

Local Wellness Policy

The Johnson County Board of Education is committed to student wellness as a vital component of the District's educational program. It is the Board's belief that:

- children need healthful foods and need opportunities to be physically active in order to grow, learn and thrive;
- a good health is essential to foster better student attendance and performance;
- a strong District wellness program will have a positive, lasting effect on students; and,
- community participation is essential to the development and implementation of a successful District wellness program.

Thus, the Johnson County Board of Education establishes this policy to provide an environment that promotes and protects children's health, well-being, and ability to learn by supporting and encouraging healthy eating and physical activity. The objectives of the Board are that:

- The District will engage students, parents, teachers, foodservice professionals, health professional, and community members in developing, implementing, monitoring, and reviewing district-wide nutrition programs, campus eating habits and physical activity programs.
- All students in grades K-12 will have opportunities, support, and encouragement to engage in physical activity on a regular basis.
- Foods and beverages served at schools will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and, will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools, to the maximum extent practicable, will participate in the School Breakfast Program, National School Lunch Program, After-school Snacks and Summer Food Service Program.
- Schools will provide nutrition and physical activity education in order to attempt to foster lifelong habits of healthy eating and physical activity.

To achieve these objectives, the Board establishes nutritional and physical activity education standards and goals as outlined herein.

I. NUTRITIONAL STANDARDS AND GOALS

A. Nutrition Education and Promotion.

The Johnson County School District aims to teach, encourage, and support healthy eating. Schools should provide nutrition education and engage in nutrition promotion that is in accordance with the state curriculum.

B. Quality of District Meals and Cafeteria Settings.

Meals served in District schools shall:

- be age appropriate, appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, as a minimum, nutritional requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables at each meal;
- include low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives, as defined by the USDA; and,

Students and parents are encouraged to participate in meal planning in order to identify new, healthful, and appealing food choices. The school nutrition program will continually evaluate and procure items which can enhance the nutritional value of district meals.

C. District Meal Schedules and Time Allocation:

District schools shall serve breakfast and lunch.

Breakfast and lunch menus shall consist of items which fulfill established minimum nutritional requirements for reimbursable school meal programs.

Breakfast and lunch options may include sale of a la carte items, provided such items meet the nutritional standards outlined in paragraph H, below. These items are offered in addition to the meal, not as a substitute for the District's planned meal.

Breakfast should be scheduled to begin no less than 30 minutes prior to the start of school. To the extent practical, depending on the arrival times of buses, students should be given no less than 10 minutes after being seated to eat breakfast.

Lunch should be scheduled between the hours of 10:40 A.M. and 1:00 P.M., depending on class schedules, number of students, and other influencing factors. Interferences with this time allotment should be minimized and not occur on a regular basis. Students should be given no less than 20 minutes after being seated to eat lunch.

D. Free and Reduced-priced Meals.

The District shall provide breakfast and lunch meals at a free and reduced-priced rate in compliance with local, state and federal guidelines.

E. Summer Food Service Program.

Schools in which more than 50% of students are eligible for free or reduced-price school meals will to the extent possible, sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year.

F. Sharing of Foods and Beverages.

Schools shall discourage students from sharing or trading their foods or beverages with others, given concerns about allergies and restrictions on some children's diets. Trading foods can create an unhealthy imbalance in the nutritional value of a child's meal.

G. Qualifications of District Food Service Staff.

Qualified nutrition professionals will manage and administer the District nutrition and meal programs. Continuing professional development shall be provided for all nutrition professionals. Staff development programs should include appropriate certification and/or training programs for District nutrition director, nutrition coordinators, managers, and cafeteria workers, according to their levels of responsibility.

H. Foods and Beverages Sold or Provided Individually.

The following standards apply to beverages and foods sold or provided to students outside of reimbursable school meals.

1. Beverages

Not allowed during breakfast and lunch: Carbonated beverages containing calorie and non-calorie sweeteners are not allowed during breakfast and lunch.

Advertisements on vending machines shall be limited to the allowed items outlined above.

2. **Foods.** Individual food items:

—shall contain no more than one serving based on the Nutrition Facts on the packaging

I. Extra-Curricular Fundraising Events.

Schools will be encouraged to give priority to fundraisers which involve the sale of non-food items. For fundraisers which involve the sale of food, deliveries will be made after the meal service periods.

Concessions, which provide food and beverages during optional-attendance school events including after school events such as dances, sporting events, talent shows, PTA events are exempt from the guidelines contained herein. However, healthy choices should be offered during these events.

J. Snacks.

Snacks served during the school day or in after-school care or enrichment programs should make a positive contribution to children's diets and health.

Schools will assess if and when to offer snacks base on timing of school meals, children's nutritional needs, children's ages, and other considerations.

K. Rewards

Food as a reward should be kept to a minimum and approved by the building administrator.

L. Classroom Parties.

Celebrations that occur during the school day should be limited, must be approved by the school principal, and will be conducted under the supervision of the responsible teacher. Such celebrations shall not interfere with classroom instructional time. Celebrations that include food shall follow the guidelines below.

All non-hazardous and potentially hazardous foods must be enclosed in sealed packages from a licensed commercial source. Examples of potentially hazardous foods include foods made with poultry, meats, rice, pasta, beans, potatoes, eggs, seafood, mayonnaise, dairy products, casseroles and sauces containing meat. Baked foods prepared by a licensed and inspected commercial source are allowable (i.e., bakery).

Individual birthday celebrations must be approved by the building administrator.

M. Outside Deliveries

All outside deliveries to be consumed on campus will be prohibited during a regular school day when school food services are available. Staff and students will be allowed to bring breakfast and lunch to school as long as it is not in containers with or without logos of eating establishments that are in competition with the National School Lunch and Breakfast Program (i.e., local eating establishments). Staff social gatherings and in-service days are exceptions to the rule.

II. PHYSICAL EDUCATION STANDARDS AND GOALS

A. Compliance with State Requirements

The District and all schools shall meet or exceed the requirements for physical education as determined by the Georgia Department of Education. Specifically, all students in grades K-12, including students with disabilities, those with special health-care needs, and those in alternative educational settings, will receive daily physical education in compliance with the Georgia Department of Education guidelines. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

B. Daily Recess and Breaks.

All district elementary schools shall work diligently to provide at least 20 minutes each day of supervised recess, preferably outdoors, during which students are engaged in moderate to vigorous physical activity.

Schools should make an effort to avoid extended periods (i.e., periods of two or more hours) or inactivity. When sedentary activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Physical Activity Opportunities after School.

To the extent that staffing and other resources permit, schools shall offer extracurricular physical activity programs, such as sports clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools should offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

D. Physical Activity and Punishment.

Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. All physical activities will be teacher structured activities.

III. POLICY COMPLIANCE

A. Implementation.

The Superintendent shall be responsible for overseeing the implementation of and compliance with this wellness policy throughout the District.

School principals shall be responsible for communicating the contents of this policy as well and implementing this policy in their respective schools. At their discretion, they are encouraged to use their school councils to monitor achievement of policy standards and goals. Principals shall report on their compliance as directed by the Superintendent.

The District Director of School Nutrition shall be responsible for the nutritional component of this wellness policy, shall be the functional expert in school nutrition matters, ensure compliance with nutrition policies within school food service programs, provide training as needed to school food service personnel, and oversee the daily operation of the District's school nutrition program.

The Assistant Principal for Curriculum and Instruction shall be responsible for the implementation of and compliance with the physical training component of this wellness policy.

B. Assessment and Reporting.

The Superintendent shall develop a summary report every three years on district-wide compliance with the district's established wellness policy, based on input from schools within district. Annually, the Wellness Policy Committee shall review the policy to make updates or revisions. The feedback from the committee shall be shared with the Superintendent.