compliance to the superintendent, who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following information will be included in an annual report: (1) the extent to which each school is in compliance with the wellness policy, (2) a comparison of the district policy to model local school wellness policies; (3) the progress made in attaining the goals of the policy; (4) any recommend changes to the policy; (5) a detailed action plan for the following school year to achieve annual goals and objectives; and (6) any additional information required by the USDA. The annual report shall be posted on the school district website. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

Assessments will be conducted no less than every three years in order to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review the nutrition and physical policies: an environment that supports healthy eating and physical activity: nutrition and physical education policies and program elements. The District will revise the wellness policies and develop work plans to facilitate the implementation, if necessary. Results of the assessments of the compliance of the wellness policy will be published for the public as per federal guidelines.