



## STATE SCHOOLS LOCAL WELLNESS POLICY

Georgia Academy for the Blind (GAB)  
Atlanta Area School for the Deaf (AASD)  
Georgia School for the Deaf (GSD)

# Georgia State Schools

Atlanta Area  
School  
for the Deaf



Georgia School  
for the Deaf



Georgia Academy  
for the Blind

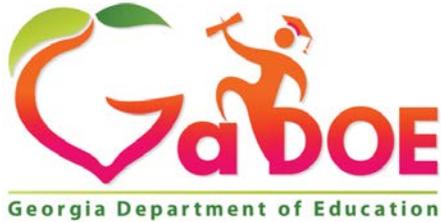


GAB

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## Preamble

The State Schools Central Wellness Committee (Georgia Academy for the Blind, Atlanta Area School for the Deaf, Georgia School for the Deaf) is committed to the optimal development of every student. The Central Wellness Committee believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the Central Wellness Committee's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the State Schools have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

This policy applies to all students, staff, and schools in the Central Wellness Committee.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

## CENTRAL WELLNESS COMMITTEE

### Committee Role and Membership

Each school within the State Schools Central Wellness Committee will convene at minimum two representatives from the school to represent the Central Office or rather the Central Wellness Committee of State Schools Wellness Committee. Central Office Wellness committee (hereto referred to as the CWC). This committee will meet at minimum two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this Central Wellness Committee-level wellness policy (heretofore referred as “wellness policy”).

The CWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e.,

nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the CWC will include representatives from each school building and reflect the diversity of the community. The stakeholder participation will be a committee of nominated members and recruited members posted to each school's Nutrition website.

## Leadership

The CWC will convene and facilitate development of and updates to the wellness policy and will ensure each school's compliance with the policy.

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

## Recordkeeping

Each school within the Central Wellness Committee will retain records to document compliance with the requirements of the wellness policy at the local School Nutrition Coordinator's office file

## Revisions and Updating the Policy

The CWC will update or modify the wellness policy based on the results of the annual progress reports, and/or as Central Wellness Committee priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

## NUTRITION

### School Meals

The State Schools Central Wellness Committee is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the Central Wellness Committee participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the Central Wellness Committee are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The Central Wellness Committee offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):



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- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
- A goal is to make available sliced or cut fruit daily
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas

***Menus will be posted on the individual website or individual school websites and will include nutrient content and ingredients.***

- *The Central Wellness Committee child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

## Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The Central Wellness Committee will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

*Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.*

- *All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]*

## Competitive Foods and Beverages

The Central Wellness Committee is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

The School Central Wellness Committee 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

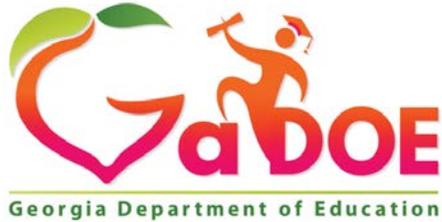
° Saturated fat: < 10% of calories

° Trans fat: zero 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 and
  - 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 schools 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  $\leq 5$  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.

#### Other Requirements

##### • Fundraisers

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards **Fundraisers of foods will not be sold in the state schools cafeterias.**
- 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 school year 2019-2020, the School Level Superintendent will be responsible for ensuring no more than 20 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. ALL exempted fundraisers will be documented on the approved form and submitted for review/approval.**

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed the USDA Smart Snacks nutrition standards

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

## **STAFF QUALIFICATIONS AND PROFESSIONAL DEVELOPMENT**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### **Nutrition Promotion**

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

### **Goals for Nutrition Education**

**GOALS FOR SCHOOL NUTRITION PROGRAM/PROGRAM INTEGRITY:** State Schools Nutrition Program is mandated to follow the USDA School Meal Initiatives.

- School nutrition administrators will enforce the mandated USDA guidelines.
- Build communication pathways between the school nutrition department, faculty and parents, emphasizing healthy nutrition options being delivered to students.
- Encourage students to choose and consume the complete meal by providing varied, healthy, high quality options consistent with the Dietary Guidelines for Americans.
- Encourage students to start each day with a healthy breakfast.
- A la carte sales will comply with current USDA Dietary Guidelines for Americans.
- Each school is represented by a person credentialed in food safety.

### **OTHER WELLNESS GOALS**

A goal of the Central Wellness Committee is to integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The individual State Schools will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

The State Schools are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School Improvement goals.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

**GOALS FOR OTHER FOODS AVAILABLE ON CAMPUS:** Create an environment that models healthful eating as a valuable part of daily life.

- The sale of foods and beverages outside of the school nutrition program is prohibited until after the school day in elementary schools, middle schools, and senior high schools with the exception



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of water and nutritionally sound beverages, which may be sold throughout the school day. See Appendix A.

- Healthy food choices shall be available at extracurricular activities when food is sold.
- School fundraising shall be encouraged to offer healthy food choices or non-food sales. See Appendix B.
  - Food and beverages are not used as a reward or punishment
- Nutrition standards will be set for vending by the School Nutrition Department.
- Proactively reinforce a drug and alcohol-free lifestyle.

**GOALS FOR HEALTHY SCHOOL ENVIRONMENT:** Create an environment that enhances a healthy lifestyle encouraging behavior and academic achievement in school.

- Cafeterias include enough serving areas and seating areas to prevent students from having to spend too much time waiting in line.
- Drinking water is available to students during meals.
- Food and/or physical activity are not used as a reward or punishment for student behaviors. See Appendix C.
  - Students have access to safe, clean, hygienic restrooms.
- All foods available on campus adhere to food safety and security guidelines.

#### **FAMILY ENGAGEMENT:**

The Central Wellness Committee on behalf of the State Schools Division will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Community Involvement, Outreach, and Communications, the Division will use electronic mechanisms (e.g., email or displaying notices on the division's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.