

Jeff Davis County Schools Wellness Program

The Jeff Davis County Board of Education understands that a proactive and comprehensive wellness plan is essential for student success and staff support. The Board is committed to creating a school environment that enhances the learning and development of lifelong wellness choices. Education plays a major role in helping students become academically equipped, healthy, and ready to learn. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health and academic achievement in school. Staff wellness is also a vital part of a healthy school environment and will be considered as a part of the district wellness plan.

The Jeff Davis County School District pursues five goals and evaluation criteria as follows:

1. GOAL FOR NUTRITION EDUCATION:

The classroom, cafeteria, and school activities will provide clear and consistent messages that explain and reinforce healthy eating habits to the students, staff, and families.

- Post nutrition education information that promotes healthy eating behaviors.
- Utilize instruction in Family and Consumer Science (FACS) and Health Education to build knowledge about healthy life choices.
- Continue to post information on website about healthy eating and school success.

2. GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY: Jeff Davis County School Nutrition Program is mandated to follow the USDA School Meal Initiatives.

- School nutrition will evaluate and report on adherence to mandated USDA guidelines
- Use technology to assist in the communication with parents and staff about the food options being delivered through student meals
- Provide meals that are varied, healthy, and appealing that meet dietary guidelines
- Promote the need to begin each day with a healthy breakfast
- Each school will have a SNP person in authority credentialed in food safety

3. GOAL FOR PHYSICAL ACTIVITY/EDUCATION:

Develop an environment that promotes physical activity and establishes a healthy foundation increasing opportunities for students to reach their full academic potential.

- Recommend that all grade levels incorporate physical education instruction as a part of the daily school schedule and that PE be applied according to state curriculum standards.
- When applicable, all schools will participate in the State School Health Survey.
- Physical Education in all grades will utilize researched based fitness tests to evaluate individual fitness levels.

4. GOAL FOR OTHER FOODS AVAILABLE ON CAMPUS/FUNDRAISERS

Develop an environment that models healthy food choices as a valuable part of daily life.

- The sale of foods outside the school nutrition program will include healthy choices that are designed to satisfy taste and nutritional needs of the students.
- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards, except that they may not be sold in the cafeteria.
- School fundraising will be encouraged to use non-food items or offer food choices that promote good health.
- The standards do not apply during non-school hours, on weekends, during class parties and at off-campus fundraising events.

EXEMPTED FUNDRAISERS

- Per State Board Rule 160-5-6-01, the Board of Education for the Jeff Davis County school district could allow up to 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.

5. GOAL FOR HEALTHY SCHOOL ENVIRONMENT:

Create an environment that encourages a healthy lifestyle and academic achievement in school.

- Proactively reinforce a drug and alcohol free lifestyle.
- Drinking water will be available to students during meals.
- Students will be provided with a clean and safe facility that enhances the educational experience.

EVALUATION CRITERIA

1. GOAL FOR NUTRITION EDUCATION:

- Evaluate information on media outlets and determine what part of the population that is receiving the message.
- Use class appropriate lesson plan evaluation to implement FACS and Health Ed.

- Monitor and rotate informational posters in the cafeteria to develop a fresh appeal for healthy food choices.
 - Annually evaluate wellness messages provided in each cafeteria and update as needed.

2. GOAL FOR SCHOOL NUTRITION PROGRAM/ PROGRAM INTEGRITY:

- Annual on-site review which encompasses the adherence to all guidelines.
 - Administrative Review process reported as conducted by GDOE.

3. GOAL FOR PHYSICAL ACTIVITY/EDUCATION:

- Evaluate School Health Survey scores on an annual basis
- Annual Fitness-gram Report
- Report of Physical Education Participation Rates on an annual basis.

4. GOAL FOR OTHER FOODS AVAILABLE ON CAMPUS:

- Encourage healthier food choices by making them healthy options that are available each year.

5. GOAL FOR HEALTHY SCHOOL ENVIRONMENT:

- Evaluate School Health Survey scores on an annual basis.

Annual review results will be posted for public view on the district website.

The Superintendent or designee shall develop and maintain a wellness regulation and respective plans and/or programs that support this policy and is in compliance with federal law, including the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010. This regulation shall address nutrition education, physical activity, use of nutrition guidelines, and other wellness-based activities in the schools and shall include measures for accountability and evaluation.

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	<u>Statewide School Nutritional Program</u>
Federal Reference	Description
42 USC 1758	<u>Program requirements-School Lunch Program</u>
42 USC 1758b	<u>Local School Wellness Policy</u>