

## Johnson County School District

### Wellness Policy

The Johnson County 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 Johnson County School District has involved parents, students, representatives of school nutrition programs, school administrators, and the public in developing a district-wide wellness policy. After considering input from persons interested in the promotion of overall student health and well-being, the Board establishes these policy goals to promote student wellness.

#### **Nutrition Education**

1. State and local district health education curriculum standards and guidelines are followed (Georgia Core Curriculum-GA Performance Standards).
2. Web links that relate to good nutrition, physical activity, and wellness will be made available to students, staff, and parents through school website and social media.
3. Nutrition education is offered to students in health classes and in all related subjects to promote overall student health and well-being.
4. Nutrition education is offered in the school cafeteria with dining rooms being transformed into nutrition learning laboratories.
5. Schools will provide information to families that encourage them to teach their children about health and nutrition.

#### **Nutrition Promotion**

1. The school system shall use outside resources, such as Johnson County Health Department, local media, school website, digital school signs, Johnson County Farm Bureau, and the Cooperative Extension Agency to provide nutrition and wellness education.
2. Nutrition education will be evident in the school cafeteria through posters, bulletin boards, flyers, and handouts interchanged three times per school year.
3. Taste test at all school levels by school nutrition program to encourage new or healthier versions of food items at least twice per school year.
4. The nutrition education program meets State standards.
5. Nutrition education teaches students the skills they need to adopt healthy eating behaviors in lesson plans as curriculum allows.

6. Nutrition education is integrated into scheduled physical education classes wherever possible.
7. Nutrition education is integrated into the core curriculum wherever possible.
8. Guidelines for reimbursable school meals will meet the nutrition requirements and regulations for the National School Lunch Program and School Breakfast Program.
9. Farm to School initiatives and activities will be provided utilizing School Nutrition Program, Johnson County Young Farmers, and CTAE/Agriculture Education programs.
10. A registered nurse is consulted as needed for special diets and Individualized Education Plans as needed.
11. Nutrition guidelines are established for a la carte, vending and other foods available on the school campus per Smart Snacks initiative.
12. Wellness information will be incorporated into parent meetings to encourage them to teach their children about wellness and nutrition at least twice a year.

### **Physical Activity**

1. All students will be provided equal opportunity to participate in physical education classes throughout the school year.
2. Physical education teachers are encouraged to provide supervised structured daily physical activity.
3. All physical education classes are taught by teachers who are certified to teach physical education.
4. Students are encouraged to be involved in physical activity in the community, school sponsored events, and extracurricular activities.
5. Recess or physical activity should not be used as a means of punishment or reward.
6. Students shall participate in state fitness gram testing annually.

### **Establish Nutrition Standards for All foods Available on School Campuses During the School Day**

1. All foods served in the school nutrition program meet regulations under the Child Nutrition Act and the Richard B. Russell National School Lunch Act.
2. Birthday celebrations are not allowed at school.
3. Class celebrations that occur during the school day must be approved by the school principal and conducted under the supervision of the teacher. Class celebrations that include food shall follow the guidelines below.
4. 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 goods prepared by a licensed and inspected commercial source are allowable (i.e.,

- bakery).
5. Food as a reward should be approved by the building principal and meet Smart Snack guidelines. The food should be served outside of meal service time.
  6. The Johnson County Board of Education prohibits the sale of foods that do not meet the Smart Snacks guidelines during the school day. Effective July 1, 2014, the USDA Smart Snacks nutrition standards apply to the sale of competitive foods to students in public schools, private schools and RCCIs participating in the NSLP and SBP. The Smart Snacks standards apply to all areas of the school campus during the school day (foods and beverages available to students in cafeterias, in vending machines, concession stands, and school stores during the school day). Sale means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages. The school campus is all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The school day is the period from midnight before to 30 minutes after the end of the official school day. Only marketing of foods and beverages that meet competitive food standards is permitted on the school campus during the school day.
  7. Food fundraisers may not be sold in cafeteria or in competition with school breakfast or lunch.
  8. All outside deliveries to be consumed on campus will be prohibited during a regular school day.

### **Other School-Based Activities Designed to Promote Student Wellness**

1. Lunch should be scheduled as near traditional lunch times as possible. Interferences with this time allotment should be minimized and not occur on a regular basis. Students should be given adequate time to eat school meals after being seated.
2. All school nutrition personnel shall have adequate in-service training in food service operations.
3. Wellness Policy is made available to all via [www.johnson.k12.ga.us](http://www.johnson.k12.ga.us).
4. Provide screening opportunities for health related issues such as hearing, vision, and scoliosis when requested by parents and/or staff.

Annual measurable goals shall be set annually by stakeholders and school-level wellness members. Goals shall be evaluated annually by wellness committee or designee. Goals and evaluation will be posted and made available to all via [www.johnson.k12.ga.us](http://www.johnson.k12.ga.us) annually.

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be

used to measure the schools' success in meeting the goals set forth herein. In each school, the principal or designee shall be charged with operational responsibility for ensuring that the school works toward the goals set within the wellness policy and shall report on the school's compliance to the Superintendent or designee.

School nutrition staff at the district level shall monitor compliance with nutrition guidelines within the school nutrition areas and will report on this matter to the Superintendent at the district level, or the school principal at the school level upon request. The Superintendent or designee shall develop an annual summary report on district-wide compliance with the wellness policy, based on input from schools within the district. That report shall be provided to the public via [www.johnson.k12.ga.us](http://www.johnson.k12.ga.us).

This committee shall be chaired by the School Nutrition Program Director. The wellness committee will review and address wellness goals and progress at each of their three meetings. The policy shall be evaluated annually for its effectiveness and implementation at each school site by the school principal, wellness committee members, school nutrition staff, and randomly selected students, parents, and teachers. Upon the completion of the evaluation, the Wellness Committee shall develop an annual summary report on district-wide compliance with the wellness policy. This report will be made public via [www.johnson.k12.ga.us](http://www.johnson.k12.ga.us).

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