



# Georgia Department of Education

## Policies and Procedures

Policy Title:	<b>Wellness Program, State Schools</b>		
Policy Number:	<b>SS-6018 EEE</b>		
Release Date:	<b>07-13-06</b>	Last Revised:	

### Purpose

To provide a school environment that enhances learning and development of lifelong wellness practices.

### Applicability

This policy applies to the Atlanta Area School for the Deaf, the Georgia Academy for the Blind, and the Georgia School for the Deaf.

### Policy

State Schools shall implement a wellness program that is well-planned and effectively implements school nutrition and fitness programs.

### General Provisions

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for type 2 diabetes, cardiovascular disease and many other chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Staff wellness is also an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**GOALS 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.

- Provide nutrition education that builds skills and helps students adopt healthy eating behaviors.
- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.

**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.

**GOALS FOR PHYSICAL ACTIVITY/EDUCATION:** Create an environment that promotes physical activity and establishes a healthy foundation enabling students to reach their full academic potential.

- Recommend that all grades K-12 incorporate 30 minutes of daily physical education instruction, by a certified teacher, into their master schedule according to National Standards for Physical Education (NASPE).
- Students in grades 3-5 will utilize the Fitness program to annually test and evaluate their individual fitness levels. Students in grades 6-12 will annually utilize a research based fitness test to test and evaluate their individual fitness levels.
- All schools will conduct the School Health Index for Physical Activity, Healthy Eating and a Tobacco-Free Lifestyle assessment annually. The tool will assess all eight components of a coordinated school health program.
- Instruction should encourage individual improvement so as not to discourage less athletic students or those with lower fitness levels.

**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 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 for alternative fundraising ideas.
- Food and beverages are not used as a reward or punishment. See Appendix C.
- 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.
- Students have access to safe, clean, hygienic restrooms.
- All foods available on campus adhere to food safety and security guidelines.

## EVALUATION

**GOALS FOR NUTRITION EDUCATION:** Evaluate School Health Index scores on an annual basis.

Youth Risk Behavior Survey (YRBS) every 2 years in middle and high school.

**GOALS FOR SCHOOL NUTRITION PROGRAM/PROGRAM INTEGRITY:** Annual Coordinated Review Effort (CRE), School Meal Initiative Report (SMI) every 5 years, Annual State School Nutrition Review.

**GOALS FOR PHYSICAL ACTIVITY/EDUCATION:** Evaluate School Health Index scores on an annual basis Annual Fitness program Report, Report of Physical Education Participation Rates on an annual basis, Youth Risk Behavior Survey (YRBS) every 2 years in middle and high school.

**GOALS FOR OTHER FOODS AVAILABLE ON CAMPUS:** Evaluate School Health Index scores on an annual basis, Annual Coordinated Review Effort (CRE), School Meal Initiative Report (SMI) every 5 years, Annual State School Nutrition Review.

**GOALS FOR HEALTHY SCHOOL ENVIRONMENT:** Evaluate School Health Index scores on an annual basis.

## Appendix A. Nutrition Standards for All School Functions and Activities

### SNACKS

<b>Best</b>	<b>Acceptable</b>	<b>Not Acceptable</b>
Animal Crackers, graham crackers, whole grain crackers	Granola bars, whole-grain fruit bars	Cookies (including lowfat)
		Candies, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
Pretzels	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seed- plain or with spices	Nuts with light sugar covering; honey coated	Candy-yogurt-coated nuts
Trail mix (plain)	Popcorn/ nut mix	Trail mix with chocolate, yogurt, or candy
Fresh fruit and vegetables, single serve canned fruit, dried fruit	Fruit-flavored snacks, fruit leathers	Candy- or- sugar coated dried fruit
Fat-free popcorn	Light popcorn	Buttered popcorn
Beef jerky 95% fat free		
Yogurt, preferably non-fat, low-fat		

or light		
	Sugar-free gelatin, fat-free pudding	

**BEVERAGES**

<b>Best</b>	<b>Acceptable</b>	<b>Not Acceptable</b>
Milk, any flavor - preferably non-fat or 1% fat	Milk, 2%, whole	
Juice - Fruit and vegetable that contain at least 100% juice	Juice- fruit or vegetables that contain at least 50% juice	
Water, pure	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low- calorie, diet sodas	Regular soft drinks, sports drinks, sweetened tea